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## EVALUATION SCALE AND INTERVENTION EFFECT OF MILD COGNITIVE IMPAIRMENT IN THE ELDERLY

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**Background:** Cognition refers to the process in which the human brain processes information intelligently to obtain corresponding theoretical knowledge or applied knowledge when receiving various external information. In the whole process of cognition, it will involve learning, memory, emotion, language, execution, thinking, understanding and other complex social behaviors and activities. When the human cerebral cortex is damaged due to various factors, the brain's intelligent processing process will be affected and limited to some extent, resulting in abnormal or damaged cognitive function, and finally leading to cognitive impairment. Cognitive impairment mainly includes three types: perceptual impairment, memory impairment and thinking impairment. The causes are significantly diverse. In addition to organic diseases, mental disorders such as neurasthenia, obsessive-compulsive disorder, mental classification, bipolar disorder, paranoid or reactive psychosis will lead to cognitive impairment. Mild cognitive impairment is the early stage of Alzheimer's disease, which is between normal aging and dementia. Compared with severe cognitive impairment, the disease course of patients with mild cognitive impairment can be slowed down under the intervention measures, and the decline rate of cognitive function can also be controlled to a certain extent. In the process of increasing global aging, the incidence of mild cognitive impairment in the elderly shows a continuous upward trend. However, there is no effective drug to prevent the occurrence of mild cognitive impairment in the current medical field. Therefore, the hot spot of medical research is mainly complementary and alternative therapy, especially homework. For the elderly with mild cognitive impairment, occupational therapy is an effective treatment, which can play a significant effect in improving cognitive impairment and improving the ability of daily living of elderly patients with mild cognitive impairment.

**Objective:** For the elderly patients with mild cognitive impairment, the reduction of cognitive function will have a great negative impact on their daily life, and it is a heavy burden on the patients themselves and their families. Based on this, it is imperative to accurately evaluate and intervene the mild cognitive impairment of the elderly. This study will conduct an in-depth exploration on the cognitive impairment and its performance of patients, and intervene the course of disease with occupational therapy, in order to alleviate the cognitive impairment of patients and improve their cognitive level and self-care ability.

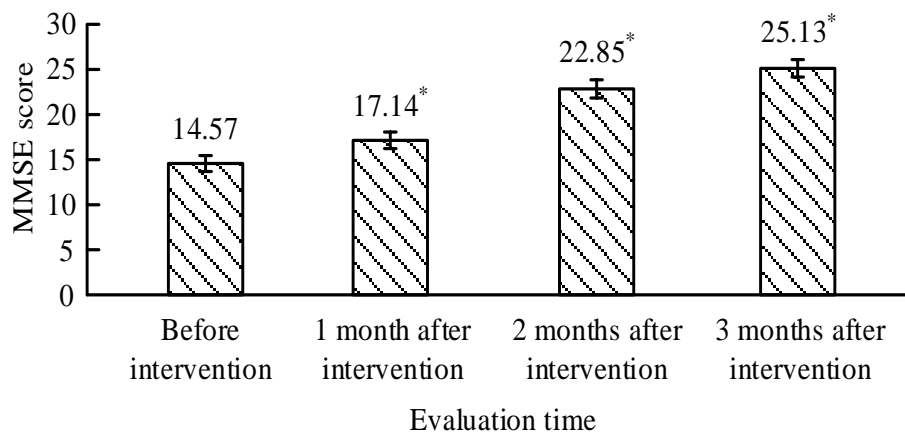
**Research object and method:** In four communities, 96 elderly patients with mild cognitive impairment were selected by convenient sampling. The Mini-Mental State Examination (MMSE) was used to evaluate the level of cognitive function and the severity of cognitive impairment. The evaluation indexes of MMSE mainly include five aspects: orientation, memory, memory, language ability, attention and calculation. In the MMSE score evaluation criteria, a score of 24 or above indicates normal. The score is in the range of 13-23 points, indicating mild cognitive impairment. 5-12 points, indicating moderate cognitive impairment; If the score is less than 5, it is severe cognitive impairment.

