

Can I Get a Connection?

Taking **Namaste Care** Training Online

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Namaste Care is a creative, person-centred approach for people with end-stage dementia and at risk of *disconnection*. Research suggests it can: empower staff and families with new ways of relating to people with dementia; improve quality of life, interactions, and interest in surroundings; and reduce agitation.

In response to pandemic restrictions **Namaste Care** training was re-developed using a **Namaste Care** acronym and taken online. All participants ($n=40$) agreed this online training gave them practical ways to comfort people they had previously struggled to connect with.

Stacpoole, M., Hockley, J., Thompsell, A., Simard, J., Volicer, L. (2014) The Namaste Care programme can reduce behavioural symptoms in care home residents with advanced dementia. *International Journal of Geriatric Psychiatry*. 30, 702-709.

Nicholls, D, Chang, E, Johnson, A, & Edenborough, M (2013) Touch, the essence of caring for people with end-stage dementia: A mental health perspective in Namaste Care, *Aging & Mental Health*. 17, 571-578.



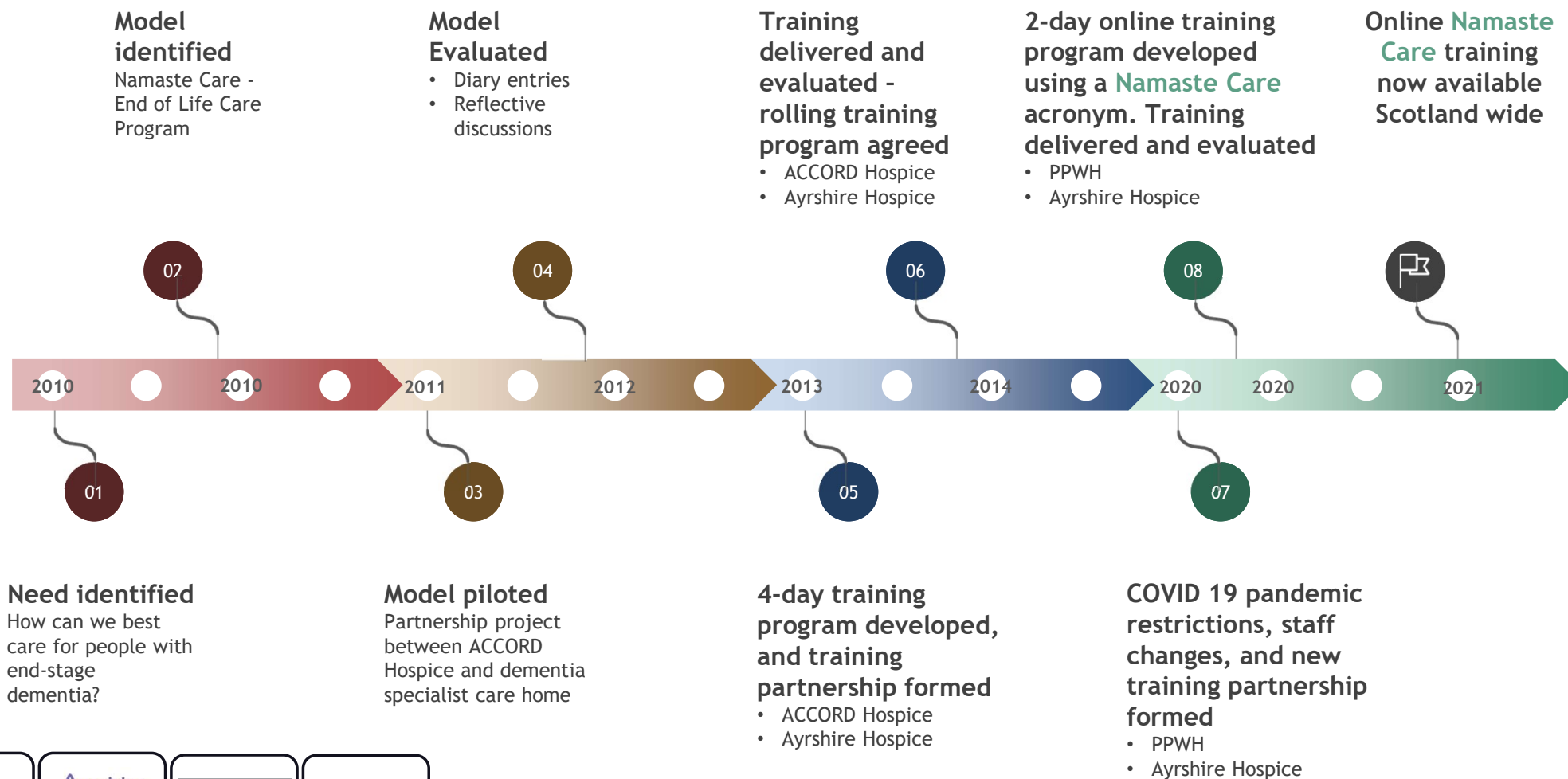
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This poster is part of
the SPPC Poster
Parade 2021

The logo for the Scottish Partnership for Palliative Care, featuring a stylized 'C' shape with the text 'Scottish Partnership for Palliative Care'.

The Evolution of the Online **Namaste Care** Training Program



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Communicating Key Features of the **Namaste Care** Program

Nurturing and honouring the spirit within - *daily*

Accessing appropriate training and implementation resources

Managing change

Assessing who could benefit, and acknowledging declining health

Supportive, relaxing, healing physical and relational environment

Taking a team approach

End in mind - thinking, talking and planning ahead

Comforting and connecting using individualised holistic care practices

Atending to the needs of family and professional care staff

Recording and evaluating care using validated tools

Enriching and improving experiences of living and dying

Yes - We Got Connections

Touch	<ul style="list-style-type: none">• <i>'She was trying to hold my hand, then clasped my hand and was smiling'</i>
Eye contact and voice	<ul style="list-style-type: none">• <i>'I realise the importance of eye contact and soft tones to stay engaged. It was a nice connection going on there, a way of talking without actually speaking'</i>
Soothing environment	<ul style="list-style-type: none">• <i>'We were making it more personal and warm feeling'</i>
Music	<ul style="list-style-type: none">• <i>'Memories were there, but it needed music to bring them back'</i>
Communicating positive news	<ul style="list-style-type: none">• <i>'After hearing the importance of communicating positive news to family members at the training, I gave more than an update on the resident's health. I mentioned songs we were playing, and the flavour of yoghurt the resident had enjoyed. It led to a lovely conversation about music and stories.'</i>

- ✓ Feedback from this two-day online training using the newly developed **Namaste Care** acronym was very similar to the four-day face-to-face sessions.
- ✓ Staff reported the online training gave them practical ways to positively connect with residents (and family members) they had previously struggled to reach.