

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.

Elements of Namaste Care



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

1. Wong G, Greenhalgh T, Westhorp G, Buckingham J, Pawson R. RAMESES publication standards: realist syntheses. BMC Medicine. 2013 Dec;11(1):21.

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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)

Figure 1: Realist review stages

Development of moments of connection

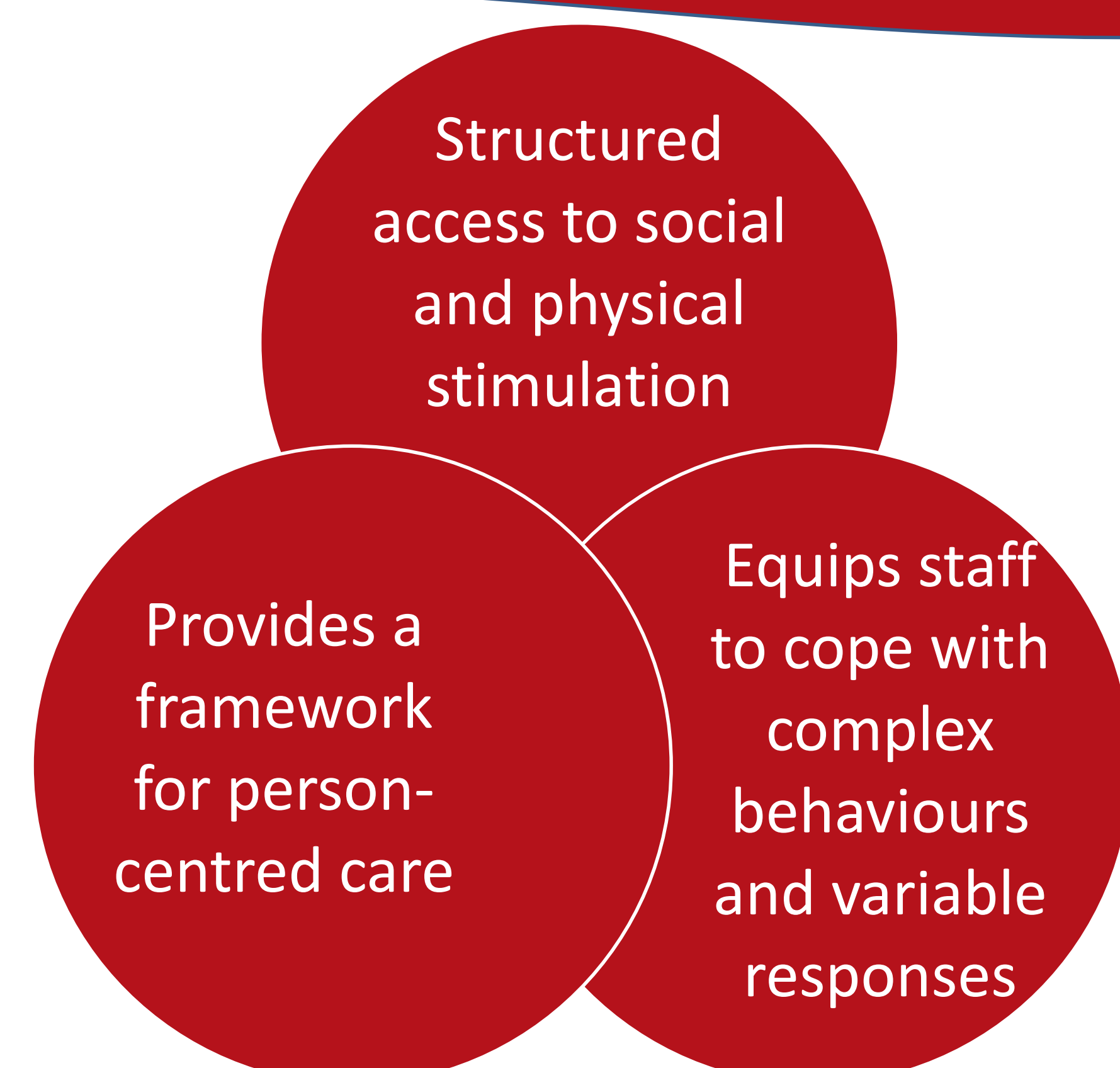


Figure 2: Proposed theory of how Namaste Care works

