

THE EVALUATION OF THE EFFECTS OF SOUVENAID ON THE QUALITY OF LIVE IN PATIENT WITH THE DIAGNOSIS M.ALZHEIMER; REAL-LIFE PROSPECTIVE CLINICAL COHORT STUDY

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Aim: To evaluate the effect of Souvenaid (a multicomponent nutritional drink for early AD) on cognition, behavioral and psychological symptoms of dementia (BPSD), activity of daily living (ADL) and well-being of M.Alzheimer patients in a real-life prospective clinical setting.

Methods: Patients (and caregivers) with M.Alzheimer, using Souvenaid, were evaluated after 6 months on cognition, behavior, ADL and well-being, based on the KATZ Activity of Daily Living, Mini Mental State Examination (MMSE) and Neuro Psychiatric Inventory (NPI).

Results: 58 Alzheimer patients were included and 43/58 were evaluated after 6-months. 15/58 did not have a follow-up visit yet. 2/58 patients stopped using Souvenaid. 24/43 patients (58,1%) were better or stable on the 4 items mentioned above. 28/43 patients (65%) improved when only evaluating ADL-functions, BPSD and Cognition. Sub-group analyses (1. start Souvenaid and Alzheimer medication together, 2. start Souvenaid < 6 months after start Alzheimer medication, 3. Start Souvenaid > 6 months after start Alzheimer medication); a positive outcome on 4 items was observed in group 1 (57%, 4/7 patients), group 2 (53%, 8/15 patients) and group 3 (57%, 12/21 patients). Another sub-group analyses (MMSE < 20 vs ≥ 20) showed an improvement in 4 items of 28% (2/7 patients) vs 58,8% (20/34 patients).

Conclusion: Souvenaid is well tolerated in a real-life prospective clinical setting, also in conjunction with standard care Alzheimer medication. Souvenaid may be more beneficial in early stage AD patients and seems to improve quality of life.

Table2. Results Total group, subgroup 1,2 and 3 and subgroup MMSE<20 or MMSE ≥ 20

Wellbeing	BPSD	ADL	Cognition	N=43	Group1 N=7	Group2 N=15	Group3 N= 21	MMSE<20 N= 7	MMSE≥20 N=34
Feels Good	Better	Better	better	2		1	1		2
			stable	6	1	2	3		6
			worse	1		1		1	
	Stable	Stable	worse	1	1				1
			better	1		1			
			stable	9	3	2	4	1	7
			worse	4	1	2	1		4
			stable	1		1		1	
			worse	2			2	1	1
			stable	1			1		1
Goes well	Stable	Stable	better	1			1		1
			stable	1		1		1	
			stable	4	1	1	3	1	3
Reasonable	Stable	Stable	better	1			1		1
			stable	3	1	1	1	1	2
			worse	1			1		1
Slightly Degrade	Stable	Stable	stable	1		1		1	
			worse	1			1		1
Deteriorates	Stable	Stable	worse	1		1		1	
			worse	1			1		1
	Worse	Worse	worse	1			1		1
			worse	1			1		1
Scoring on 4 items #				24	4	8	12	2	20
				58,1%	57%	53%	57%	28%	58,8%
Scoring on 3 items *				28	5	10	14	4	22
				65%	71,4%	66,7%	66,7%	57%	64,7%

Group 1: Medication and Souvenaid at same time

Group 2: Medication start < 6 months before patient starts Souvenaid

Group 3: Medication start > 6 months before patient starts Souvenaid

Patients who improves on 4 items on Feels good and Goes well on BPSD, ADL and Cognition Better or stable.

* Patients improves on 3 items BPSD, ADL and cognition must be stable or better

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