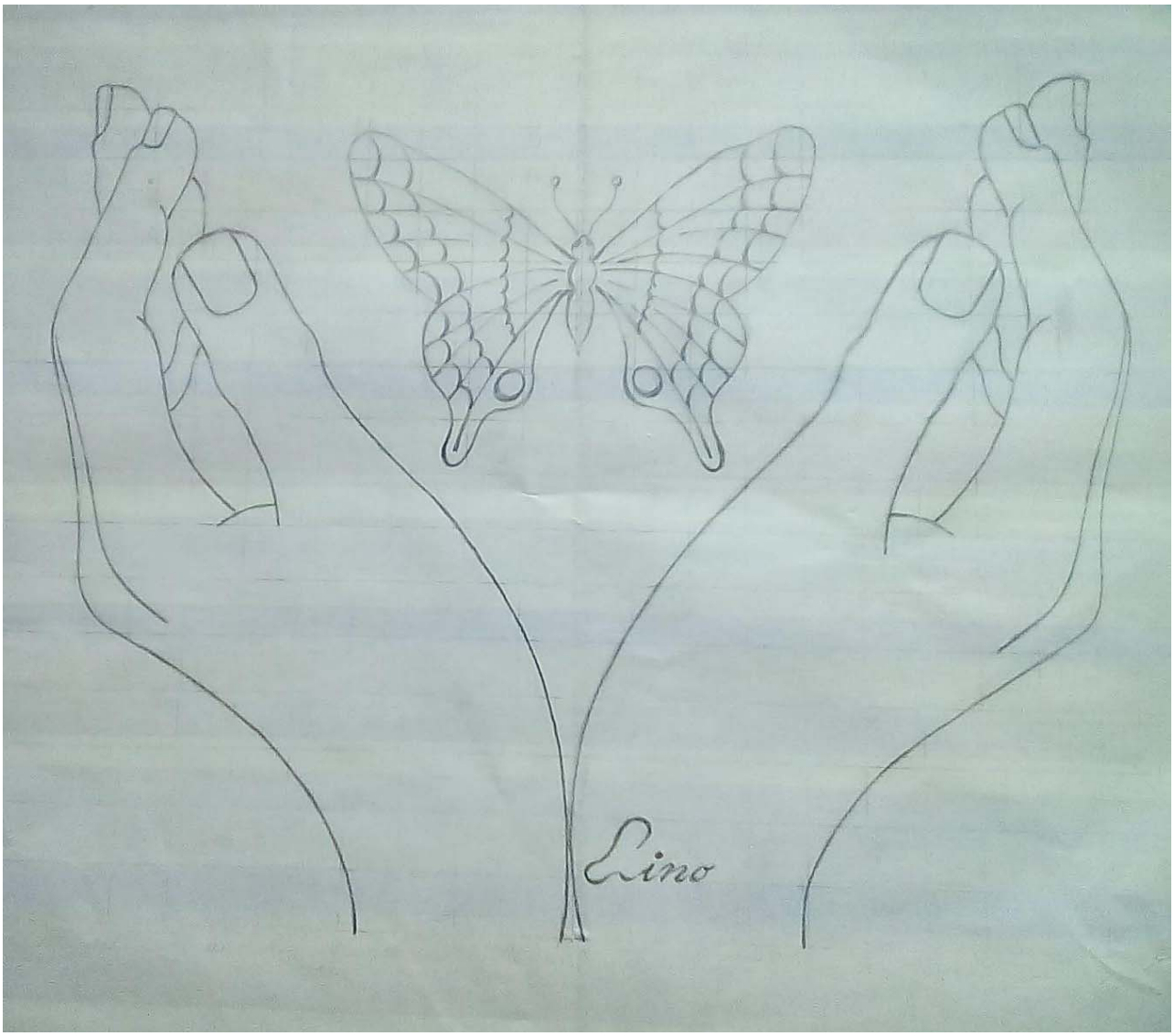
INTERNATIONAL JOURNAL OF MEDICAL AND NURSING APPROACH (IJMNA)

Volume 8 (issue 1) **December 2024**

MEDICAL AND NURSING



“ONLY USING MEDICAL AND NURSING HANDS... YOUR WINGS CAN FLY AGAIN”

www.med-inf.com

International Journal of Medical and Nursing Approach (IJMNA)

The IJMNA is the official Journal of the Scientific Medical and Nursing Association (Med-Inf).

Editor: Centro Copie s.r.l.

Via Appia Lato Itri 37/41

Scientific Director:

Dr. Marchitto Nicola, Rome, Italy

Registration:

Tribunale di Latina n° cronologico 1096/2019 del 12/08/2019 (RGVG n° 1860/2019).

