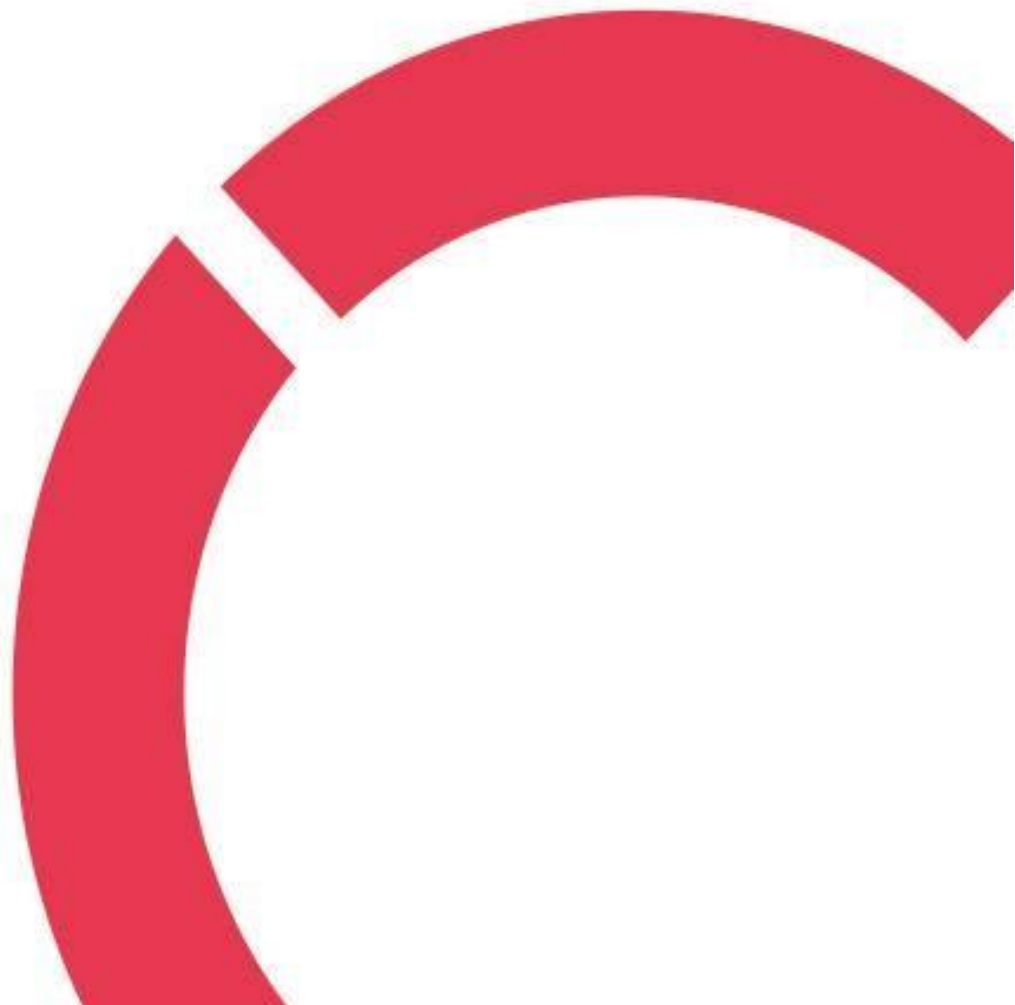SAKA RASHEEDAT & OLUGBENGA ENIOLA

IMPLEMENTATION OF VALIDATION THERAPY FOR PATIENTS WITH DEMENTIA- PROJECT OF MAKING EDUCATIONAL VIDEO FOR NURSING STUDENTS.

Bachelor Of Health Care, Nursing
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ABSTRACT

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Creating a new and updated instructional visual on the use of validation therapy for students in the nursing department at Centria University of Applied Sciences was the goal of this functional thesis. Validation therapy is a popular kind of therapy used by gerontological nurses since it has been shown to reduce agitation, apathy, irritation, and disturbances throughout the night. To promote patient well-being give more attention on various aspects of care, Nurses must become experts in the art of healing. In the training video, validation therapy will be mentioned as one of these social caregiving strategies.

The goal of the thesis is to expand more on how instructive recordings will be delivered for showing gerontological nursing under studies. The creators made the video content for the usefulness of nursing students to sharpen gerontological nursing studies. The thesis will likely build comprehension of validation treatment and its capability in dementia patients' nursing care. This was accomplished by making the recording illustration available for viewing whenever required. The concluded project offers a theoretical understanding of the fundamental attitudes, theories, and methods of validation therapy.

A volunteer and the health care teacher collaborated to create the informative video. Current information from books, journals, articles, research papers, and earlier projects served as the foundation for the filming. In the video, approval treatment is observed given to aged client. The recording opens with a dementia patient being conceded and attended to by a representative; it closes with the patient and caretaker showing indications of trust. The recorded result is presented to Centria University of Applied Sciences, nursing department. It is then recommended as an instructive device.

Key words Alzheimer's disease, Dementia, Gerontological nursing, Nurses, Validation Therapy.

