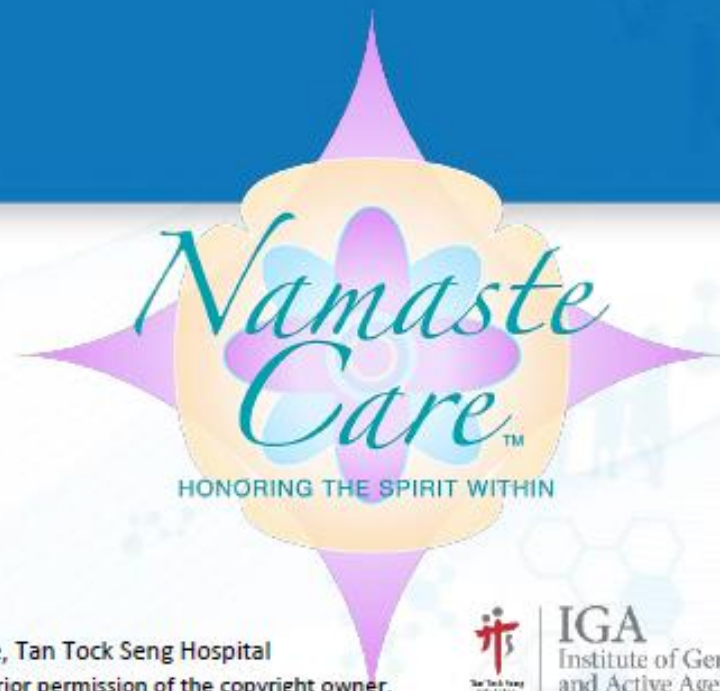


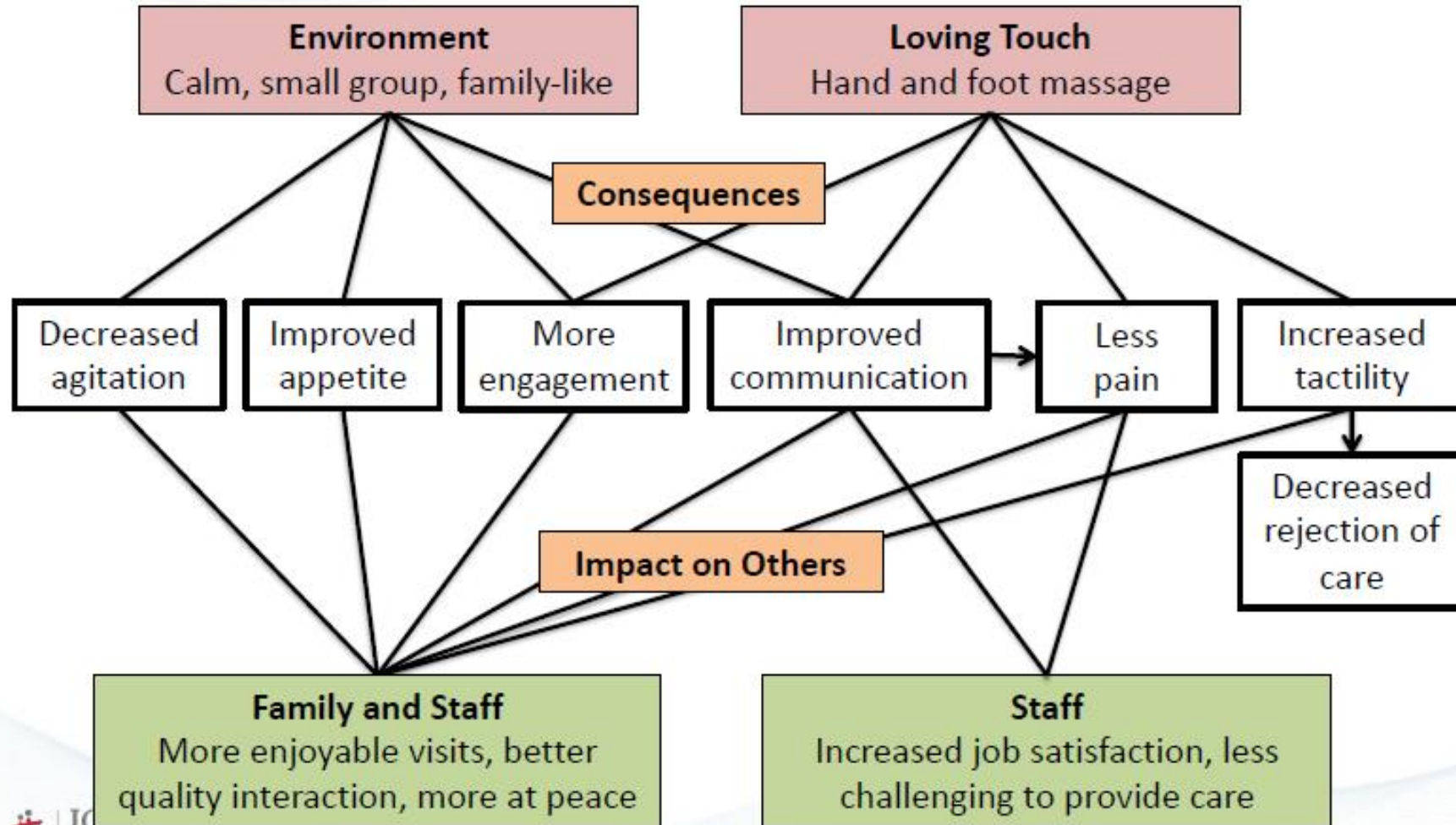
# Introduction to Namaste Care



# Grounded theory Model of Namaste Care

## Principles

Manzar & Volicer (2015)



- Results of this study demonstrate that the Namaste Care Program **improves the quality of life and sense of well being** for individuals with advanced dementia.
- Reports by staff and family members indicate that this **effect is mediated by** providing a **comfortable environment** and by **loving touch**.
- Features that were listed for making the **environment comfortable** were calmness, being part of a small group of others and family-like atmosphere.
- Loving touch was provided by hand and foot massage, hair and nail care.

# Benefits of Namaste Care Program

## For Persons with advanced dementia

- **<sup>1</sup>Improved interest in the environment**
  - Participation in the program among residents who were withdrawn or had reduced social interaction reduced indicators for delirium and decreased use of anti-anxiety medications
- **<sup>2</sup>Improvement in general well-being**
  - Reduction in stress and withdrawal
  - Increase responsiveness and more alert
  - Less agitated and more engaged
- **<sup>3</sup>Reduction in severity of behavioral symptoms in dementia, pain and occupational disruptiveness**
  - Thus improving quality of life for people with advanced dementia in care homes
- **<sup>1</sup>Reduced the use of antipsychotics and psychotropic medications**
- **<sup>4</sup>Greater sense of well-being**



# Benefits of Namaste Care Program

## For Care staff

- **Increased confidence and self-esteem**
