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Cognitive improvement by food substitutes using PhytoMeal, Pitfalls for Neuropsychological testing

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Increasing aging population accelerate the prevalence of patients with dementia. They were initially complaining or unaware their cognitive declining, thus proper neuropsychological evaluations are sometimes missed. Recently, in addition to the developing medicine that targeting the amyloid plaque in case of Alzheimer's disease, there are several important attention for the exploring the functional food that improve or at least delayed the progression of cognitive decline. Among the candidate for the *Salicornia Europaea*, a plant in the ocean, -the plant cannot grow in the salted environment- had been selected and explored the possibilities for its anti-choline esterase inhibitory effect, that lead to the improve the neuropsychological performance. In vitro and in vivo test had been shown effective and clinical trial with several series of psychological tests have been on going. To be able to use in human, efficacy and safety of this *Salicornia Europaea* should be of importance in order to review from KFDA (Food and Drug administration). Currently, improvement of K-MMSE and ADAS-cog are main primary endpoints in Korea. However, determining process selecting proper psychological test were not organized. Therefore, there can be possible limitation that mask the real efficacy of functional food improvement. If the result was not significant, different psychological tests should be remained for further evaluation of endpoint. International standard for applying psychological evaluation would be of benefit. More efficient detailed or reliable evaluation of psychological analysis that can be applied to the development of cognitive-enhancing medicinal food.

Biography

Dr. Han SJ has her expertise in evaluation and passion in improving the health and wellbeing. Her main area of research field is horticulture therapy, especially demented patients. Psychological evaluation tool and application of this method is of importance and, currently she is joining the clinical research developing functional food, shown above abstract. The necessary psychological evaluation would be of importance for the future outcome. Her visiting this congress is to explore the international activity of psychological evaluation, creates new pathways for improving healthcare. Both in hospital and education institutions, she would like to broaden the knowledge of medical, especially neuropsychological field. Her background or thesis is positive psychological analysis combined with horticulture therapy, which is the first attempt in the world.

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