ABSTRACT
CONTENTS

1 INTRODUCTION

The worldwide statistics recorded 55 million dementia cases, with low and middle-income countries including up to 60% of them. More than 10 million new cases are confirmed each year. Many conditions and brain damage may develop as dementia. Close to 70% of cases of dementia are somewhat attributed to Alzheimer's disease, it is a typical kind of dementia (Dementia, 2013). Since dementia is the 6th most common cause of death around the world, it represents one of the main causes of disability and vulnerability in advanced age. In 2019, the world economy dealt with a cost equalling 1. 3 trillion US dollars. For about 50% of the bill, informal carers, which refers to family members and close friends. The certified care providers oversee and supervise daily for an average of five hours. The social implications of dementia are incredibly vast and complex for women as they can face numerous challenges both directly and indirectly (Anon 2013). The prevalence of dementia among women is two times more than that of men. Regarding the elderly population, women are the primary caregivers (70%). Still, when it comes to disability-adjusted life years and mortality rates, women are the ones who are predominantly affected (shorter life expectancy due to dementia). It is expected that its proportion will increase by more than two times as per the aging population prediction for 2050; thus, curative, and preventive measures need to be devised (Wolters & Ikram 2018).

The majority of progressing memory impairments are caused by Alzheimer's disease, which is followed by cerebrovascular illness memory impairments as the second most common reason. Other mental conditions for example, frontotemporal lobar degeneration, Lewy Body sickness, and disease type linked to Parkinson's dementia are also of the mental conditions that may cause memory problems. It is commonplace for senior age groups with memory impairments to exhibit characteristics of vascular dementia and Alzheimer's disease. Along with Alzheimer's, other related diseases that involve memory loss include frontotemporal dementia, Creutzfeldt-Jakob disease, and myriad others.

It is shown in earlier studies that age, family genetics, aluminum exposure, and traumatic brain injury (TBI), as well as vascular illness and infection, form a risk factor for dementia (Armstrong, 2019). Dementia has other clinical manifestations that are called depression. The situation might be due to imagined rejection or not feeling valued. Therefore, is a necessity for other therapies besides the use of drugs. One of the significant therapeutic methods is validation therapy (Campbell, Mantia, Khan, & Boustani 2013). In dementia nursing, validation is a way to let a patient realize that the carer confirms their emotions, thoughts, and mind. Confused customer experience moments of realization and nostalgia, increasing their well-being, and eventually making them feel good and experience the joy of their past adventures (Zeman, 2015).

Memory problems must be given primary attention, and efforts to eradicate them must be made as soon as possible before they worsen. In the background of the growing dementia rates, healthcare systems must face higher payouts for care and social support. The expenses associated with memory loss are diverse in terms of the stage in which the disease is. The more the deterioration, the more the need for social and medical care. Per reports, 85 percent of the expenses related to memory impairments are covered by institutional ones. In 2008, the mean cost of nursing staffing and medications for just one person with memory problem in Northern Europe represented EUR 36,000 in money. As per estimates, the country's direct spending on de - management is around one billion euros, which can easily quadruple, involving indirect expenses. Dementia is believed to account for between $818 billion and 1 trillion US dollars worldwide. (World Alzheimer Report 2018).

The rationale for validation therapy is driven by having alternatives with established processes of communication that can be adapted to establish a relationship with memory problems must be given primary attention, and efforts to eradicate them must be made as soon as possible before they worsen. In the background of the growing dementia rates, healthcare systems must face higher payouts for care and social support. The expenses associated with memory loss are diverse in terms of the stage in which the disease is present. The more the deterioration, the more the need for social and medical care.

The rationale for validation therapy is driven by having alternatives with established processes of communication that can be adapted to establish a relationship with the patient who has been distinguished to be in the gentle, moderate, or extreme phases of Alzheimer's sickness and dementia (Feil, 2010). This kind of treatment considers the patient's feelings but focuses less on the factual aspects of the conversation. This means that the patient's opinions need to be considered valid. Besides, validation is usually an effective way to calm the patient and ward off being agitated and disputative. Validation therapy is one of the successful therapies that have today been able to inspire a unique process of healing that patients who are undergoing the harmful effects of Alzheimer's and dementia appreciate (Baker, Tamplin, Clark, & Lee, 2018).

Most of the medical staff in healthcare centers are nurses. According to a recent systematic review that provided an overview of primary care nurses' responsibilities, primary health nurses are answerable to patient care, assessment of risk, promotion of awareness to patients, and management of chronic conditions (Norful, Martsolf, de Jacq, & Poghosyan, 2017). Nursing assistance is now known to be highly appropriate for meeting healthcare needs, and elevating the level of care and consideration for all individuals living with dementia has likewise been uncovered. They are similarly important to sort out the treatment plan previously, during, and after the experience between the patient and specialist. A serviceable and financially savvy way to deal with satisfying the consideration needs of people with dementia and their guardians was to energize a huge portion of medical caretakers who worked in everyday practice in 2015 (Gibson, Goeman, Hutchinson, et al. 2021). Nurses should be equipped with a robust understanding of validation treatment to ensure older adults have access to the best

nursing care, including validation psychotherapy.

