Namaste Care for people with advanced dementia towards the end of life living in care homes: a realist review

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Background

• Evidence for therapeutic healthcare interventions for people with advanced dementia living in care homes is limited.

• Residents may benefit from a structured programme of care called the Namaste Care programme, but evidence is limited.

• This realist review is Phase 1 of a three-phase feasibility cluster controlled trial.

Aim

To develop an explanatory account of how the Namaste Care intervention works, on what outcomes and in what circumstances.

Methods

Realist evaluation is a theory based approach, developed by Pawson & Tilley¹, to ‘unpack’ the black box of social programmes to understand how an intervention works, for whom, in what circumstances, and why. Two stages of review were undertaken (Figure 1):

Stage 1: Define scope of review to identify how Namaste care might work

- Research team consultation
- Scope literature (68 papers identified: include 18)
- Interviews with key stakeholders (n=11)
- Consultation workshop (13 participants)

Stage 2: Realist review to test programme theories in literature

- Retrieval - Titles + abstracts screened n=2646 (Included n=85)
- Synthesis of paper findings
- Consensus meeting (7 participants) + Interviews with key stakeholders (n=4)

Results

84 papers were reviewed. Only 8 papers considered Namaste care; other literature consider a range of sensory interventions eg massage, music therapy. Three context mechanism-outcome configurations identified under an overarching theme regarding the outcome of connection (Figure 2).

References


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This project is funded by the NIHR HTA (Ref 15/10/11). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health

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