

Gardens for people with dementia

Submission date 15/07/2022	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 28/07/2022	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 08/05/2025	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> 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

Study design

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

Primary study design

Interventional

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