Validation becomes the foundation for reassessing the acceptable behaviors in these alarmed elderly patients and teaches them how to use the possible means to keep their dignity from being lost and prevent becoming vegetative. Nonetheless, validation therapy as a treatment option for patients with dementia, despite its other benefits, is still not commonly utilized in clinical settings (George, 2020). The fact that most medical professionals still need validation psychotherapy training might mean that they must be made aware of how well such approaches can improve patient outcomes.

This Functional Thesis will have a favorable implication on the extent of nursing students' awareness about validation therapy. That is also true because this study is valuable in various ways. Its primary purpose is to be one among the many books written on validation therapy for improving the communication and quality of life of dementia patients by mentioning the challenges and how it can be incorporated into clinical practice. There will be further factors as to why this research is essential, which will be discussed in the next chapter of this study.

2 GERONTOLOGICAL NURSING

Gerontology is a multidisciplinary turf that comprehensively investigates maturing and grown-up individuals by consolidating posts from the lewd, mental, and social spaces. As indicated by the American Medical Caretakers Affiliation, the specialty of gerontological nursing depends on proof and stresses well-being promotion, insurance, and the maturing system. It forces the difference in persistent and family-focused care aptitudes (Tohmola, Saarnio, Mikkonen, Kyngäs & Elo 2022).

2.1 Features and structure of gerontological nursing and care

Geriatric nursing encompasses responsibilities beyond safeguarding, promoting, restoring, and enhancing health and functionality. It also includes the study of the aging process, avoidance of disease and damage, support of the healing process, identification, and management of pain via human reaction, and promotion of the needs of older persons, families, carers, communities, and populations are all included in this (Carol, 2018).

The field of gerontological nursing, which is grounded in evidence-based practice, specializes in providing comprehensive care to the elderly population. This nursing specialty recognizes and addresses the diverse requirements of older people regarding health, social services, psychology, development, culture, spirituality, education, and advocacy. Nurses in this profession are dedicated to understanding the ageing process and promoting older individuals' overall health and well-being. This involves preventing illnesses and injuries, facilitating the healing process, managing pain, and advocating for the care of populations, families, groups, communities, and older adults (Vetter, 2021). Gerontological nursing is practiced across various healthcare environments such as skilled nursing institutions, ambulatory care, endorsement therapy, dementia care, Alzheimer's disease care, hospitals, nursing homes, and communities.

Geriatric patients often suffer from chronic illnesses, making it difficult to make decisions about their well-being. They must ensure their well-being while addressing clinical issues. Their daily duties include pain management, regular examinations, patient care plans, prescriptions, and aiding in injury recovery.

2.2 The nursing homes

Elderly or disabled individuals can receive residential care at retirement communities, likewise, called continued caring homes, skilled nursing faculty (SNF), or care homes. The names may have different connotations based on whether the facility is private or public and the primary services provided, such as emergency medical care, assisted living, or nursing care. Nursing homes are utilized by those who cannot be cared for at home but do not require hospitalization and are not ill ('Nursing home,' 2023). Nurses in these facilities oversee staff members and address the medical desires of patients, with a team of nursing helpers and skilled nurses available 24 hours daily.

According to the American Relationship for Strong Consideration Protection, one out of ten Americans between the ages of 75 and 84 persevere in a nursing home for quite some time or longer, and 3 out of 10 of those equivalent people stay for under 100 days, which is the latest date that government health care will cover broadly. Besides, some sustain conveniences that proposition brief stays for treatment in the event of an accident or misfortune. Word-related treatment, physiotherapy, and language instruction are a couple of possible administrations (Espisito & Lisa, 2016). Extra administration given by upheld residing offices incorporates day-to-day housework and arranged exercises. Memory care, frequently known as dementia care, is a help presented by nursing homes.

2.2.1 Care for Geriatric Patients

The percentage of individuals aged 65 and older is increasing in the United States of America. Also, it is increasingly essential for primary care physicians to screen this population for health maintenance thoroughly. According to the U.S. Preventive Services Task Force, injury prevention and sensory perception are the two assessment classifications targeted explicitly at older patients (Miller, Zylstra & Standridge, 2000). Older adults are more likely to fall due to a variety of factors, including postural hypotension, imbalance or impaired gait, the use of sedative-hypnotic drugs, and polypharmacy (using more than three prescription drugs). Immunizations, diet, exercise, and sexuality are areas of intervention that are pertinent to elder patients, but they also apply to other older groups.

In addition, psychological health problems and intellectual capability ought to be evaluated considering each patient's exceptional social conditions. This should not be done by showing all patients but instead by watching for any changes in mental health (Miller, Zylstra & Standridge, 2000). Implementing a systematic approach to the distinct aspects of geriatric healthcare presents an opportunity for general practitioners and primary care specialists to improve the quality of care for aging patients.

