

Project Title

Namaste Care for Persons Living with Advanced Dementia

Project Lead and Members

- Ms Hana Concepcion
- Ms Wong Wei Ting, Grace
- Mr Kent Francis Bautista
- Ms Aimee Genetia
- Ms Umapathi Shobana
- Ms Kalaivani Muthaiah
- Mr Lawrence Ventura

Organisation(s) Involved

Apex Harmony Lodge

Healthcare Family Group(s) Involved in this Project

Nursing

Applicable Specialty or Discipline

Dementia Care

Aim(s)

Improve the well-being of the residents in TLC via:

- a) Increased engagement
- b) Non-pharmacological pain relief

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Care Continuum

Intermediate And Long-Term Care & Community Care

Keywords

Dementia Care, Well-being, Quality of Life

Name and Email of Project Contact Person(s)

Name: Ms Wong Wei Ting, Grace

Email: grace.wong@apexharmony.org.sg

Namaste Care for Persons Living with Advanced Dementia

Grace Wei Ting WONG, Nicholas Zhang Yuen WONG,
Hana CONCEPCION, Mee Choo SOH

Introduction

Apex Harmony Lodge is a nursing home for persons with dementia (PWD), with a vision to be a living model of a home committed to lives affected by dementia. To provide person centered care, we organised care into three different specialised models for residents at different stages of dementia. We will be looking at residents at the most advanced stage of dementia under the model of care: Tender Loving Care (TLC). We will look at how the integration of Namaste Care has impacted TLC residents.

OUTLINE OF ISSUES

- Limitations of pharmacological means in facilitating pain relief.
- Staffs' and Next of Kins' (NOKs) inability to meaningfully engage TLC residents due to the decline in their physical and mental abilities.
- Decline in residents' health outcomes due to increased agitation and resistance to care.
- Neglect of residents' unmet psychosocial needs which affects their general well-being.

STRATEGY

To address the above mentioned issues, we had integrated Namaste Care into TLC's fundamental approach of care. Namaste Care is a therapeutic program developed by Joyce Simard in 2003. Namaste means to "honor the spirit within". It is guided by two principles: to create a calm environment, and provide all interactions with an unhurried loving touch.



Namaste Care was implemented in 3 phrases:

1. "Namaste Care Activity" consists of: physical set-up to create a relaxing environment, and the facilitation of massages that focuses on unhurried sensory engagement. We had further created a "Namaste Corner" to enhance the facilitation of this activity.
2. Went on to integrate the principles of Namaste Care into our residents' physiotherapy stretching activity to relieve the pain they experience due to their contractures.
3. Namaste Care principles are also integrated into their daily activities to enhance their quality of life such as: playing music when they are being showered, and providing scented grooming products.

Objectives

Improve the well-being of the residents in TLC via:

- a) Increased engagement
- b) Non-pharmacological pain relief

Methodology

Data presented were extracted from Apex Harmony Lodge twice-yearly routine assessments. Five of the outcome scales were from the International Resident Assessment Instrument (InterRAI) and the last outcome scale used was Bradford Well Being Profile. Details of each of the scales are shown in the table below.

There has been a general consensus on the steep decline in health outcomes for patients with advanced dementia. With this in mind, we anticipated to see the benefits of Namaste Care via a maintenance of the following indicators across 6 months.

Outcome Scales	Scores	Meaning of Scores
International Resident Assessment Instrument (InterRAI)		
1. Aggressive Behaviour Scale (ABS)	0 – 12	Higher scores indicate greater frequency and diversity of aggressive behaviour
2. Depression Rating Scale (DRS)	0 – 14	Higher scores are stronger clinical indicators of depression
3. Pain	0 – 3	Higher scores indicate higher frequency and intensity of pain
4. Revised Index of Social Engagement (RISE)	0 – 6	Higher scores indicative of greater social engagement
5. Cognitive Performance Scale (CPS)	0 – 6	Higher scores indicate more severe cognitive impairment
Bradford Well Being Profile (WBP)		
	0 – 28	Higher scores indicate greater well-being