**Research design:** All patients were intervened with occupational therapy from five aspects: orientation, memory, memory, language ability, attention and calculation of cognitive impairment. Before and after the intervention, MMSE was used to evaluate the level of cognitive function of all patients.

**Methods:** Support vector machine was used to classify the evaluation results of patients' cognitive impairment. All measurement data were expressed in the form of mean  $\pm$  standard deviation. MATLAB software and Excel software were used for data analysis, and  $P < 0.05$  was used as the standard with statistical significance.

**Results:** Figure 1 shows the intervention effect of occupational therapy in elderly patients with mild cognitive impairment. It can be seen from Figure 1 that before the intervention, the MMSE score level of the tested patients was low, indicating that they were in the state of mild cognitive impairment. After one month of intervention, the MMSE score increased, but the increase was small. After 2 months of intervention, the MMSE score of patients increased significantly to about 22.85. After 3 months of intervention, the increase of MMSE score decreased, but still maintained an upward trend, indicating that the cognitive impairment of patients has been significantly alleviated under the intervention of occupational therapy. The errors of MMSE scores are indicated in Figure 1. Compared with that before the intervention, the difference of MMSE scores at three different time nodes after the intervention was

statistically significant ( $P < 0.05$ ).



**Figure 1.** MMSE scores of elderly patients with mild cognitive impairment before and after intervention

**Conclusions:** The cognitive impairment of the elderly can be effectively alleviated under the intervention of occupational therapy, and the level of cognitive function is significantly improved. Occupational therapy has a good intervention effect, which can enhance patients' self-care ability on the basis of improving their cognitive level. This method can be widely used in the treatment of patients with cognitive impairment.

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## THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM ON COLLEGE STUDENTS' EMPLOYMENT AND ENTREPRENEURSHIP ANXIETY

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**Background:** Modern medicine believes that anxiety is related to genetic factors. Anxiety can be found in the families of patients with anxiety. It is an organic disease with physiological and biochemical abnormalities in the brain, especially in the amygdala, hippocampus, hypothalamus and frontal cortex. The role of other brain structures in the development of anxiety. The physiological changes of anxiety disorder show the overactivity of neural activity as a whole, but these physiological changes are not unique to anxiety disorder, so they may also be the result of the disease rather than the cause. In short, the clinical manifestations of anxiety disorder are chronic anxiety disorders such as tension, excitement of autonomic nerve function and excessive vigilance, accompanied by a series of symptoms such as muscle tension, autonomic nerve disorder and exercise anxiety, which last for a long time. It is generally believed that over compensation for negative emotions can lead to anxiety disorder. With the development of social economy, people's life and work pressure are increasing. The incidence rate of anxiety disorders is also increasing. It should be pointed out that mild anxiety has a positive impact, which can stimulate spirit, improve attention and make talents think quickly. However, excessive anxiety can inhibit the brain and make people confused all day. The anxiety of college students in the upcoming graduation, job hunting or other learning stages of the university is mainly caused by excessive employment pressure, which is called "Employment anxiety". Employment anxiety is the anxiety experienced by college students in the face of employment problems. Employment anxiety is a strong and lasting emotional experience accompanied by physiological changes. At the same time, entrepreneurial anxiety refers to the emotional experience that college students may fail to achieve their initial goals due to entrepreneurial failure when facing entrepreneurial problems after graduation. In other words, entrepreneurial anxiety refers to college graduates' cognitive evaluation of internal and external stimuli in entrepreneurial situations, and the expectation that fuzzy dangerous stimuli inside and outside entrepreneurial situations will threaten themselves and self-esteem, resulting in strong and lasting emotional experience and feeling unable to cope. This is a kind of state anxiety, which will be relieved as the problem is solved. In psychology, mild employment and entrepreneurship anxiety is everyone's normal psychological response. Moderate anxiety will make people feel pressure and urge