2.2.2 The Finnish aging services.

Communities can address the growing need for services by granting resources towards preventive, therapeutic, and administrative measures and services that support individuals in need of rehabilitation. The utilization of 24-hour residential and nursing care is reserved for situations where an individual is unable to reside at home, even with the assistance of intensive institutional care (Jylhä, 2018). Furthermore, it is essential that care is delivered in an environment that closely resembles the individual's home setting.

Elderly, ill, and disabled individuals who reside at home receive assistance through adult respite care and outpatient services. Adult care can be a suitable option for older individuals who do not require continuous long-term care in an institutional setting or through home care services that may be insufficient. This care can be administered either in the client's own residence or in the caregiver's home (THL 2023).

An elderly individual placed in foster care can lead a normal life within a household, experience a sense of safety and belonging, and become a part of a family unit. Qualified foster families are also available as an alternative. Specialized care facilities are required to obtain licenses under the Private Social Services Act.

3 MEMORY DISORDER AND VALIDATION THERAPY

The starting point of this kind of therapy is that clients with dementia feel that they have to bear severe emotional hardships because the damage to their brain is so significant that they cannot comprehend their surroundings and, as a result, their relationships with their relatives (Feil & De Klerk-Rubin, 2020). Indeed, the problem's root is their inability to verify their own experience and emotions (i.e., the elusive theory of validation therapy), which often leads to helplessness, anger, or uneasiness. Through empathic listening and supportive actions, considering the patient's experience, and understanding their motives, validation therapy intends to decrease the experienced psychological suffering (George, 2020). The main goal of this endeavour is to ameliorate the Northern Territory's living standard by allowing them to communicate confidently with the carer. This chapter deals with dementia diseases and validation therapy in detail.

3.1 Dementia

When the brain function is affected, it becomes challenging to perform the tasks that an individual does independently daily. Dementia is a term that encompasses a group of symptoms instead of being a disease by itself. Many primary neurological, psychiatric, and medical pathophysiological processes bring about dementia (Albanese, Wimo, Prince, Bryce, Ribeiro & Ferri 2013). Developing dementia in an individual with any other disease may have multiple confusing symptoms. The elderly, in most cases, suffer from neurodegenerative dementias like Lewy body dementia and Alzheimer's disease (AD). Teenagers have less risk of developing mental issues such as anxiety, stress, and depression, but rather have risks of brain tumors and traumatic brain injury that are more common in young persons. The expression "dementia" is generally related to a set of diseases featuring a considerable disruption of cognitive functioning that leads to impairments across different domains (at work, at home, or even socially). Dementia is most often identified as the progressing characteristic of an individual. It is estimated that 7% of people who are 65 years and older worldwide experience dementia. Mainly, this proportion increases in industrialized nations by (8-10) %.

Human mortality has been found to be fallible, leading to an average increase in life length by 10 years. Among the significant risk factors for dementia are ageing, genetic compromission, and vascular system vulnerability (Kim, Johns, Fazio, Carrillo, Baumgart, & Snyder 2015, 718–726). To better understand dementia, it is commonly classified into two broad categories: neurodegenerative diseases, which are called irreversible, and non-neurodegenerative diseases with a chance to be reversible. Dementia of the elderly is mostly caused by neuron degeneration this being the prime mover. Alzheimer's disease and vascular dementia (secondary degenerative dementia) are the most common disorders of older people. Parkinson's disease, Huntington's disease, frontotemporal lobar degeneration, dementia with Lewy bodies, and mixed dementia comprise this

group by (Gale, Acer & Daffner, 2018).

3.2 Alzheimer's disease

Predominantly, dementia and Alzheimer's disease scenarios are all diversified, and it is a significant societal issue. It is getting to be a global health problem. (Lane, Hardy & Schott 2018). The main reason is the progressive decline of performing brain functions that results in Alzheimer's becoming the major prevailing type of dementia. The elderly population are more susceptible to Alzheimer's disease, but also sometimes younger people can be found as an exception. It is a progressive disorder that begins with mild forgetfulness and then can develop into entirely impeded individuals who are unable to express themselves (CDC, 2023). The areas most affected by Alzheimer's may be the areas of the brain liable for language, cognition, and memory.

It is known that Cognitive decline is one of the huge traits of Alzheimer's disease. The condition results in a gradual deterioration of mental function. Irregularities with memory, speech, and focus might be among the early symptoms that signal something is not right; others can also be present (Teri, Hughes & Larson,1990). People will be faced with the loss of memory, accompanied by anxiety, disarray, difficulties with performing daily activities, and altered moods and emotions as the condition gets worse.

Alzheimer's progresses through stages, with preclinical symptoms including early memory loss, speaking difficulties, word difficulty, and difficulty reasoning and solving complex problems progressing to the next stage as the disease progresses.

