

Improving the Quality of Life of the Elderly People with Alzheimer's Disease Through Namaste Managed Care

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Due to the rapid increase in the elderly population, one of the health system's challenges today is to create a comprehensive and quality care system for the elderly. The multiplicity of individual, family, and social problems and consequences of Alzheimer's disease complicates the care of these patients. In addition to the destructive physical effects, the gradual and uncontrollable destruction and degradation of the patient's mind creates a wide range of physical, emotional, psychological, social, and economic needs for the patient, family, and caregivers. Since few studies have been conducted on the effect of Namaste care on the quality of life of the elderly with Alzheimer's disease in Iran, the present study is designed and conducted to investigate the effect of Namaste care on the quality of life of the elderly with Alzheimer's disease. Method: The present study is interventional research with a before and after design. The quality of life questionnaire in late-stage dementia (QUALID) has been used to collect the required data. This questionnaire has 11 questions in various fields, including daily activities and mental states of people with Alzheimer's disease, and is scored with a 5-point Likert scale. Patients are followed up and intervened by trained caregivers and researchers with specific planning for four months. The findings show that the mean score of participants' quality of life before the intervention is 45.24, with a standard deviation of 6.26. After the intervention is 23.72 with a standard deviation of 6.55. The paired t-test also shows that the mean score obtained after the intervention is significantly lower than before ($p < 0.001$), which means better quality of life. Due to the rapid increase in the elderly population, the most important challenge of the health system today is to create a comprehensive and quality care system for the elderly. The multiplicity of individual, family, and social problems and consequences of Alzheimer's disease complicate the care of patients. Many of these patients are kept by unskilled people in unauthorized centers. Among these, nurses trained in new care methods have the most important role in providing a suitable environment and quality care for the elderly with Alzheimer's disease.

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