

# Case Study 2- 'Andrew'

- Extremely driven in presentation, always on the go, impacting on physical health- poor food and fluid intake, unable to obtain observations, developing sore feet from repetitively mobilising etc.
- Flexible use of Namaste Care: walking with Andrew and engaging in conversation, offering a hand/ initiating touch, moving on to hand massage and deep pressure.
- Adapted approach to use 'Namaste on the Go', hand massage, gentle but firm pressure on joints (shoulder) which helped with connecting and to calm, walking with music (portable speaker) provided finger foods and drinks on the go.
- Staff would slow walking pace, which cued Andrew to do the same. Did this over several days/week, eventually he slowed, cued by seats in corridor, using visual and simple verbal cues he eventually would stop and sit for increasing periods.



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- Namaste became part of regular daily routine, would have morning Namaste Care session to help with sense of wellbeing and 'setting on right track' for the day.
- Reduced frequency of incidents, improved food/ fluid intake (would sit with others in the dining room and eat) able to take observations, accepted podiatry following a session.
- Overall improved sense of wellbeing after about 4 weeks of daily intervention for him during his time on the ward. Interacting/connecting with others.
- His medication did not change over this time and staff reported reduced need for PRN medications.
- Liaising with care home at point of leave from the ward. Importance of handing this over and sustaining the positive impact Namaste Care had for him- staff modelled how to support Andrew using Namaste Care during a week's Section 17 leave.