Memory decay becomes worse throughout the disease and interferes with daily living activities. Individuals encounter issues such as recognizing familiar faces, confusion and disorientation, behaviour change, difficulty with language, and doing tasks using their brains. Regarding the last phase of Alzheimer's disease, patients require help with everyday activities also they mostly require assistance to carry them out. Medial temporal lobe' and 'neocortical structures,' the regions where the amyloid-beta peptide (Aβ) accumulates in the extracellular space, are the most affected areas in Alzheimer's disease and, as a result, the condition is multifactorial (Lanctôt et al., 2017). In this slowly deteriorating intracranial neurodegenerative disease, neurotic plaques and neurofibrillary tangles are deposited. Ageing, genetics, head injury, vascular diseases infections and exposure to environmental factors are important risk factors for AD. The research is aimed at designing efficient disease-stopping or slowing therapies to counteract the progression of Alzheimer's (Breijyeh & Karaman, 2020). Recently, scientists concentrated on several pathways such as acetylcholine damage, β-amyloid, inflammatory response, free radical and abnormal protein production.

3.3 Validation therapy

One of the most effective ways to put our respect and compassion into action is the application of validation

therapy. The repeat of certain words and phrases serves to calm down those who have dementia, either Alzheimer's disease or other kind of it. Validation therapy assumes that a person in their last days can still be coping with some unmet expectations that affect their feelings and behaviours (Heerema, 2022). The family member's or carers' attitudes and reactions to these behaviours and feelings will either cause the situation to get worse or heal them.

One essential component of validation therapy is the process of conveying to clients what they are feeling with the main aim of helping them dig deep into their emotions, which may eventually lead to destructive behaviours or loneliness (Heerema, 2022). This is a significant factor when dealing with people who have dementia, as it reassures them that their emotions are recognized and treated delicately.

While validating therapy has been proven helpful, certain academic institutes have been against this practice because they think it aids in spreading errors by supporting untrue perceptions (Feil, 2012). Interpersonal validation is simultaneously called into question, for it could overpower patients with their negative assumptions, distancing them from the actual reality and as a result, hardening the latter to determine what the truth is and what is an illusion.

Naomi Feil, a psychotherapist founded validation therapy to help offer communication support and reduce behavioural symptoms in people with dementia. It was in such an environment that treating people with dementia became a challenge for her as she worked as a social worker in a nursing home, and she witnessed that the usual methods drove people into frustration and aggression while being treated (Neal & Wright, 2003). She assumed that the patients' behaviours out of control were the morphed ones. Hockey players who left pro sports experienced rejection and miscomprehension from other men. Feil's humanistic approach therapy is a person-centered treatment that emphasizes hearing and comprehending the patients' experiences and feelings.

The theory on which Esther Feil built her technique was the work of Carl Rogers (1939), who had unity, empathy, and non-judgment as the foundation for a therapeutic relationship. He largely drew from existential-humanistic therapy, which sheds light more the on significance of the experiences of a person and the search for the significance of a life troubled with challenges that can be defined as existential dilemmas. In the 1980s and 1990s, validation therapy developed much prominence as a non-pharmacological treatment meant for patients with dementia. Starting the Validation Training Academy, Feil aimed to extend and effect validation training beyond classrooms and into the healthcare field (Validation Training Institute, 2023). Diverse programs to train health workers and carers were implemented with the inclusion of validation therapy.

3.4 Nurse's knowledge of memory disorder

The staff's attitude is poor, and they adopt a negative stance towards patients with dementia, possibly due to the complexities of patient care. An additional factor that was noted to be affecting nursing students' performance is that many of them felt they were not supported (Moyle, Murfield, Griffiths & Venturato, 2011). Frequent and

unpleasant interactions with these patients may result from the low level of knowledge among nursing instructors. Studies have shown that many nurses perceive dementia as a natural part of ageing. Studies have demonstrated that most nurses comprehend dementia as a routine process that follows ageing (Robinson & Cubit, 2007). The term that every practitioner connects it to is "forgetfulness," a narrow notion that patients do not remember something as they grow old. Nevertheless, this leads to a challenge because the disease is considered a slow wear and tear of the brain cells, or the neurons are not recognized. It is because it is a variable that may become a part of the plan that will be put in place as a treatment for management, thus increasing the burden of both the nurses and the family themselves.

Sometimes, nurses describe dementia in terms of Behavioral and Psychological Symptoms of Dementia (BPSD) if they indicate hallucinations, aggression, mania, nervousness, and anxiety as part of these symptoms. However, the nurses may miss the nuances of disclosure as they may not receive adequate training. The issues of the ultimate causes of BPSD (Strøm, Lausund, Mork, Engedal & Goyal, 2021). Many nurses theorize that these behaviours might be linked to the patient's family history; this theory suggests that BPSD is mainly a consequence of the patient having received less parental love and attention when they were younger (Strøm et al. 2021, 29-37). Yet, rather than perfect, the nurses achieve brilliance in this respect, using humor to cope with unfavorable circumstances and fabricating fictitious stories to engage the patients.