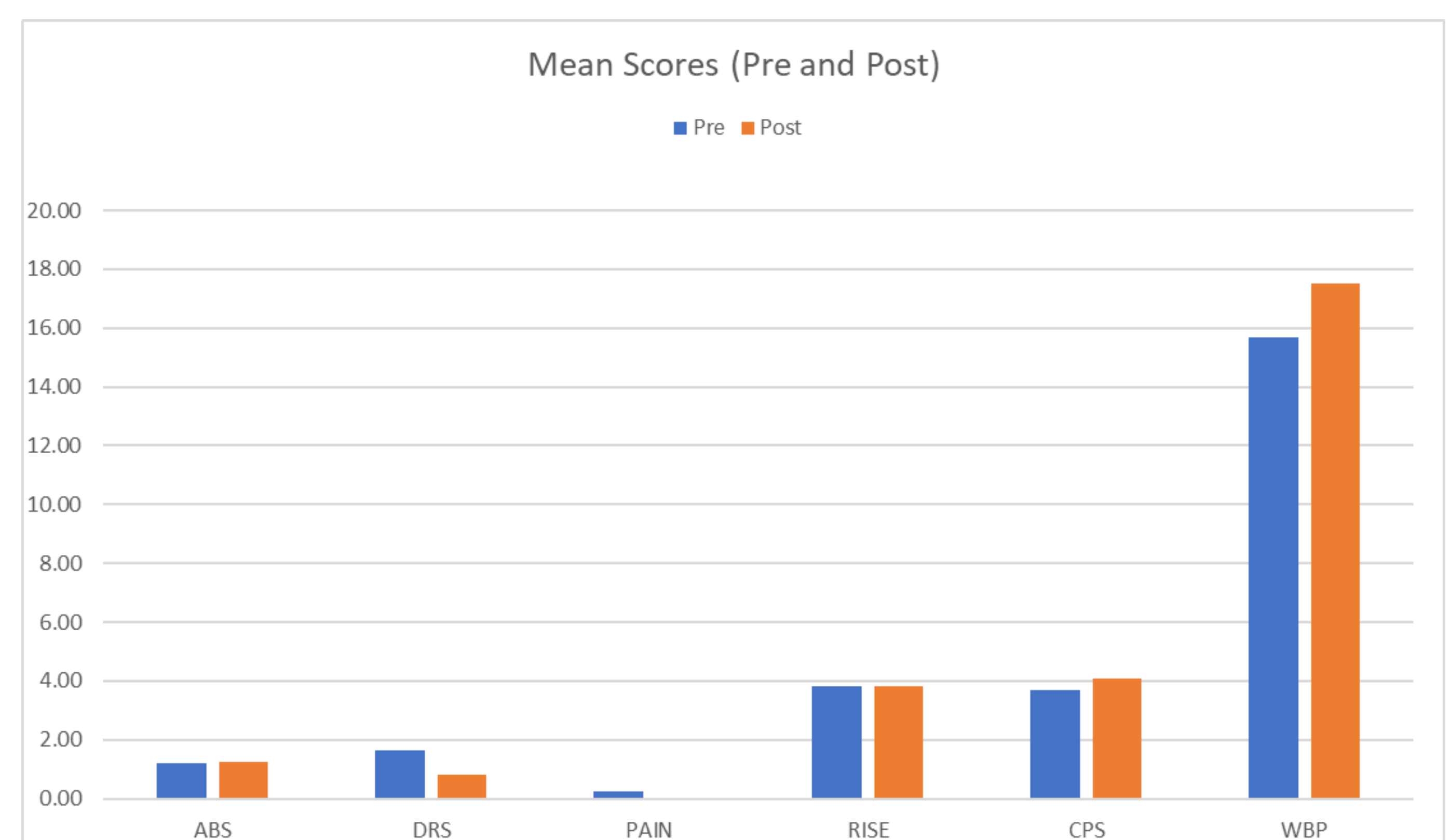


Scores were extracted from 16 of our residents. The pre scores were those of the residents when they were previously in other models of care where Namaste Care is not integrated into their care routine. Post scores were that of the same 16 residents after they were transferred to TLC and began receiving care with the integration of Namaste Care.



Implementation of Namaste Care began in March 2020, however the data collected were from July 2020 onwards as the above mentioned routine assessments were still in its preliminary stages in March 2020.

Findings



The figure above shows the average pre and post scores across the 6 outcome scales.

Residents were reported to show lower depressive symptoms, lesser pain, and increased overall wellbeing. On the other hand, residents were also reported to have increased aggression and cognitive impairment. However, none of the reported differences were statistically significant.

Despite a lack of statistically significant improvement across all indicators, we believe that the maintenance of the residents' general well-being as shown from the above data shows the potential of Namaste Care in advanced dementia care.

Look Forward To

- Expansion of Namaste Care training with more NOKs to enhance their visitation experiences with their loved ones staying in the TLC model of care.
- Introduction of Namaste Care in our programmes with NOKs of PWD who are in the community.

References

Bradford Dementia Group. (2016, December 6). *The Bradford Well-being Profile*. Retrieved April 19, 2023, from <https://silo.tips/download/bradford-dementia-group-division-of-dementia-studies-the-bradford-well-being-profile>

interRAI. (n.d.). Retrieved April 19, 2023, from <https://interrai.org/about-interrai/>

Simard, J. (2007). *The end-of-life namaste care program for people with dementia*. Health Professions Press.