ISRCTN14095773 https://doi.org/10.1186/ISRCTN14095773

Gardens for people with dementia

Submission date	Recruitment status	[ ] Prospectively registered
15/07/2022	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
28/07/2022	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
08/05/2025	Mental and Behavioural Disorders	[ ] Record updated in last year

Plain English summary of protocol
Background and study aims
A limited amount of research has examined how nature-based palliative rehabilitation can be implemented in nursing homes for people with dementia, even though evidence suggests that these gardens are underused. The aim of the study is to develop and implement a nature-based palliative rehabilitation intervention on how nursing home gardens can be used by people with dementia to improve a range of health outcomes.

Who can participate?
People with dementia living in a long-term care nursing home and their care staff

What does the study involve?
An intervention where researchers, staff, residents and relatives co-design an activity program in a garden whereafter the program will be tested. The intervention involves staff using the garden together with residents twice a week for one month.

What are the possible benefits and risks of participating?
Possible benefits are improvements in well-being, better sleep and higher job satisfaction. Possible risks are that it may be time-consuming.

Where is the study run from?
The University of Southern Denmark (Denmark)

When is the study starting and how long is it expected to run for
January 2019 to September 2023

Who is funding the study
THE VELUX FOUNDATIONS (Velux Fonden) (Denmark)

Who is the main contact
Dr Tanja Schmidt (Denmark)
tbschmidt@health.sdu.dk

Contact information

Type(s)
Scientific

Contact name
Dr Tanja Schmidt

ORCID ID
https://orcid.org/0000-0003-2476-8711

Contact details
Campusvej 55
Odense
Denmark
5230
+45 61361525
tbschmidt@health.sdu.dk

Additional identifiers

Study information

Scientific Title
Nature-based palliative rehabilitation for people with dementia to lower behavioural and psychological symptoms of dementia

Study objectives
Rationale: we are assessing whether a nature-based palliative rehabilitation program in a nursing home for people with severe dementia, can positively affect residents' behavioural and psychological symptoms of dementia (BPSD), medication use, and care staff's burnout rate.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 26/11/2019, RIO (University of Southern Denmark ethics board) (Campusvej 55, Odense M, 5230 , Denmark; +45 65507550; sdu.persondata@sdu.dk), ref: 10.804

Primary study design
Interventional

Study design
Single-cased quasi-experimental intervention study with no control group

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Lowering behavioural and psychological symptoms of dementia (BPSD) symptoms and medication in people with severe dementia

Interventions
We will create a nature-based palliative rehabilitation program together with a nursing home for people with dementia. This includes re-designing their garden to accommodate activities for people with dementia. Staff are required to use the garden together with residents 2 times a week for a whole month. We will collect baseline and follow-up data on behavioural and psychological symptoms of dementia (BPSD) symptoms using the Neuropsychiatric Inventory Nursing Home Version (NPI-NH) survey, registration of medication use, and a survey on staff burnout.

Intervention Type
Behavioural

Primary outcome(s)
Behavioural and psychological symptoms of dementia (BPSD) measured using the Neuropsychiatric Inventory Nursing Home Version (NPI-NH) survey at baseline and 1 month after

Key secondary outcome(s)
1. Staff burnout measured using a questionnaire administered to staff at baseline and 1 year after
2. Medication measured using staff registrations at baseline and 1 month after

Completion date
29/09/2023

Eligibility

Key inclusion criteria
1. People with dementia living at a long-term care nursing home in Denmark
2. Staff caring for people with dementia living at a long-term care nursing home in Denmark

Participant type(s)
Patient, Health professional

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Staff who do not have care responsibilities

Date of first enrolment
01/06/2022

Date of final enrolment
01/06/2022

Locations

Countries of recruitment
Denmark

Study participating centre
Kildebakken Plejecenter
Varbergvej 13
Haderslev
Denmark
6100

Sponsor information

Organisation
The Velux Foundations

ROR
https://ror.org/007ww2d15

Funder(s)

Funder type
Charity

Funder Name
Velux Fonden

Alternative Name(s)
Velux Foundations, The Velux Foundations

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
Denmark

Results and Publications

Individual participant data (IPD) sharing plan

Current IPD sharing plan as of 08/05/2025:
The data generated and/or analyzed during this study may be made available from the main contact person, Thomas Skovgaard (tskovgaard@health.sdu.dk), starting 01/01/2025, for a period of one year. Access may be granted upon reasonable request to researchers affiliated with recognized research institutions, for research purposes only. Data will be fully anonymized, and appropriate consent will be obtained prior to any sharing.

Previous IPD sharing plan:
The datasets generated during and analysed during the current study will be available upon request from Tanja Schmidt, tbschmidt@health.sdu.dk, anonymized data, 01/01/2025, for 1 year, by other researchers working at research institutes, for research purposes only, consent will be obtained, and data anonymized.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article		23/10/2022	25/10/2022	Yes	No