Finally, it is clearly shown that the expertise of nurses about dementia can be enhanced via training. Training focuses on the symptoms of the disease and has been found to contribute positively to how well patients are cared for (Evripidou, Charalambous, Middleton & Papastavrou,2019). The possibility of a requirement for dementia-specific training could potentially strengthen both the association between understanding dementia and dementia-specific training as well as improve the care provision in nursing homes (Strom, 2021). Healthcare workers need to be aware of dementia symptoms, know how to help relatives and family members, and, of course, provide care that meets the needs of these patients.

4 PURPOSE AND OBJECTIVES OF THE PROJECT

This project aims to provide information on the upcoming process of instructional video production, which will be used to educate gerontological nursing professionals. The goal is to create awareness and understanding of the validation therapy among dementia patients' caregivers in nursing.

The video will create content for nursing students to study gerontology nursing and sensitize nursing studies. The main aim of this Research is to improve notions about gerontological studies, especially about validation therapy and its application to dementia patients who are treated by nurses.

5 PROJECT IMPLEMENTATION

Project implementation aims to complete tasks and activities to reach specified targets, which will result in the highest output possible. The case of the successful project embodies both internal and external factors. Coordinated teamwork is seamlessly executed, and budgetary administration and standards monitoring are a few of the usages. Technology is improving every day, and people are making much more progress in advanced research. However, management systems must exist. Adapt to constantly changing circumstances and identify the best ways to satisfy contemporary needs (ETC Regulation,2013).

Nevertheless, managers should remember that efficiency is one of the main factors in maintaining top-level results. According to the lead partner concept, leadership by a lead partner is linked to monitoring projects. However, the tutor gives tasks to both writers whom the tutor is supervising.

5.1 Video as a teaching tool

The video does an excellent job of offering different settings where learning can come alive. In communities and online platforms, including MOOCs such as Future Learn and Coursera, the recent widespread use of videos has become increasingly obvious. The Research points out that video usage is critical to better performance in teaching and learning. Video is an incredible tech way in all topics and disciplines (Gedera & Zalipour 2018). In this connection, understanding fundamental principles will not occur when the information is delivered alone through videos (Allen & Smith, 2012). For videos to be adequately used in education, tertiary teachers should seek to use interactive styles and techniques that encourage active learning during their presentations and production (Karppinen, 2005). Via video is a tool practitioners can use to keep up with the contemporary teaching method.

Various stages of the video improve its effectiveness over print materials. The video can involve spectators, and thus, their curiosity for the event may be enhanced. The presentation demonstrates that the audience can be involved because there are real-world cases; therefore, they can see what works (Kharel, 2022). Even if the viewers would know the theory, they could take the image of the practical implementation and relate it to the theory they already know. Therefore, knowledge may be interpreted as the storage, processing, and execution of data.

5.2 Conception and Initiation

The first stage commences after that when the existing work is identified as needing improvement. The second stage of the process involves performing all the work that will be needed to commence formally developing the plan (Sipes, 2016). This phase is always initiated by the project management assignment and team proposal and ends after the authors. The data necessary to write about their comprehensive goals has been obtained. In the first phase, regarding the conception and initiation, the project sponsor must be identified, and the scope and charter must be written. These documents officially confirm the proposal after they are signed. It is the phase at which project context is defined by setting the project time, specifying requirements, justifying their necessity, and formulating precise and measurable project objectives.

The source of the new idea of this thesis is from 2021. The authors discovered that most undergraduate nursing students did not recognize the correct application of validation therapy. Therefore, making them underrate its role as a nursing care practice for clients with dementia. Another theme emphasized by both writers was having a valid educational film used by the teaching staff on validation therapy for nursing students.

5.3 Definition and Planning

The second phase in project management after the design/initiation phase is the planning phase. Plans and definitions were the most compelling phases of the project. Long-term postponements happen because of the need for a better plan for the tasks or activities in this phase. Overall, the thesis plan contained all the project's steps as the (who, what, where, why, when, and how) prioritization method. Planning is one of the most critical processes project managers go through in the project management life cycle. Thanks to this process, project managers are very well prepared to interact with the project team and lead project members to success, expressed by reaching the destination on time, within budget and with the required quality (Spies, 2014). The project is made up of multiple components that interact with each other. The tools can be used in the planning phase to adjust and change management techniques. The quality of communication is vital to the project's entire success. The thesis technique was a very time-consuming and demanding process. The authors developed the paper's purpose as the first thing they wrote and then edited it along the paper writing process. The key to finishing the task in a limited time was to be as accurate and comprehensive in developing the schedule and the work plan. The project continued with the making of the instructional film when the supervising instructor gave her approval of the proposal. At the same time, the fundamentals of theory were improved.

In their coordination process, they frequently discussed issues and brainstormed solutions on the phone, on social networks, and occasionally in person. The budget was minor since the project did not require the involvement of specialists and technicians. The equipment was from the classroom, and the authors were good enough to complete everything independently. To keep the expenses to a minimum, the thesis supervisor assisted in arranging space for filming on campus.