  - Able to meet residents' emotional needs better
- **Improved teamwork with increased team morale**
  - Namaste Care provided practical guidance on providing person-centered care
- **Easier delivery of care**
  - Due to reduced agitation and resistiveness to care
- **Increased job satisfaction**
- **Feelings of calmness** brought about by participating in Namaste Care
- **Change in care delivery:** Namaste reshaped the routine towards a more person-centered approach, with care staff developing increased respect for the dignity of resident (seeing them as people)



**Table 4** Care characteristics before and after Namaste Care implementation

Before Namaste	After Namaste
'Rushing around'	'Calmness'
'Chaos & confusion'	'Seeing the person'
Lack of trust	'Reaching out to each other'
Emotional rewards of care dementia care	Enhanced well-being

# Benefits of Namaste Care Program

## For Relatives and Family members

- Program **fostered closer relationships** with loved ones with dementia
- **Improved communication** between care home staff and relatives
- **Improved visiting experience** in care home

“The biggest thing Namaste has given me is a different focus when visiting mum. For many years now mum hasn't been able to communicate with us and conversation has been one sided which is difficult and at times she appeared to barely realize I was there. I now know to do other things as well as talk to mum like show her old photos, brush her hair, feed her treats, and moisturise her face and hands. This makes spending time with her easier and I feel I'm making more of a connection with her and a difference in her life”