



The Dementia Services
Development Centre



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www.dementia.stir.ac.uk

Supporting People with Dementia at Night: Waking up to the challenge

Colm Cunningham, Director of Operations

Join us at our international conference
Dementia in the 21st Century
London, 19–21 October 2010

2010 | London | **Celebrating**
2010 | **21** years of
2010 | **the DSDC**



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DSDC Team





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Library

The DSDC library houses a collection of around 12,000 items and provides information to anyone who has a personal or professional interest in the care of people with dementia.



Consultancy service

Our consultancy service offers the expertise an organisation needs to plan and develop a high quality service for people with dementia.



Bookshop

The DSDC publishes a wide range of DVDs, training packs and books relevant to everyone from carers and nurses to architects and designers. Browse and buy online at www.dementiashop.co.uk.



Whose Challenges

1. Policy makers and Inspectorate
2. Care Service leaders
3. Direct Care Staff
4. Older people and people with dementia



centre for research on
families and relationships



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Supporting People in Care Homes at Night

Diana Kerr, Heather Wilkinson
and Colm Cunningham



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Night and Day

The difference between the culture and experiences of day and night time in a Care home



Why this Study?

- Residential and nursing homes exist to provide a twenty-four hour service.
- Research projects have focused on the day time care and provision
- There is a need to better understand night time care practices.



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Twenty Month Action Research Study

Phase 1, data collection

Phase 2, implementation of interventions
and evaluation of impact



Phase 1

Direct observation throughout the
night

Interviews with:-

Care Commissioners

Residents

Direct care staff

Managers

Relatives



Phase 2

- Implemented interventions and then evaluated the impact by:-
 - Observation
 - Staff and managers kept diaries of their observations and practice changes
 - Interviewed Staff
 - Interviewed managers



Findings from Phase 1

- Generally Care Commissioners only inspect at night if there is cause for concern or a complaint.
- Little management involvement
- ‘What if’ anxiety
- Unacceptable levels of ‘Checking’
- Unacceptable practices whilst checking (Caroline’s story)



Findings from Phase 1

- Unacceptable levels of noise and light
- Little knowledge amongst night staff about dementia, nutrition or continence (Jenny's story)



Findings from Phase 1

- Less training given to night staff
- Rare to find a night time specific programme
- Unsuitable night time environments
- Problems with lack of English
- Problems with gender balance (Morag's Story)



Phase 2

- Development of action plans
- Implemented after negotiation with managers and staff
- Interventions cheap and easy



Interventions

- Raising awareness
- Increase management involvement
- Reduction in 'checking'
- Intro night key worker system and care plans
- Reduction in noise and light levels
- Put in some person centred, night time specific, practice based training on dementia and management of incontinence



Resulted in

- Reduction in inappropriate/harmful interventions
- More appropriate interventions - particularly around dementia care and checking
(vacuum story)
- Reduction in challenging behaviour
- Improved sleep
- Improved mornings
- Less stress



Night staff needs

- Detrimental effect on health (1)
- Review shift patterns – no more than 3 in succession (2)
- Nutrition for night staff
- Napping (3)
- Bright light exposure for staff (4)
- Safe working guidance

1. International Agency for Research on Cancer 2007, Peate 2007, Knutsson 2003
2. Knauth and Hornberger (2003) Preventive and compensatory measures for shift workers *Occupational Medicine* 53:109-116
3. Kerr and Wilkinson Providing Good Care at night in care homes Due Oct 2010, Jessica Kingsley
4. McNair et al Due July 2010, Light and lighting for people with dementia. DSDC University of Stirling



Good night care

- Night Care planning
- Night 'key working'
- Night continence assessment and plans
- Night time menus
- Morning pain management
- Night time medications review (2)
- Reduce noise (1)
- Just checking - Don't interrupt unless you need
- Use technology (Telecare and dementia – www.dementiashop.co.uk)

1. Vitiello et al 2006, Sleep Disturbances in Nursing Home Patients
Sleep Medicine Clinics, Volume 1, Issue 2, Pages 293-298

- Banerjee 2009 **The use of antipsychotic medication for people with dementia:**
- **Time for action** http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_108302.pdf



Night time Environment

- Staff noise, night staff get louder and peak at 12 midnight (1)
 - Light management (2)
 - Night time activities
1. Vitiello et al 2006, Sleep Disturbances in Nursing Home Patients *Sleep Medicine Clinics*, Volume 1, Issue 2, Pages 293-298
 2. McNair et al Due July 2010, Light and lighting for people with dementia. DSDC University of Stirling



Recommendations for UK regulatory bodies

- Night-time inspections as standard, not just as a response to complaints.
- Ensure that inspectors have specific awareness and training on dementia and night-time issues.
- Ensure that staffing schedules focus on meeting the care needs of residents 24 hours per day.
- Training modules for all staff reflect night-specific issues.



Recommendations for Home Managers

- Implement regular communication and support strategies between the manager and night-time care staff.
- Ensure that environmental concerns within the care home setting are addressed and, where appropriate, relevant technology is used, e.g. guidance around noise, light, safety, silent call system.
- Monitor staff training requirements and ensure appropriate times/conditions for such training to be provided.
- Keep the use of agency and bank staff to a minimum – where possible, use staff who are familiar with the care setting and the residents.



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Do you work at
night?



www.jrf.org.uk

Sweet dreams...



www.jrf.org.uk

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“Are you ok?”



www.jrf.org.uk

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Night-time help for
people with dementia



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Helping people through the night

Night staff have the opportunity to help people with dementia to have calmer, less disturbed nights.

Residents with dementia often get up at night, and feel quite confused. You will be there at this difficult time, and can help improve their general health and well-being.

A friendly face

Residents with dementia may wake up upset by distressing memories or thoughts.

Try to distract them by taking them for a short walk, and chatting to them about everyday things.

If you're not sure what they want or mean, give them some extra attention. Be patient – with a little thought you may be able to work it out. Is it possible they are in pain?

Help and support

Many people with dementia have problems eating and drinking. Place food and drink where residents can see and reach it, keep an eye on them and remind them it's there.

Who says so?

This poster, one of a set of four, is based on the views of staff and residents who were interviewed by Dr Heather Wilkie, Diana Kerr and Colin Cunningham from Edinburgh University. They wanted to find out how people in care homes at night could be supported. The work was funded by the Joseph Rowntree Foundation.

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Resources

- Kerr D, Wilkinson H and Cunningham C (2008) *Supporting older people in care homes at night*, <http://www.jrf.org.uk/publications/supporting-older-people-care-homes-night>, Joseph Rowntree Foundation
- <http://www.connect-in-care.net/night-and-day>
- Facilitation notes for Audio play “Night and Day”: [http://www.connect-in-care.net/images/night and day facilitation notes.pdf](http://www.connect-in-care.net/images/night_and_day_facilitation_notes.pdf)
- Audio play File: <http://www.connect-in-care.net/images/stories/night%20and%20day%20v4%20low.m3u>
- Set of 4 helpful posters for night staff
<http://www.jrf.org.uk/sites/files/jrf/2192-posters.pdf>
- Forth coming: *Providing Good Care at Night in Care Homes*, Kerr and Wilkinson – Due Oct 2010, Jessica Kingsley