A writer who aims to promote a health-promoting video should seek content from various online sources, libraries, publications, literature, previous theses, periodicals, or YouTube. Using the websites, the writers immersed themselves in the policies of different hospitals and assisted living facilities in their nation and the whole country. They developed the script by collecting data from other Centria University of Applied Sciences library books. The primary databases partook of PUBMED and Google Scholar. The main words used included gerontological nursing, care homes in Finland, memory disorders, Alzheimer's illness, dementia, nurse role, validation treatment therapy, and learning videos.

The screenplay of the informative clip kept getting longer as the product was being developed. The script outlines a movie; this example is a How-to video. The manual needs more definite directions and instructions. Both general and specialized scripts are feasible. The knowledge of the target audience will facilitate the script of the elopement (Saastamoinen et al. 2018). It is now easy to produce a video that gains an audience once the target audiences have been identified. The actions in the script are arranged in the most rational way possible. An

easy-to-understand script, which helps to learn it, is essential in this matter.

While designing and writing the educational film, the nursing students were sure of the necessity of satisfying their audience's needs. The theoretical research of the writers on validation treatment was the basis for their writing. Their purpose was to create a short film that was both educational and the best regarding the personal information they had gathered since this would benefit potential nursing students and the institution. The authors understood the significance of validation therapy, which involves talking to patients in a caring way, listening attentively when they denote their opinions, discerning their perspectives, and making them feel like their voices are heard.

Their opinions count after talking to the thesis adviser and the nursing teacher, the writers agreed on a day and time to record the video in the nursing classroom. The camera person who was also a volunteer, worked on the video.

5.4 Performance and control

When filming a video, factors are to be considered. For example, the environmental lighting and its colour palette can influence the quality of the series. Another critical factor is camera placement, which should be considered along with room sound quality. A good screenplay helps to understand what will be done during the film production. Shooting repeatedly will be the best behaviour to get the required result. It was recorded in the nursing simulation room at Centria University of Applied Sciences. The volunteer, who was skilled in videography, agreed to record the video (Kharel 2022). The thesis supervisor and a nursing instructor oversee the entire video-making process. We shot the video using only one camera.

The editors made the video and had to redo some of the sequences until the results were satisfactory. When the supervisor saw the video, he/she gave feedback to the crew to improve the filming process so that perfect results could be achieved. The cameras shot the work, and then the video was edited. The first stage of the editing is to decide the length of the video. The editing phase usually involves duplication and rearranging of the shot sequence; the final sequence can be extracted now (Saastamoinen et al. 2018). As a result, there are assorted options on how the video quality can be created to suit the option in which it will be used. With the newest software, it is possible to choose from various techniques for changing the materials. A digital camera recorded the video in the 700D reflex and full high definition in sixty-second frames. In the end, we had the final movie measuring around 7GB.

5.5 Development project closure

A project is now led to the formal closure phase by the accountable party, before submitting to the individual, or the organization that needs it for the intended purpose. Assuring the project's output is by the organization's requirements and standards is the most fundamentally vital thing. It should also give an overview of the remaining tasks, indicate whether any changes are necessary to the project, its processes, or its methods and whether the organization is satisfied with the quality of the final product and the benefits that the product creators have. All closing activities and legal procedures necessary to close the project will be discussed in this chapter. The project managers have the liberty to apply any of the four methods discussed in the project closure, including formal acceptance, adjustments made throughout the project, and evaluation and assessment as the decisive step (Sipes, 2016).

Finally, the supervising instructor rendered her verdict on the edited video and her ultimate thoughts on the work. Under the guidance of the mentor teacher, the video witnessed an impressive quality boost with numerous suggested alterations. Certain items were edited, and dialogue and translations were added to present the message more clearly. To make the viewers stay interested, the video's length was finally decided to be perfect.

Movavi Editor Pro, a low-priced and easy-to-handle program, was chosen to edit videos. Moreover, many of the video clips had to be edited, which was challenging.

6 ETHICAL CONSIDERATIONS

TENK (Finnish National Board on Research Integrity, established by the Ministry of Education and Culture) aims to provide guidelines on handling violations of research conduct ethics. These codes are named RCR codes of conduct. The Finnish research community has been working together to write the RCR guidelines. (Good scientific conduct has been acknowledged as research integrity (RI).)

Adhering to the guidelines for ethical conduct in science is of paramount importance to the researcher and the members of the research group. Nevertheless, the two categories defining the Finnish system are research misconduct and disrespecting good research practices. There is a scope of violations at any time during the Research process. Research integrity breaches are dealt with by a procedure tailored as a tool to investigate allegations of research misconduct and breaking the institution's code of ethics RI (TENK, 2024.)

The aims are to prevent scientific dishonesty, encourage responsible research conduct, standardize the thesis process across Centria university of applied science, and improve the quality of theses, which originates from national and international ethical research laws, as well as the overall clinical guidance, policies, and recommendations that are set forth by the scientific society. The universities of applied sciences strive to attain standards and recommendations that the Finnish National Board endorses on research integrity (Finland - Information Protection Outline, 2022). The authors of the project followed the rules and timetable and did the follow-up on the proposition status. The pre-instructor video participants deliberately considered the goals of the video. Furthermore, the student grasped what confidentiality, integrity, and availability implicate. From the onset, it became evident that support would not carry monetary consequences or criticism from the preliminary video. General information assurance outline. This principle shall bring the government-led program to life.