Med – Inf SCIENTIFIC ASSOCIATION :

Organizational secretariat

Largo Cesare Beccaria n° 4; 04022 Fondi (Latina), Italy.

Tel. +39 333-3019781

E-mail: segreteria@med-inf.com

Effect of Choline alphoscerate in the elderly: medical and nursing approach.

Zucchini D.[1], Marchitto N.[2], Raimondi G.[3]

1) Nursing student at "Sapienza" University of Rome

2) “SAPIENZA” University of Rome, Italy; Internal Medicine Department and Geriatric Clinic, S. Giovanni di Dio Hospital, Fondi, (Latina), Italy.

3) “ Med-Inf ” Association, Fondi, Latina. Italy; “ SAPIENZA” University of Rome, Italy;

Correspondence Author: Zucchini Desideria **e-mail:** desideria22@icloud.com

KEY-WORDS: Choline alphoscerate, safety, elderly.

ABSTRACT

Objective: The objective of this study is to evaluate the effect of choline alphoscerate (Gliatilin^{R}) by Mini Mental State Examination (MMSE) after 30 days and after 90 days of treatment. **Materials and Methods:** In July 2021, an observational study regarding the safety of treatment for cognitive impairment was carried out at the Department of General Medicine and at the Geriatric Clinic of the San Giovanni di Dio Hospital in Fondi, Latina (Italy). The proposed treatment is approved and available at local pharmacies, therefore only informed consent was requested for the processing of sensitive data and for non-invasive measurements, carried out in baseline conditions and after pharmacological treatment with choline alphoscerate. Enrollment in the study was voluntary. Patients and caregivers were given informed consent which explains in detail the rationale for the study, the methods by which it was conducted and the possibility of interrupting the study at any time. Sensitive data were processed in compliance with privacy legislation. The pilot study began in July 2021 and was carried out by collecting and processing data from patients at the Geriatric Clinic of the San Giovanni di Dio Hospital, Fondi (Latina). The data from the study are related to 120 patients (70 men and 50 women) suffering from Dementia (with MMSE 18$\pm$4) and with an average age of 80$\pm$7 years. All patients enrolled in the study provided their informed consent to the observational study. All patients continued home pharmacological treatments in respect with the ethical guidelines. As regards the use of scale, it has been standardized to the international reference system for laboratory tests and instrumental tests. Screening eligibility requirements included the age of at least 18 years old. All patients provided written informed consent for data collection. All patients enrolled in the study provided their informed consent to the observational study. **Results:** A

statistically significant improvement of the MMSE value (18,692 ± 3,881 vs 21,077 ± 4,010) (with P < 0,001*****) after 30 days and MMSE value (19,714 ± 5,693 vs 19,905 ± 6,449 (with P = 0,047*****) after 90 days of the treatment with (Gliatilin^{R}) has been observed. **Discussion and Conclusion:** The study was designed to provide evidence to support the efficacy of choline alphoscerate (Gliatilin^{R}) treatment in managing of Dementia in elderly patients. The data of the study underline that the treatment statistically improves the Mini Mental State Examination test. This experience has permitted to use choline alphoscerate in elderly patients with Dementia.

TABLE

	Base (T0) **Run-in periods**	**Control (T1)** **30 days**	**Control (T2)** **90 days**	**Probability** **(P ≤ 0,050)**
ANOVA (MMSE)	19,714 ± 5,693	20,667 ± 5,219	19,905 ± 6,449	0,049 *****
ANOVA (MMSE-c)	19,995 ± 5,467	21,095 ± 4,962	20,329 ± 6,147	0,049 *****

Table 1: Descriptive Statistics about Mini Mental State Examination standard (MMSE-s) and Mini Mental State Examination corrected for age and scholarity (MMSE-c) evaluated before and after treatment with choline alphoscerate (Gliatilin^{R}) at a dosage of 600 mg administered orally 2 times a day for 30 Days (T1) and 90 days (T2). Anova data are expressed as mean ± Standard Deviation (SD).

International Journal of Medical and Nursing Approach:

GUIDELINES FOR AUTHORS

http://www.med-inf.com/sottomissioni

Manuscripts have to be double-spaced with two-centimetre margins.

Head-paper: To facilitate the review process, manuscripts should contain max, 2 tables and/or 3 figures.

An Original Scientific Article or an Original Case Report have educational value and therefore the evaluation will take into account the originality and the quality of the presentation.

Original scientific article Include: Abstract, Background, Materials and Methods, Results, Discussion, Conclusions and References.

Original Case Report Include: Abstract, Introduction, Case Report (s), Discussion, Conclusions and References.

Letters to the Editor: These are written on invitation and express the authors' viewpoint.

All Manuscripts must be written in English.

Optionally, Med-Inf scientific secretary, offers our professional copy-editing service.

