

A group intervention to improve quality of life for people with advanced dementia living in care homes: the Namaste feasibility cluster RCT

Katherine Froggatt,¹ Ashley Best,² Frances Bunn,³ Girvan Burnside,² Joanna Coast,⁴ Lesley Dunleavy,¹ Claire Goodman,³ Ben Hardwick,² Clare Jackson,² Julie Kinley,⁵ Anne Davidson Lund,⁶ Jennifer Lynch,³ Paul Mitchell,⁴ Gareth Myring,⁴ Shakil Patel,⁷ Guillermo Perez Algorta,¹ Nancy Preston,¹ David Scott,⁶ Kate Silvera² and Catherine Walshe^{1*}

¹International Observatory on End of Life Care, Faculty of Health and Medicine, Lancaster University, Lancaster, UK

²Clinical Trials Research Centre, University of Liverpool, Liverpool, UK

³Department of Health and Human Sciences, University of Hertfordshire, Hatfield, UK

⁴Population Health Sciences, Bristol Medical School, University of Bristol, Bristol, UK

⁵Hospice UK, London, UK

⁶Patient and public involvement member, UK

⁷Lancashire Clinical Trials Unit, University of Central Lancashire, Preston, UK

*Corresponding author c.walshe@lancaster.ac.uk

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Plain English summary

The Namaste feasibility cluster RCT

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Plain English summary

Namaste Care is a programme of respectful stimulation for nursing home residents who have advanced dementia. It is person-focused and reflects residents' individual likes and interests. It is claimed that Namaste Care improves quality of life for residents, family and staff, and quality of dying for residents, and can be provided without additional cost. This study explored how feasible it would be to conduct a large study in the future to understand the effects of Namaste Care on people with advanced dementia.

Our literature review showed that Namaste Care enables people with advanced dementia to have moments of connection with others. We refined some Namaste Care resources through working with care home staff, family and volunteers to create a user-friendly booklet. Eight care homes were recruited to our 6-month trial; four homes were supported to introduce Namaste Care, two continued as usual and two withdrew.

In the four intervention homes, residents with advanced dementia received Namaste Care. Staff used standard measures to assess (1) residents' responses and (2) the economic costs and benefits of Namaste Care. Researchers made observation visits. Records of activity in Namaste Care sessions were completed, and interviews were held with staff and family. Residents wore an ActiGraph (Activinsights Ltd, Kimbolton, UK) device that recorded their levels of sleep and activity.

The length and frequency of Namaste Care sessions varied. Nursing homes incurred additional costs but could see ways to reduce those. All residents accepted wearing an ActiGraph device. Staff completed the data collection tools; some measures were more informative than others. Data from interviews showed that most people had positive experiences of Namaste Care.

The findings support the view that Namaste Care has benefits for people with advanced dementia in nursing homes. We consider that, with some changes, this trial offers a model for a large study to show whether or not Namaste Care could be promoted more widely.

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This report

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