

DECLARATION BY THE STUDENT

I SONIA RANI, declare that the thesis entitled “**A study to assess the effectiveness of Nurse Led Cognitive Stimulation Program (NLCSP) on cognitive functions and quality of life among elderly in the selected rural community of Panipat, Haryana**” is my own work conducted under the supervision of Dr. Jayanti Semwal (Supervisor) at Himalayan College of Nursing, Swami Rama Himalayan University, Jolly Grant, Dehradun and is approved by Departmental Research Committee of Nursing Sciences.

I further declare that to best of my knowledge the thesis does not contain any part of any work which has been submitted for the award of any degree either in this University or in any other University/Deemed University without proper citation.

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CERTIFICATE

This is to certify that Sonia Rani in the department of Nursing of this University has fulfilled the requirements prescribed for the Ph.D. degree of the Swami Rama Himalayan University, Dehradun. The thesis entitled “**A study to assess the effectiveness of Nurse Led Cognitive Stimulation Program (NLCSP) on cognitive functions and quality of life among elderly in the selected rural community of Panipat, Haryana**” was carried out under my direct supervision. No part of thesis was submitted for the award of any degree or diploma prior to this date.

Approval was obtained from the university Ethics committee (SRHU/HIM/E-1/2019/Z) on 26th August, 2019. The letter is attached in my thesis as Appendix no. 1.



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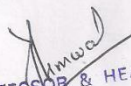
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A Study to Assess The Effectiveness of Nurse Led Cognitive Stimulation Program (NLCSP) on Cognitive Functions and Quality of Life Among Elderly in Selected Rural Community of Panipat, Haryana

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**A STUDY TO ASSESS THE EFFECTIVENESS OF
NURSE LED COGNITIVE STIMULATION
PROGRAM (NLCSP) ON COGNITIVE FUNCTIONS
AND QUALITY OF LIFE AMONG ELDERLY IN
THE SELECTED RURAL COMMUNITY OF
PANIPAT, HARYANA**



**Thesis Submitted In Partial Fulfilment of the
Award of Degree of Doctor of Philosophy In
Nursing Sciences**

**SUBMITTED BY
SONIA RANI**

**SUPERVISOR
DR. JAYANTI SEMWAL**

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Cognitive Stimulation Program (NLCSP) On
Cognitive Functions and Quality of Life Among
Elderly in The Selected Rural Community of
Panipat, Haryana**

Submitted by

Sonia Rani

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For the Degree of
Doctor of Philosophy
in
Nursing Sciences
is evaluated and approved by

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I solemnly declare that research work presented in the thesis entitled “A study to assess the effectiveness of Nurse Led Cognitive Stimulation Program (NLCSP) on cognitive functions and quality of life among elderly in the selected rural community of Panipat, Haryana” is solely my research work with no significant contribution from any other person. Small contribution/help wherever taken has been duly acknowledged and that complete thesis has been written by me.

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“Gratitude can transform common days into thanks giving, turn routine job into joy and change ordinary opportunity in to blessings” (William Arthur Ward)

Life seems beautiful with success and achievement. In one's life success is not only result of their own hard work. This effort in my academic endeavor would not have been reality but for the constructive and purposeful support, guidance and encouragement rendered by a number of persons, whose help specially recognize through this printed page of dissertation in form of acknowledgement.

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With bouquet of thanks

Sonia Rani

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LIST OF ABBREVIATIONS

| S.NO. | ABBREVIATIONS | FULL FORM |
|-------|---------------|---|
| 1. | QOL | Quality of Life |
| 2. | MMSE | Mini Mental Status Examination |
| 3. | NLCSP | Nurse Led Cognitive Stimulation Program |
| 4. | SD | Standard deviation |
| 5. | % | Percentage |
| 6. | Df | Degree of freedom |
| 7. | N | Total number of samples |
| 8. | ANOVA | Analysis of variance |
| 9. | F-value | Value of ANOVA |
| 10. | ≤ | Less than or equal to |
| 11. | et al. | And all others |
| 12. | P | Probability |
| 13. | n | Frequency |
| 14. | * | Significant |
| 15. | CST | Cognitive Stimulation Therapy |
| 16. | HPM | Health Promotion Model |
| 17. | NCD | Non-Communicable Diseases |
| 18. | FGD | Focused Group Discussion |
| 19. | QOL-AD | Quality of Life in Alzheimer's Disease Scale |
| 20. | Mo CA | Montreal Cognitive Assessment Score |
| 21. | NICE | National Institute for Health and Clinical Excellence |