

# \* Continuously in contact from one human to another \*

## Behaviour, daily interactions and quality of life in HD

Josine Engels<sup>1</sup>, Annette Lasschuijt<sup>1</sup>, Peter Boin<sup>1</sup>, Welmoed Liefcrinck<sup>1,2</sup>, Wilco Achterberg<sup>1,2</sup>

1. Huntington Centre Topaz, Overduin, Katwijk, The Netherlands

2. Department of Public Health and Primary Care, Leiden University Medical Center, Leiden, The Netherlands

### Background

Topaz Overduin offers long-term care to residents in order to manage their **neuropsychiatric and behavioural** problems and thereby increase **Quality of Life (QoL)**. This is shaped in **daily care** and is often intuitive and intangible. Therefore, this study focuses on **interactions between residents and nurses**.

### Aim

To contribute to **knowledge and consciousness** about daily interaction and the effects thereof on behaviour and QoL. These results will be used for **the improvement of daily life and care and for the exchange of expertise**.

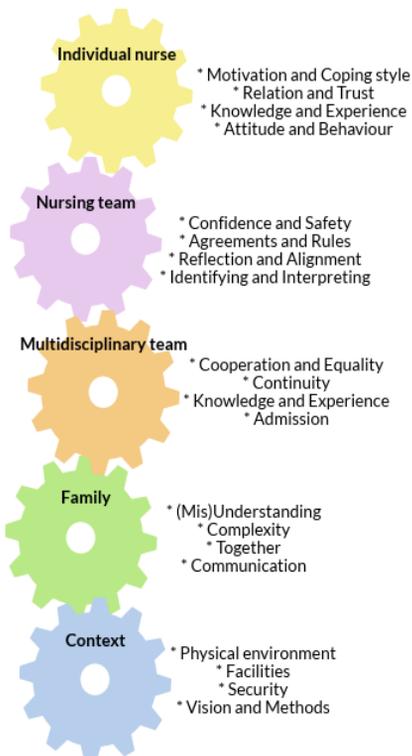
### Methods

This explorative **qualitative research** used mixed methods on 3 residential care units. During **7 months**, semi-structured interviews were conducted with **11 families and 30 nurses**; informal conversations were held with **36 residents** on different occasions; **180 hours** of observations were done.

### Results

Actors who directly and indirectly influence QoL for the residents are visualised as **rotating cogs in a dynamic process**. Together they form the **piece of the puzzle** in the residents' brain to achieve QoL. When one of these cogs is malfunctioning, the others will as well and this will eventually negatively influence the residents.

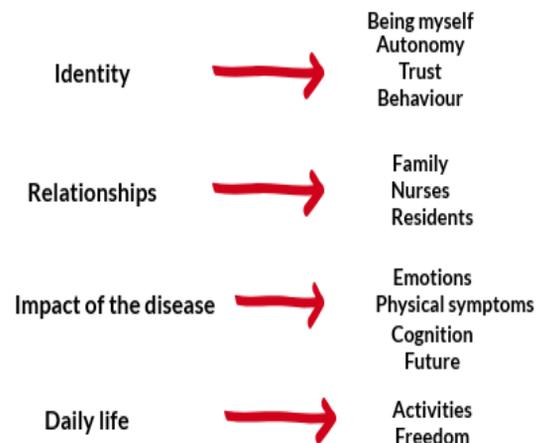
### Influencing actors



### Resident with HD



### QoL themes



### Key success factors in practice

- Seeing the person, not the disease
- Building trust and relationships
- Balancing of restriction and autonomy, consistency and flexibility
- Following the resident: alleviating suffering and isolation
- Constant reflection and alignment of the nurses
- Maintaining patience and respect at all times
- Fluent cooperation between all concerned

