C015 - Follow-up study of the new experimental test “Plastic of ideal city”: preliminary results

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AIMS: Topographical disorientation (TD) can be considered both a marker that points out differences of Mild Cognitive Impairment (MCI) subtypes and an early clue of amnesic Mild Cognitive Impairment (aMCI) conversion to Alzheimer’s Disease (AD). Therefore, new tools to assess TD are required. Our aim was to evaluate, at follow-up, the performance of four MCI patients on a recent instrument designed to assess TD, i.e. the “Plastic of ideal City” (Rusconi et al., 2015).
METHODS: Four patients (2 males and 2 two females, 2 aMCI and 2 naMCI) were studied at follow-up (range: 36-58 months). They were submitted to a neuropsychological battery and to the subtests of the experimental tool resulted to be significant in the previous study.
RESULTS: Compared to previous results, naMCI patients maintained a stationary performance both in neuropsychological and experimental tests. Conversely, one aMCI patient converted to AD and the other aMCI patient showed a slight cognitive decline.
CONCLUSIONS: Our preliminary findings may suggest that “Plastic of ideal city” can be considered a sensitive instrument in pointing out differences in spatial/topographical abilities between MCI subtypes and a useful tool to predict global cognitive deterioration in aMCI patients. In view of these preliminary promising results we are proceeding with the follow-up.