

Cost-effectiveness of the Namaste Care Family program for advanced dementia: Design of a clustered-randomized trial

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Rationale

Quality of life of Dutch nursing home residents with advanced dementia can be improved;

- Residents may be isolated, cannot participate in regular activities, present challenging behaviors
- Families may be frustrated with limited contact with their loved ones.
- Few psychosocial interventions available for residents with advanced dementia.

Namaste Care

- 7-day-a-week program, 2h in morning + afternoon
- Increase quality of life and comfort for people with advanced dementia.
- Incorporates person-centered and palliative care approaches and end-of-life care.
- Loving touch, presence of others, and meaningful activities



Objectives

- To modify the US Namaste Care program to sustainably fit it into the Dutch health care landscape
- To assess effects on (primary outcomes):
 - Quality of life of residents
 - Positive caregiving experiences
- To assess the most effective elements of the program and cost effectiveness

Design

