

**Greater Manchester Palliative Care Research, Audit and Evaluation Conference 2018**  
**Abstract submission**

**Title:** The Impact of a Namaste Care Programme in care homes with residents with Advanced Dementia

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**Background:** Two-thirds of care home residents have dementia. The Namaste Care Programme™ (NCP) enhances care for those at the end of life by improving quality of life and decreasing distressing behavioural symptoms. The NCP was introduced in 10 care homes across Cheshire to implement the programme, and to consider the impact on residents.

**Methods:** The main measures used were the QUALID (Quality of Life in Dementia Scale), the Abbey Pain Scale, and the monitoring of weekly weights. Case studies were also gathered allowing individual stories to be captured.

**Results:** Five care homes took part in the study. Some of the key changes were an overall improvement in QUALID scores. Pain scores decreased (improved) in three of the five care homes. Although some residents continued to lose weight, one third of residents gained weight. Qualitative data was affirming, with residents' families noticing improvements in their relative, and staff reporting both positive changes for residents and increased satisfaction for themselves. Responses also identified positive changes in the home's environment as a whole.

**Implications:** There is evidence that when employed appropriately, Namaste has a positive and powerful impact upon the care of residents and also on the staff caring for them. It can be implemented in a cost effective manner, but does require a different way of thinking for this to happen.

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