# The Namaste Care programme

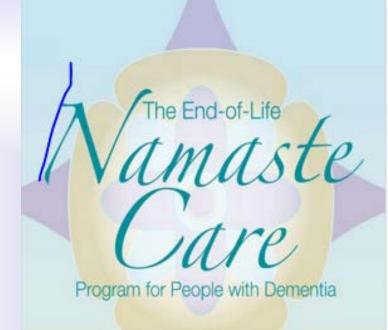
Min Stacpoole MSc, RN.

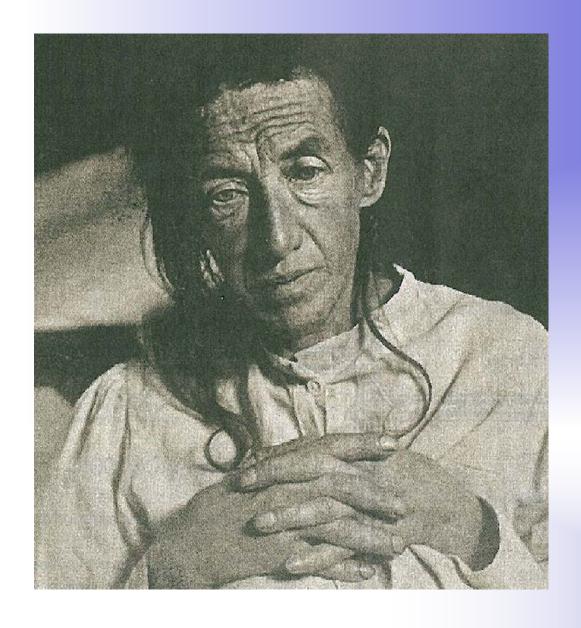
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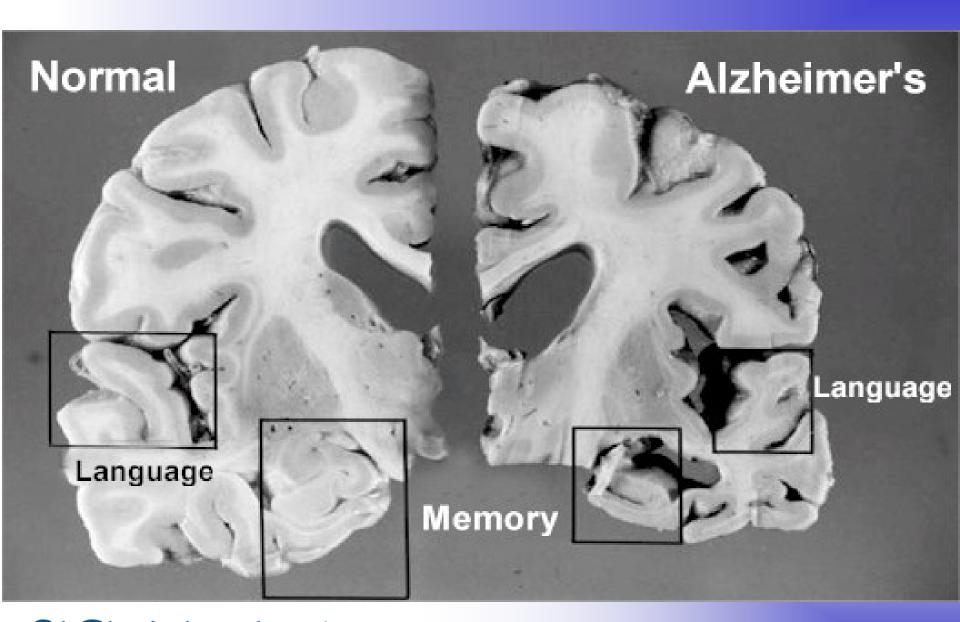
StChristopher's

Used worldwide, the program that provides compassionate, holistic, person-centered care.





"I have lost myself."



#### Dementia progression: FAST staging

- 1 No functional decline
  - 2 Personal awareness of some functional decline
- Noticeable deficits in demanding job situations.
- 4 Requires assistance in complicated tasks eg finances, planning dinner for guests etc
- 5a Cannot recall address, tel no, family members' names etc
- 5b Frequently some disorientation to time and place
- 5c Cannot do serial 4s from 40, or serial 2s from 20.
- 5d Retains many major facts re self
- 5e Knows own name
- 5f No assistance toileting, eating but may need assistance choosing proper attire
- 6a Difficulty putting clothes on properly without assistance
- 6b Unable to bathe properly eg adjusting water temperature.
- 6c Inability to handle mechanics of toileting eg forgets to flush, does not wipe properly.
- 6d Urinary incontinence
- 6e Faecal incontinence
- 7a Speech limited to about 6 words in an average day.
- 7b Intelligible vocabulary limited to single word on average day.
- 7c Cannot walk without assistance
- 7d Cannot sit up without assistance
- 7e Unable to smile



# Tom Kitwood's 'flower of needs' (1997).



"You matter because you are you, and you matter to the last moment of your life, and we will help you not only to die peacefully, but to live until you die."

