

Developing a study intervention: A realist review and consensus workshops to develop the Namaste Care intervention for people with advanced dementia prior to a feasibility study using a cluster randomised controlled trial in nursing care homes

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Background:

Clear intervention specification is important, but often absent or incomplete in study reports. Namaste Care is a complex sensory intervention for people with advanced dementia, but is not well specified.

Aim:

To refine and develop an evidence based Namaste Care intervention specification and training package acceptable to nursing care home staff, residents and families

Methods:

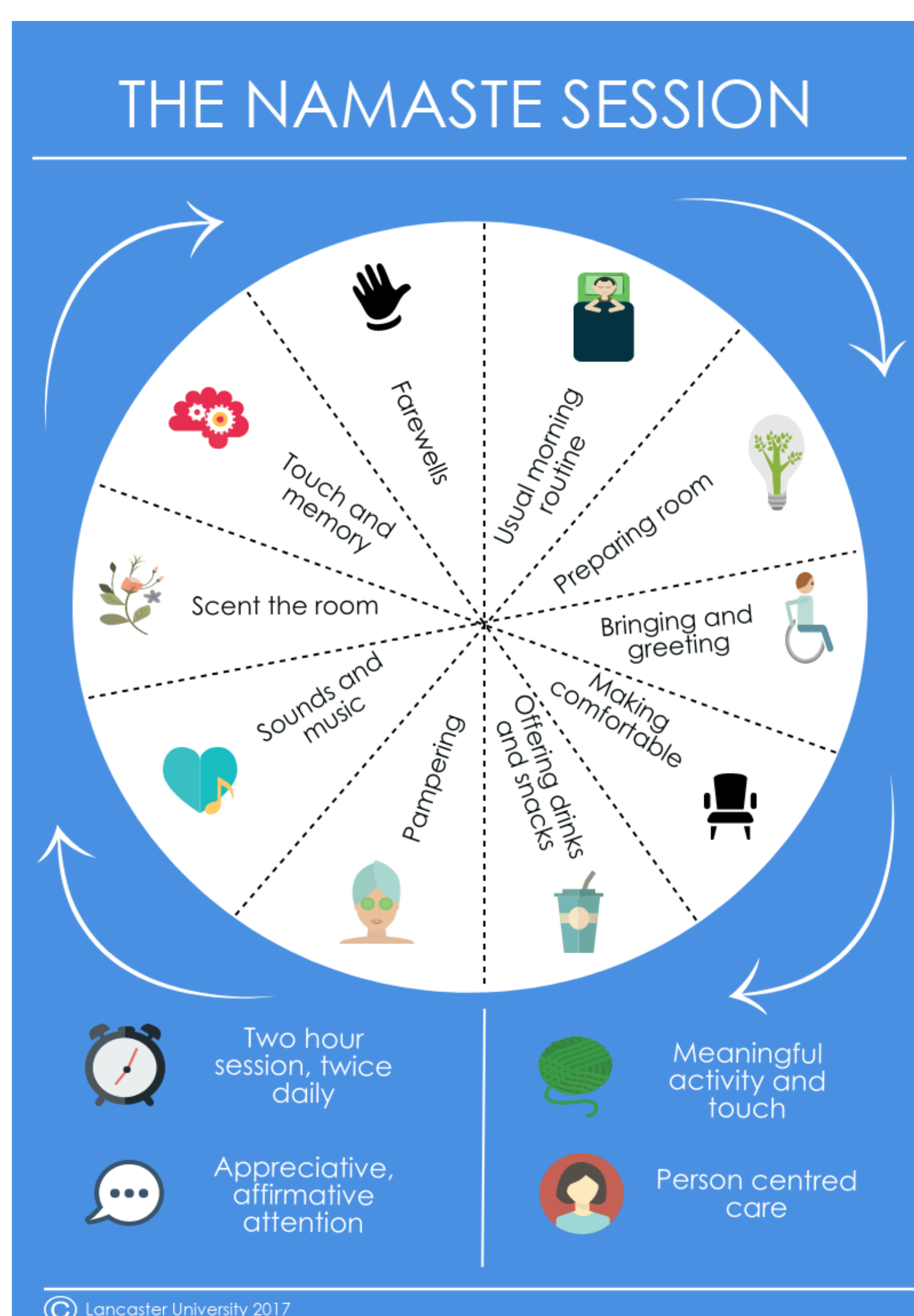
A two phase approach incorporated both a realist evidence review and consensus methods.

Three consensus workshops (n=15 care home staff participants, n=1 family carer participant, n=1 volunteer participant) presented emerging findings from the review; explored readability, understandability and utility of materials; and used nominal group techniques to refine materials.

Results

Language was changed, and clarification of terms such as personal care made. An additional section of the intervention guide was developed, focused on organisational preparation for Namaste Care implementation. Issues such as intervention timing, frequency, focus and staffing requirements were identified as requiring further specification. Simple, visual presentation enhanced written information.

Example infographics are displayed.



A careful, staged, process of intervention specification and refinement revealed important issues that required attention. Addressing these before trial commencement could increase the likelihood of intervention fidelity.

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