



Providing Good Care at Night for Older People: Practical Approaches for Use in Nursing and Care Homes

Diana Kerr

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The experiences and needs of residents and patients in nursing and care homes are very different at night, and this is particularly true for those with dementia. Yet nursing and care homes are not always inspected with the same rigour at night as they are during the day, and night staff do not always receive the same level of training, resources and supervision as day staff. This book provides night staff with the information, knowledge and practical skills they need to deliver positive and appropriate care at night. The authors look at all of the issues that are particularly pertinent in caring for older people at night, including nutrition and hydration, continence, challenging behaviour, medication, night time checking, pain management and end of life care. They also look at the impact that working at night has on care staff, and offer practical suggestions to help them to safeguard their own health. The final chapter provides a set of night time care guidelines for inspectors that can also be used by managers to evaluate night time practices in their homes. This book is essential reading for night staff and their managers and employers, as well as inspectors of services, policy makers, and anyone else with an interest in the provision of care for older people.

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