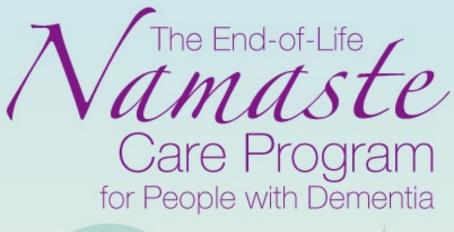
Dame Cicely Saunders



# Three plagues of dementia

- Hopelessness
- Helplessness
- > Isolation.

(Dr Bill Thomas
The Eden Project)





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# Systematic review of non-pharmacological interventions for reducing agitation

The only interventions with moderate efficacy were

- Sensory interventions
  - Aromatherapy
  - Thermal bath
  - Calming music
  - Hand massage

(Kong et al 2009)

#### NAMASTE CARE - CORE ELEMENTS

- "Honouring the spirit within".
- The presence of others.
- Comfort and pain management.
- Sensory stimulation: sight, touch, taste, hearing, smell & movement.
- Meaningful activity.
- Hydration and nutrition.
- Life history.
- Care staff education.
- Family meetings.
- Care of the dying.
- After death reflections.

# Namaste Care worker specifically allocated to people with advanced dementia

- Greater awareness of change in individuals
- Improved symptom assessment especially pain
- Immediate response to agitation
- Repeated drinks/improved hydration.

#### Create the environment



- Gather supplies
- Tidy the room and dim the lighting
- Open lavender room diffuser
- Play soft music
- Nature videos

# Music and film



# Namaste Day



- Welcome To Namaste
- Greeting by name
- Positioned comfortably
- Assessed for pain/discomfort.



# Therapeutic touch/hand massage



# Contracted hands relaxing



# Care as meaningful activity

- Wash hands and face
- Apply moisturiser
- Brush & tidy hair
- Therapeutic touch, head, hands, feet
- Manicure nails

- Personal preferences, lipstick, hair ornaments
- Food treats
- Sensory stimulation.

# Life story eg Memory Box



#### Hydration and food treats



Help with extra **nutrition and hydration** when
awake

# Friends: dolls and life like animals



# Connecting



#### Nature and the seasons through the senses.





# Have fun and be ready for lunch



# Family and friends



# Namaste family meetings

- ➤ Seeks help of family "to honour the spirit within" eg favourite music, likes and dislikes
- Acknowledges disease progression early and in a positive context
- > Establishes comfort and pleasure as the aims of care
- Opens conversation around DNACPR, hospitalisation, preferred place of death
- > Ultimate goal is peaceful, dignified death.

# Namaste Care when people are dying

- Namaste care continues at the bedside as part of end of life care
- Comfort, mouth care, loving touch, reassuring presence
- Supporting family
- Laying out the body with love and dignity
- After death reflection.

#### Quantitative results

RESEARCH ARTICLE



# The Namaste Care programme can reduce behavioural symptoms in care home residents with advanced dementia

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#### Benefits for residents

- ✓ Overall reduction in behavioural symptoms
- ✓ Enjoyed social interaction, massage, music, food treats etc.
- ✓ Some more alert, some less agitated
- ✓ Engaged more actively with others (e.g. more eye contact & attempts to talk)
- ✓ Experienced a calm, relaxing approach to care.

#### Benefits for care staff

- ✓ Found Namaste enjoyable and rewarding
- ✓ Encouraged creativity and learnt new skills
- ✓ Helped them connect and communicate with residents and meet their human needs
- ✓ Fostered easier, closer relationships with relatives
- ✓ Increased confidence and self esteem.

#### Benefits for relatives

- ✓ Perceived benefits for their relatives and welcomed Namaste Care
- ✓ Some felt Namaste Care had a positive impact on their own quality of life
- Experienced closer connection and communication with their family member
- Expressed appreciation of the skill and commitment of care staff
- ✓ Felt the atmosphere in the care homes became calmer and more homely.

# Benefits for care home managers

- ✓ Inspired care staff and improved teamwork
- ✓ Offered an alternative structure for care delivery
- ✓ Gave practical guidance to providing respectful, compassionate, person-centred care
- ✓ Improved relationships and communication between care staff and relatives
- ✓ Created a positive framework for end of life care conversations.

#### **Toolkit**



The St Christopher's Toolkit/manual to support care homes to implement Namaste is online and free to download.

http://www.stchristophers.org.uk/wpcontent/uploads/2016/03/Namaste-Care-Programme-Toolkit-06.04.2016.pdf