Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of palliative care (Namaste) on quality of life, pain, anxiety in elderly patients with dementia living in Nursing homes

Protocol summary

Summary

The aim of this study was to investigate the effect of Palliative care on quality of life, severity of pain and anxiety in elderly patients with Alzheimer's disease. This non-randomized clinical trial is a pre-and post-group clinical trial. Individuals with Alzheimer's who are able to co-operate with and speak and are willing to participate in the project can enter the study. The number of samples is 25 people selected by census method. An individualized care program is used to increase the interpersonal interactions and connect more. Sensory and tactile stimulation methods are also used to improve the quality of life of Alzheimer's elderly. Before the research begins for carers and families interested in participating in the research, the workshop will be held by the researcher. This program will be done 2 hours a day and 4 days a week for 6 months in a given space. This space consists of a quiet room with a comfortable chair with a little sensory stimulus, low light, lavender fragrance and music that includes relaxed and familiar songs and tunes that are appreciated by all the participants in the research. The researcher welcomed the patients and called them to the room with soft oils, gently touching her hands and massage her. In each session, about two hours (from 10:00 noon), some of the activities of the patient's interest, such as massage, memory, painting, drinking or personal care, such as combing hair or washing the face, are done. The family or carers are asked to determine the type of activity that the patient likes. Dolls will also be used to stimulate sensation. These dolls are similar to young children who are associated with the presence of children or grandchildren. Pictures that reflect the weather, season or holiday are shown to them. These activities are not intended to satisfy physical needs, but to attract concentration and sense of enjoyment

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016122031489N1**
Registration date: **2017-11-19, 1396/08/28**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-11-19, 1396/08/28

Registrant information

Name

zahra amrollah majdabadi

Name of organization / entity

Tehran university of medical scienses

Country

Iran (Islamic Republic of)

Phone

+98 61054209

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Recruitment status

Recruitment complete

Funding source

University research project

Expected recruitment start date

2017-05-05, 1396/02/15

Expected recruitment end date

2017-05-22, 1396/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of palliative care (Namaste) on quality of life, pain, anxiety in elderly patients with dementia living in Nursing homes

Public title
The effect of palliative care nursing (Namaste) on elderly patients with dementia
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: Suffering from Alzheimer's disease؛ to be able to talk and have the ability to participate in the study Exclusion criteria: Non-participation in meetings for 3 weeks (12 sessions)
Age
From **40 years** old to **70 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **25**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Tehran University of Medical Sciences
Street address
Eastern Nusrat Street, Tawhid Square, Postal Code: 1419733171
City
Tehran
Postal code
Iran
Approval date
2016-11-15, 1395/08/25
Ethics committee reference number
1395.1041

Health conditions studied

1

Description of health condition studied
Alzheimer
ICD-10 code
G30.9
ICD-10 code description
Alzheimer disease, unspecified

Primary outcomes

1

Description
Quality of Life
Timepoint
Before intervention and 6 months after intervention
Method of measurement
QUALITY OF LIFE IN LATE-STAGE DEMENTIA (QUALID) SCALE

2

Description
Anxiety
Timepoint
Before intervention and 6 months after intervention
Method of measurement
questionnaire, Hamilton Anxiety Rating Scale (HAM-A)

3

Description
pain
Timepoint
Before intervention and 6 months after intervention
Method of measurement
Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II

4

Description
Neuropsychological symptoms
Timepoint
Before intervention and 6 months after intervention
Method of measurement
Neuropsychiatric Inventory – Nursing Home

Secondary outcomes

empty

Intervention groups

1

Description
The Namaste Care intervention is guided by concepts of person-centered care and maintaining a sense of

'personhood' within a palliative approach to dementia care. It was designed for those with dementia, and uses a high sensory and touch approach. Namaste Care provides an alternative to task-oriented care by creating meaningful activities, gentle touch for those 'silent' residents who are nearing death, often neglected and 'stuck in their rooms . It runs 5 days/week 2 hours/day. In our study, we will use dedicated rooms for Namaste Care that are quiet and within a high sensory yet calming environment. Family involvement will be encouraged; they can participate in any activities that they prefer. (e.g., applying hand cream, brushing hair, assisting with nourishments). In the Namaste room, lighting is subdued, soothing music is played and the scent of lavender permeates the room. Residents are positioned in a comfortable reclining chair. In Namaste Care, food and liquids are offered by Carers, family members, or volunteers as both a pleasurable activity and a way to keep residents nourished and hydrated. About 20 minutes before lunch, the residents need to be stimulated to prepare for leaving the room and having a meal. The lights are turned up, music is livelier and items that reflect the weather, season or holiday will be shown to them.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Center for Rehabilitation and Maintenance of Tawhid Elderly

Full name of responsible person

Majdabadi

Street address

no 137, Zahedi avenue, Tohid Square, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research and Technology of Tehran University of Medical Sciences

Full name of responsible person

Mrs kardan

Street address

Corner of Quds Street, Keshavarz Blvd, Tehran University of Medical Sciences

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Deputy of Research and Technology of Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

School of Nursing & Midwifery,Tehran University of Medical Sciences, Tehran, Iran

Full name of responsible person

Zahra Amrollah Majdabadi

Position

mentor

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty