

A review of 10 years of UK research.

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What is Namaste Care?

A multimodal, psycho-social intervention focused on sensory stimulation. Namaste Care utilises aroma, lighting, music, nature, tactile activities, massage, hydration and nutrition to provide meaningful activities and interactions.

(Simard, 2013; Bray, Brooker and Garabedian, 2019)

Why is understanding dementia care

people living with dementia.

The aim of this study is to collate the

of Namaste Care as an intervention for

existing UK evidence base for the benefits

It is forecast that by 2050, 153.8 million people will be living with dementia worldwide, with a 74% increase in cases in western Europe. Understanding the effectiveness of care interventions, such as Namaste Care, may help to;

- Guide resource investment/distribution
- Inform policy making
- Set new standards for practice.

(Global Burden of Disease, 2022)

Aim

important?

Themes identified

- 1. Behavioural benefits
- 2. Improved quality of life
- 3. Physical benefits
- 4. Institutional benefits



Conclusion

Namaste Care is a powerful intervention that shows great promise in its ability to enhance the lives of people living with dementia by facilitating compassionate care and holistic excellence.

Recommendations

- Namaste Care can be implemented to good effect at low cost.
- Organisations should be supported to provide staff training.
- Namaste Care should be included in nursing education.
- Further research would bolster the existing evidence.

Methodology

- A literature review in a systematic style.
- 5 data bases searched; 105 papers returned.
- Following application of pre-defined criteria and critical appraisal, 9 papers were identified.
- Thematic analysis was conducted.

Results

Qualitative and quantitative data was analysed. Namaste Care was found to benefit all parties involved in the person living with dementias' life.

Namaste Care can;

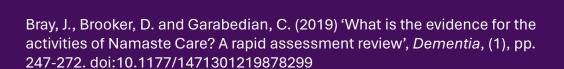
- ✓ Reduce agitation
- ✓ Increase communication
- ✓ Strengthen relationships
- ✓ Improve wellbeing
- ✓ Provide health benefits
- ✓ Influence care culture
- **✓** Enable respite for informal carers
- ✓ Promote organisational improvements
- ✓ Support financial sustainability

Application to practice

The results of this review support the widespread implementation of Namaste Care in UK dementia care settings.



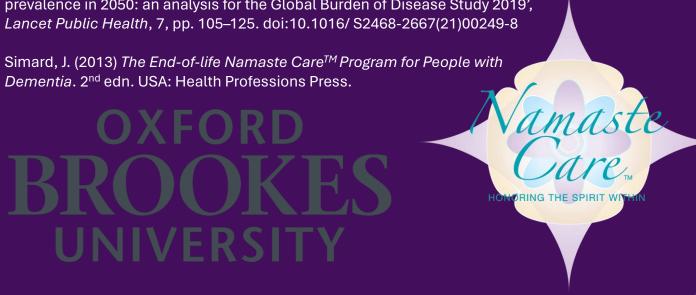
- Informal carers
 - Care home
 - Staff carers
- People living in the



Global Burden of Disease 2019 Dementia Forecasting Collaborators (2022) 'Estimation of the global prevalence of dementia in 2019 and forecasted prevalence in 2050: an analysis for the Global Burden of Disease Study 2019', Lancet Public Health, 7, pp. 105-125. doi:10.1016/S2468-2667(21)00249-8

Dementia. 2nd edn. USA: Health Professions Press.













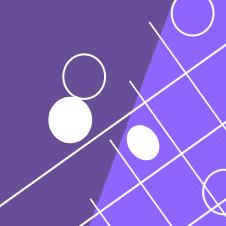
Sensory care

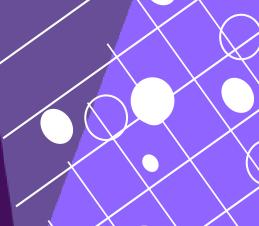
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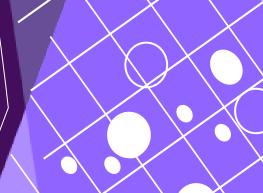


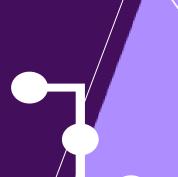
- Cultural food
- Favourite treats
- Soft lighting
- Relaxing images
- Seasonal decor
- Exploring textures
- Massage
- Familiar objects
- Atmospheric music
- Words of affirmation
- Natural scents
- Fresh air













- Hospitalised patients
- residents
- Family members
- community