The 'Day-Oasis' - An Approach to Improve the Quality of Life of People with Advanced Dementia

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BACKGROUND / HYPOTHESES

- people with advanced dementia living in a single room in a nursing home are at risk of
  - isolation
  - delayed pain management
  - unattended dealing with fears (Hughes et al. 2009)
- quality of life for residents is better in a day-oasis than in traditional settings
- relatives of oasis residents are more satisfied than relatives of residents of traditional settings
- day-to-day nursing staff in an oasis is less burdened than staff in traditional settings
INTERVENTION

- accommodation for up to eight people in a common room in which the group will stay during the day
- in addition, four double rooms exist so that residents can retire at any time, especially at night
- activities to enhance life quality, e.g. occupational therapy, music therapy and basal stimulation
- in the daytime: continuity of nursing staff in the common room
- staff concept: personnel continuity

Control group:
- residents living in a traditionell setting in nursing homes
floorplan of day-oasis
Inclusion criteria
- immobility
- high level of care
- restricted or missing ability to communicate

Exclusion criteria
- longevity distinct challenging behaviour
- need of high technical support (e.g. artificial ventilation)

Screening:
- Mini-Mental-Status-Test (MMST) < 5 points
- Reisberg-Scale (FAST) Stadium VII d-f
- Barthel-Index < 40 points

Design: comparative study without randomization

Sample: N=29 (intervention= 12; control group = 17 )
## INSTRUMENTS

<table>
<thead>
<tr>
<th>Area</th>
<th>Instrument</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality of life of residents</td>
<td>H.I.L.DE. Heidelberger Instrument zur Erfassung der Lebensqualität Demenzkranker Menschen (Becker 2011)</td>
</tr>
<tr>
<td>Satisfaction of relatives</td>
<td>SWC-EOLD Satisfaction with Care at the End-Of-Life in Dementia (Volicer et al. 2001)</td>
</tr>
<tr>
<td>Burden of nursing staff</td>
<td>BHD-System Beanspruchungsscreening bei Humandienstleistungen (Hacker, Reinhold 1999)</td>
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<tr>
<td>Nursing attitudes to people with dementia</td>
<td>M-NCAS Modified Nursing Care Assessment Scale (Kleinman et al. 2004)</td>
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</table>
### RESULTS

**QUALITY OF LIFE (RESIDENTS)**

<table>
<thead>
<tr>
<th></th>
<th>Intervention group N = 12</th>
<th>Control group N = 17</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>pain</strong></td>
<td>Low-moderate</td>
<td>Low-moderate</td>
</tr>
<tr>
<td><strong>cosiness common room</strong></td>
<td>2,2 (SD 0,39)</td>
<td>3,8 (SD 0,39)</td>
</tr>
<tr>
<td><strong>cosiness double room</strong></td>
<td>3,0</td>
<td>4,65</td>
</tr>
<tr>
<td><strong>activities</strong></td>
<td>Pos: 8</td>
<td>Pos: 14</td>
</tr>
<tr>
<td><strong>haunt</strong></td>
<td>no answer</td>
<td>no answer</td>
</tr>
</tbody>
</table>

Cosiness: day-oasis + control group difference = p < 0,001 to the disadvantage of day-oasis.
Mean frequency of activities per week (H.I.L.DE.)

Acivities: day oasis + control group:
Differenz = p < 0,001 to the advantage of day-oasis
Maximal range of motion of residents (H.I.L.DE.)

control group \( (n=17) \)

- single room
- single room + common room
- other places

day-oasis \( (N=12) \)
RESULTS: SATISFACTION (RELATIVES)

- Relatives in both groups are highly satisfied

**Day-oasis**
- Best approval: “nursing staff is mindful to my feelings and needs“ (3,8)
- Lowest approval: “I always know which nurse or physician is in charge of my relative“ (3,1)

**Control group**
- Best approval: “I receive the impression that my relative get all the care he/she needs“ (3,7)
- Lowest approval: “I have the feeling that they give me all information regarding medication understandingly“ (3,0)
### RESULTS: INTERVIEWS WITH NURSING STAFF (Burnard 1991)

<table>
<thead>
<tr>
<th></th>
<th>Day-oasis</th>
<th>Control group</th>
</tr>
</thead>
<tbody>
<tr>
<td>relationship</td>
<td>intimacy</td>
<td>difficulties of interpretation</td>
</tr>
<tr>
<td>relatives</td>
<td>familiarity</td>
<td>lack of understanding</td>
</tr>
<tr>
<td>time</td>
<td>having time</td>
<td>time pressure</td>
</tr>
<tr>
<td>workload</td>
<td>strain</td>
<td>achievable effort</td>
</tr>
</tbody>
</table>
DISCUSSION

- hypothesis: better quality of life in day-oasis: some signs
- hypothesis: better satisfaction of relatives: unconfirmed

Discussion

- relationship and
  - structure of organisation (especially extent of a unit)
  - personnel continuity
- activities and positive experiences
- relevance of interior decoration for this clientele?

Limits of the study

- suitability of H.I.L.DE. to measure quality of life in this clientele?
- small sample size
Thank You!

Contact
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