The **first page** must contain:

1) title (lowercase), without acronyms;

2) first name and family name of each author, separated by commas;

3) affiliation(s) of author;

4) full name and full postal address of the corresponding author. Phone, fax number and e-mail address for the correspondence should also be included;

5) three to five key words.

The **last page** should contain:

1) acknowledgments;

2) authors' contributions, e.g., information about the contributions of each person named as having participated in the study;

3) disclosures about potential conflict of interests;

Original Articles (4000 words max, abstract 250 words max, 30 references max, 3/5 tables and/or figures). A maximum of 10 authors is permitted and additional authors should be listed in an ad hoc Appendix.

If **TABLES** are used, they should be double-spaced on separate pages. They should be numbered and cited in the text of the manuscript.

If **FIGURES** are used, they must be submitted as jpg files, minimum 300 dpi; i).

One column width (7.5 cm) or 2 column widths (16 cm).

A different caption for each figure must be provided at the end of the manuscript, not included in the figure file.

Authors must obtain written permission for the reproduction and adaptation of material which has already been published.

Authors must send the written permission before publication (otherwise the paper cannot be published).

A box with a clear description of the organization will be included in the manuscript. Papers highly polemic, written by an author addressing his own opinion and not an organization position or with a theme of local interest will not be published.

Conclusions and opinions expressed by the authors do not necessarily reflect the policies of the International Journal of Medical and Nursing Approach.

If abbreviations are used in the text, authors are required to write full name+abbreviation in brackets [e.g. Chronic Heart Failure (CHF)] the first time they are used.

References must be numbered consecutively in the order in which they are first cited in the text (not alphabetical order), and they must be identified in the text by Arabic numerals in superscript. References to personal

communications and unpublished data should be incorporated in the text and not placed under the numbered

References

References should be provided directly within the MS-Word document in the References section. References must be prepared as follows:

- more than three authors, cite 3 authors, et al. If the paper has only 4 authors,

- title style: sentence case; please use a capital letter only for the first word of the title;

PEER REVIEW POLICY

All manuscripts submitted to our journal are critically assessed by external and/or in-house experts.
Each paper is first assigned by the Editors to an appropriate Associate Editor who has knowledge of the field discussed in the manuscript. In the first step of manuscript selection if a manuscript does not receive a sufficiently high priority score to warrant publication, the editors will proceed to a quick rejection. The remaining articles are reviewed by at least two different external referees. Manuscripts should be prepared according to the Uniform Requirements established by the International Committee of Medical Journal Editors (ICMJE). Authorship: all persons designated as authors should qualify for authorship according to the ICMJE criteria. Each author should have participated sufficiently in the work to take public responsibility for the content. Authorship credit should only be based on substantial contributions to:
1) conception and design, or analysis and interpretation of data;
2) drafting the article or revising it critically for important intellectual content;
3) final approval of the version to be published. General supervision of the research group is not sufficient Italian for authorship. Any part of an article critical to its main conclusions must be the responsibility of at least one author. Authors should provide a brief description of their individual contributions. Obligation to Register Clinical Trials: the ICMJE believes that it is important to foster a comprehensive, publicly available database o clinical trials. The ICMJE defines a clinical trial as any research project that prospectively assigns human subjects to intervention or concurrent comparison or control groups to study the cause-and-effect relationship between a medical intervention and a health outcome. Medical interventions include drugs, surgical procedures, devices, behavioural treatments, process-of-care changes, etc. Our journals require, as a condition of consideration for publication, registration in a public trials registry. The journal considers a trial for publication only if it has been registered before the enrolment of the first patient. The journal does not advocate one particular registry, but requires authors to register their trial in a registry that meets several criteria. The registry must be accessible to the public at no charge. It must be open to all prospective registrants and managed by a non-profit organization. There must be a mechanism to ensure the validity of the registration data, and the registry should be electronically searchable. An acceptable registry must include a minimum of data elements. For example, ClinicalTrials.go (http://www.clinicaltrials.gov), sponsored by the United States National Library of Medicine, meets these requirements Protection of Human Subjects and Animals in Research: when reporting experiments on human subjects, authors should indicate whether the procedures followed were in accordance with the ethical standards of the committee responsible for human experimentation (institutional and national) and with the Helsinki Declaration of 1975 (as revised in 2008). In particular, Med-Inf Association adopts the WAME policy on Ethics in Research (http://www.wame.org). Documented review and approval from a formally constituted review board (Institutional Review Board - IRB - or Ethics committee) is required for all studies (prospective or retrospective) involving people, medical records, and human tissues. When reporting experiments on animals, authors will be asked to indicate whether the institutional and national guide for the care and use of laboratory animals was followed.

