

Sleep disturbance in people with dementia living in care homes: An audit and crossover trial of a night-time stepped care programme

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Funder

Alzheimer's Society

Contact information of fellow

Country

United Kingdom

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Sleep disturbance in people with dementia living in care homes: An audit and crossover trial of a night-time stepped care programme

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3.0

The project/programme is most relevant to:

Alzheimer's disease & other dementias

Keywords

Research Abstract

One third of people with dementia in the UK live in care homes. Over 40% of these individuals

experience sleep disturbance as a key symptom, with significant impacts on their cognition, mortality, behaviour, nutrition and social interaction. Sleep disturbance also increases caregiver burden, particularly due to low night staffing levels. Despite the importance of this issue few studies have examined the prevalence or full impact of sleep disturbance, and there is no evidence-based guidance available.

This PhD project will determine the prevalence and impact of sleep disturbance in this patient group, and the associated care needs. A phase of literature review, audit and consultations will inform an algorithm for decision-making in night-time care. This will form the core of a night-time care programme which will undergo feasibility testing in four care homes. Outcomes will focus on fidelity, acceptability and ease of implementation with preliminary measures of effectiveness. A dissemination strategy will maximise the impact of the research. User involvement will be integrated as a critical element of the study. The student will benefit from infrastructure at King's College London, an experienced supervisor team, and opportunities for training and transferable skill development.

Types:

Fellowships

Member States:

United Kingdom

Diseases:

Alzheimer's disease & other dementias

Years:

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