7 REFLECTION ON DEVELOPING PROJECT

The process of drafting a thesis is long. The fact that their labour was complete, the writers could evaluate how productive they were. It is necessary to take care of the reason a report is written for, and how to perform the task. The thesis's initial objectives and goals must be considered before deciding whether they have been accomplished.

7.1 Methodological consideration and limitation.

By implementing a functional statement as a base, writers managed to do an actual assignment that could be used as educational material for students. The authors have comprehensively described how the validation treatment is given to older people. The writers also broadened their general understanding of memory disorders by utilizing many sources for their research about validation therapy. Shooting the video was difficult, and it took time to complete it successfully.

The instructional video's screenplay was attentively written using theoretical knowledge. The thesis reported the reliability of validation treatments and the development of educational tools per best practices. These units were the parts of the video's thesis statement. The evidence was collected from diverse sources to prove the thesis. This was the main reason the thesis was very believable and well-structured. After all the work that has been put in, the main idea has become robust and purposed. The subject was adequately defined, and the sources were helpful for application. A thesis like this would cover many distinct aspects while simultaneously making sense. With a well-completed project and a good screenplay, properly running the video is necessary. To guarantee that the project would succeed, the writers added their work experience gained during practical workshop and used it to collect detailed information.

7.2 Discussion

According to the latest data, the project has developed an up-to-date visual learning record that will be helpful to the Centria University of Applied Sciences students. The creators are content with the result. A robust theoretical basis bolsters the validation practice. The instructional video is a useful resource for teaching and learning. They provide credible information, and standard procedures are followed. Writers learned much during the project, from a detailed instructional video to validation therapy. The content on validation treatment was updated by the new perspectives brought in by recent research, in addition to the already existing ideas.

Many books and internet resources were studied, ensuring that the product was always trustworthy in this regard. International and local sources of information were sought and consulted frequently (Nicole 2018). Validation therapy aims at helping the client to feel the emotions that form the foundation of harmful behaviour. In one study, integrated validation therapy, a treatment that brings together ways of acting and thinking in response to someone's feelings and behaviour, was applied at a long-term care facility in Germany (Feil 1992).

7.3 Relevance of educational video for nursing students.

First, the authors of the thesis tried to inform the pupils about how validation therapy is employed for patients suffering from memory disorders. To find the project's value, Centria University of Applied Sciences nursing students were asked to do a questionnaire. The questionnaire was designed to gather opinions on the video and protect the members' privacy and own information. Overall, we had eleven participants, five in their third base year of nursing teaching and six others who had accomplished their second year in nursing. For the survey, different questions were asked related to the video viewed, and students were also allowed to provide feedback. The questions asked include-

Do you think this is necessary for aged care? What did you find most attractive in the video? What is the eminence and extent of the video? What do you think we ought to change in the video? Opinion and feedback are important.

All correspondents affirmed the video was structured so that the main point was understandable, interactive, and transparent. They also needed the same opinion about the treatment being easy to understand. The nine students' feedback determined that the video was decent and predominantly relevant in the elderly care setting. On the contrary, students asked for an extended duration to improve comprehension, while others called for more practicals.

7.4 Reflection and Conclusion

Production of this film about the feelings of patients with Dementia has remained an eye-opening process. Some essential facts demonstrating the importance of understanding and applying validation therapy in caregiving became clear during this process. At first, our knowledge of the literature about dementia and validation therapy was deepened by the facing of both patients and care workers' issues. It has been revealed that prevalent approaches frequently do not consider the personal and mental requirements of dementia patients. The demands and inclinations of the planned audience had to be thoroughly investigated when designing the content of the video. Understanding ideas with the help of visual aids, storytelling, and using real-life scenarios made them more understandable and fascinating. Moreover, gaining experience with professionals from psychology, geriatrics, and ethics introduced these valuable standpoints and helpful directions to the book. The information they had helped to make the material in the video credible and up to date; thus, it stuck to the evidence-based dementia care procedures. In conclusion, developing an instructional video explaining validation therapy for people with dementia has been an exciting occasion for me. We have created an innovative tool that helps caregivers and future nurses apply a person-centered approach to dementia care using multimedia elements and expert knowledge.

We must continue to promote the inclusion of validation therapy in the usual dementia care procedures. Education initiatives for caregivers, nursing staff, and nursing students that are ongoing should be instituted to ensure the broad uptake and complete incorporation of this area. In the same vein, fostering supportive communities that enhance the well-being and quality of life of patients who have dementia depends on the building of a societal mindset of understanding and comprehension of them. The principles of validation therapy can enable us to accept the patients' autonomy and self-worth and enhance living standards. Such instructional video proves to be a turning point for the dementia care industry as it changes its focus from only cognitive impairment to a more holistic and humane approach where each person would be treated with respect and kindness no matter how low their cognitive skills are. When we work as a team, we can influence the lives of people affected by memory illnesses.

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