

Who is conducting the trial?

This trial has been developed by a team of researchers with expertise in end of life care and clinical trials. The Namaste Trial is being conducted by researchers at Lancaster University in collaboration with researchers from the University of Hertfordshire, University of Bristol, University of Liverpool Clinical Trials Research Centre and St. Christopher's Hospice.

The project is funded by the National Institute for Health Research HTA programme (NIHR HTA).



Contact Details

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**Research to investigate
the possibility of using
Namaste Care™ for
people with advanced
dementia in care homes**

www.namastetrial.org.uk

Why is the Namaste Trial needed?

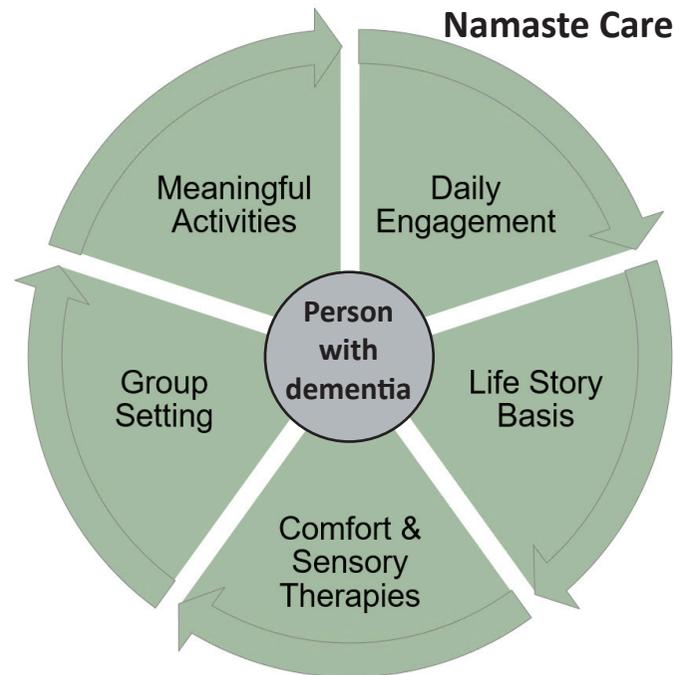
Many people with advanced dementia live in a nursing care home. Providing high quality care for people with advanced dementia is challenging. Namaste Care is a programme of care that offers individualised care and comfort for the people receiving it.

Claims about the positive impact of Namaste Care have been made. The Namaste Trial will see if it is possible to collect evidence in a way which is practical, non-intrusive and reliable whilst confirming the effect of Namaste Care.



What is Namaste Care™?

Namaste Care is an approach that focuses on engaging with each individual person's senses through sound, touch, smell, taste and sight. A personalised programme of care is provided for each person receiving Namaste Care.



Namaste Care is ideally provided 7 days a week with 2 hours in the morning and 2 hours in the afternoon in a dedicated room.

What do we plan to do?

The Namaste Trial is a 3-phase research study being run over 2 years until December 2018.

Phase 1: Review – search the literature to identify which elements of Namaste Care are shown to work best for people with advanced dementia within nursing care homes.

Phase 2: Intervention Refinement – conduct workshops and interviews with family members and carers of people with advanced dementia who are living in nursing care homes. Adjust the Namaste Care interventions based on these interviews and workshops.

Phase 3: Conduct a trial in 8 nursing care homes. 6 care homes will be randomly selected to use Namaste Care; 2 care homes will be randomly chosen to continue their normal practice of care. This will allow us to see if we can provide Namaste Care and measure it too.