SUBMISSION PREPARATION CHECKLIST

As part of the submission process, authors are required to check off their submission's compliance with all of the following items, and submissions may be returned to authors that do not adhere to

1. The submission has not been previously published, nor is it before another journal for consideration (or an explanation has been provided in Comments to the Editor).
2. The submission file is in Microsoft Word, or

PDF document
3. We fight plagiarism: please understand that your article will be checked with available tools for discovering plagiarism.
4. The text is double-spaced; uses a 12-point font; employs italics and all illustrations, figures, and tables are placed within the text at the appropriate points, rather than at the end.
5.The text adheres to the stylistic and bibliographic requirements outlined in the Author Guidelines, which is found in About the
6. Please read this advice and download associated files. The Inter- national Committee of Medical Journal Editors has recently published in all ICMJE journals an editorial introducing a new "Disclosure Form for Potential Conflict of Interest", with the aim to establish uniform reporting system, we sting differences in current formats or editors' requests. Authorship: all persons designated as authors should qualify for authorship according to the ICMJE criteria. Each author should have participated sufficiently in the work to take public responsibility for the content. Authorship credit should only be based on substantial contributions to:
1) conception and design, or analysis and interpretation of data;
2) drafting the article or revising it critically for important intellectual content;
3) final approval of the version to be published.
These three conditions must all be met. Participation solely in the acquisition of funding or the collection of data does not justify authorship. General supervision of the research group is not sufficient therefore asking you to duly fill in the "Uniform Format for Disclosure of Competing Interests in ICMJE Journals" and upload it on the Web site of the Med-Inf Association your work is involved with or email it back to us, in mind to allow Med-Inf Association to peer-reviewing your work. The document is in Adobe format, it includes instructions to help authors to follow the right procedure and is user-friendly.

Kindly note that the format have to be completed and signed by each author of the work.

Copyright notice

PRIVACY STATEMENT

Privacy is an important concern for users of our site and is something that Med-Inf Association takes very seriously. Below you will find our policy for protecting users' personal information. Registration on our website is optional and voluntary. Browsing and viewing articles on our website does not require any personal information to on be submitted from users. Nor do these functions require the user's browser to be set to accept cookies. Some other services published on our website do require the use of cookies and information such s name, e-mail, etc. This is necessary for security reasons and to enable us to be able to assure standards of scientific integrity. Users may submit further personal information (e.g. details of research areas of interest) in order to take advantage of present and future personalization facilities

on our website. In accordance with European Union guidelines, registrants may decline to provide the information requested. They should be advised, however, that Med-Inf Association may be unable to deliver its services unless at least the information necessary for security and identification purposes is provided. In order to offer the best possible service to users, PAGE Press tracks the patterns of usage of pages on the site. This enables us to identify the most popular articles and services. Where users have provided details of their research areas of interest, this information can be linked to them, helping Med-Inf Association to offer scientists, the most relevant information based on their areas of interest. User information will only be shared with third parties with the explicit consent of the user. Publishing a scientific manuscript is inherently a public (as opposed to anonymous) process. The name and e-mail address of all authors of a Med-Inf Association manuscript will be available to users of Med-Inf Association. These details are made available in this way purely to facilitate scientific communication. Collecting these e-mail addresses for commercial use is not allowed. Med-Inf Association itself send unsolicited e-mails to authors, unless it directly concerns the paper they have published on Med-Inf Association journals (IJMNA). Med-Inf Association reserves the right to disclose members' personal information if required to do so by law, or in the good faith and belief that such action is reasonably necessary to comply with a legal process, respond to claims, or protect the rights, property or safety of Med-Inf Association, employees or members

ARTICLE/CASE REPORT/ LETTER SUBMISSION: 250,00 € ITALY; 300,00 € ABROAD (SHIPPING COSTS)

SUBSCRIPTIONS

100,00 (Italy):
180,00 (abroad)
50,00(students)
Support One number 25,00+ shipping costs

Send requests to segreteria@med-inf.com specifying the name of the journal and the type of subscriptions.

INTERNATIONAL JOURNAL OF MEDICAL AND NURSING APPROACH

All the articles published on the International Journal of Medical and Nursing Approach are redacted under the responsibility of the Authors. The articles contained in the journal may not be published or reprinted without the express written permission of the publisher. According to the article 13 of the Legislative Decree 196/03 all the personal data regarding the readers will be processed both manually and informatically. Personal data provided are used to send the present publication and further editions of the journal to the readers, in addition to informational and advertising materials. Personal data are processed in conformity with the article 11 of the Legislative Decree 196/03 and may be disclosed to third parties with which Med-Inf association has a contractual relationship related to the distribution of the journal. The Data Controller is Mad-Inf Association, located in Cesare Beccaria square, n. 4, 04022 Fondi (LT), Italy, to whom the readers may address for updates, integrations or cancellation as provided for in the article 7 of the Legislative Decree 196/03.