

# Appropriate Use of Antipsychotics (AUA) & Elder Friendly Care (EFC)



## Project Bulletin

### AUA and EFC Spark Imagination & Innovation

Alberta Care Teams are harnessing creative strategies to find alternatives to mechanical, pharmacologic, physical and environmental restraint:

- ◆ Bistro dining areas in acute care units promote mobility, nutrition and socialization
- ◆ Collaboration with local quilting guilds soothes persons with end stage dementia
- ◆ Recreation Therapists and family volunteers occupy Supportive Living clients as antipsychotics are reduced
- ◆ Teams involve families and map behaviours to develop person-centred care plans (triggers to avoid, strategies to try)
- ◆ Support of sleep, increased activity/mobility and changes in medication/timing can make a big difference for older adults

Alberta's use of antipsychotics remains the lowest of all provinces, at 17.3% (Q3 2017/18). The AUA project has been extended to all 170 Supportive Living 4/4D sites, and is currently underway in 40 SL 3 facilities.

The Elder Friendly Care project supports care of older adults in hospitals. EFC has so far been introduced to 44 units from 12 acute care sites in all 5 zones, and plans are underway to engage all 97 adult acute care sites.

We hope you enjoy these heartwarming good news stories!

### Inside this issue

Quilters Sew with Love.....	2
Success Stories from CZ SL.....	3
Education Sessions on I-scheduler.....	3
April is National Oral Health Month.....	3
Dementia Detective Rounds.....	4
6 Reasons to Avoid Broda Chairs.....	4
What is the Seniors Health SCN?.....	4

### Special points of interest

- ◆ The Canadian Gerontological Nursing Association (CGNA) supports care of older adults across Canada.
- ◆ CGNA is working to include care of older adults in the licensing exams for RNs and LPNs
- ◆ The 2019 Biennial conference for the CGNA is in Calgary, May 2-4. It's the only event of its kind that focuses on all facets of education, practice and research in care of older adults.
- ◆ Consider submitting an abstract!  
<http://cgna2019.ca/abstracts/>

## Quilters Sew with Love

Wendy Weerstra, Manager of an AgeCare Seton dementia unit, worked with the Chinook Quilting store in High River to make fidget blankets to provide sensory stimulation for residents with dementia.



The gentleman presented with this pink quilt talked at length about his mother, wife and daughter making quilts. He spoke passionately about the beauty and function of quilts and their heirloom presence in family history. He was truly moved, touched and inspired.

The quilt with a paint roller and burlap strip



was presented to a non-verbal gentleman with end stage dementia. He showed great pleasure in the tactile experience, giggling and then laughing out loud as he rubbed his fingertips over the burlap and squeezed the sponge.

Quilting guilds in Calgary and other rural areas have expressed interest in providing more fidget blankets for residents.

**Seton Place also has a Sensory Room.** The low lighting offers a soothing environment. A resident who commonly experienced sun-downing behaviors visited the area. Anxiety was notably decreased with the sound of ocean waves and a soothing waterfall. With routine use of the Sensory Room, HCA's are able to provide care with less responsive behaviors in the evening hours.

Fiber optic lights, an LED crystal ball and knobby balls contribute to the overall sensory experience.

**Westlock Continuing Care Centre** now has a very special Farewell Quilt to honour the memory of residents who have passed away, a gift of the **Westlock Crazy Quilters**. The quilt is draped over the body and stretcher of the deceased as they're taken away by the funeral home. "It's a way to pay tribute to them as they leave the building for the last time," says Sherry Gough, manager of Seniors Health in Westlock.

The first Honour Guard took place in February. Amazing *Grace* played throughout the centre. "Staff members lined up beside the elevator on the second floor as the stretcher passed by slowly," says Gough. "Down by the main desk there were 30-40 people lined up... it was very touching." The Honour Guard has been well received by staff, residents and families. For the full story, go to: <https://www.albertahealthservices.ca/news/Page14340.aspx>



# Success Stories from North Zone SL

**La Crete Heimstaed Lodge** has seen a noticeable improvement in client mobility, engagement and a decline in falls since the AUA project started.

**Jasper Alpine Summit Seniors Lodge** holds weekly discussions to review antipsychotics—they're down to 1 resident on an antipsychotic without a mental health diagnosis. Staff are working to support healthy sleeping habits. Meanwhile in Jasper acute care, Zopiclone is off the routine order list and is rarely used!

**Stone Brook in Grimshaw** reported that after a resident's antipsychotic was gradually reduced and then discontinued, his family noticed more moments of clarity and alertness. No aggressive incidents have occurred.

**McKenzie Place (QEII Hospital) Grande Prairie:** well-attended interdisciplinary meetings include the social worker and recreation team.

**Points West Living Grande Prairie** makes referrals to their recreation team before beginning antipsychotic dose reductions. They plan support for clients as they wake up and become more active. A group of family members comes to the facility to initiate/lead or join already planned recreation activities!

**Grande Prairie Care Centre (Emmerson Court)** staff have an increased awareness of potentially high risk medications on resident medication lists, since participating in the AUA Project.



## April was National Oral Health Month!

April's Curbside Consultation included members of the Provincial Oral Health Team.

Tooth brushing techniques for persons with dementia include:

**Overcoming fear of touch:** gentle touch or jaw massage

**Bridging:** giving the resident a toothbrush to hold onto

**Distraction:** singing, music

**Hand over hand** assistance

**Chaining:** begin to assist and allow independence as able

**2 person and 2 toothbrush** techniques

Two helpful videos are available:

[Managing Care Responsive Behaviours](#)

[Tooth Brushing with Care Responsive Behaviours](#)

## Learn more about AUA & person-centred dementia care!

**Video Conferences in iScheduler** for SL3 and other Continuing Care teams

**Responsive Behaviours & Family Engagement:** Learn how to successfully work with clients who are experiencing responsive behaviors. Learn strategies to engage family members in the care planning process

**Sleep and Delirium in Dementia:** Learn strategies to support sleep and reduce use of sedatives, using non-pharmacological interventions. Learn to identify delirium in dementia and what you can do to prevent it!

**Skype/Call-in Meetings:**

- ◆ How to Complete AUA Data Tracking
- ◆ How to Develop an Antipsychotics Medication Review Process
- ◆ Steps to Culture Change

For more information about conferences and registration, contact [aua@ahs.ca](mailto:aua@ahs.ca)



# Dementia Detective Rounds



*Left: Annette shares her journey with Unit 68 staff. "They're amazing at respecting both Hank and I and listening, and making me feel part of the team and supported... They're so good to him."*

**Dementia Detective Rounds** were initiated on Unit 68, South Health Campus, to support staff to apply Elder Friendly Care principles to the care of challenging clients. Staff include RNs, LPNs, HCAs, PT, OT, management, housekeeping, security, Pharmacist, SW, Recreation Therapy and Dietitian. After family members share a client's life history, staff discuss the diagnosis and behaviours and incorporate ideas into person-centred care plans (triggers to avoid, approaches that work).

## What is the Seniors Health SCN?

AUA and EFC are provincial projects led by the Seniors Health Strategic Clinical Network. The SCNs create improvements within focused areas of health care. Seniors Health SCN is finding new and innovative ways of delivering care that will provide better quality, outcomes and value for older Albertans.

**Families benefit** by having a place to share who the client is beyond their disease, to understand what staff are struggling with and to suggest approaches that might help. This can also be a place to grieve over the long and difficult journey of dementia, and develop connections care providers.

**Patients benefit** when staff approaches are more consistent and effective.

**Staff benefit** from enhanced connection families and empathy for patients.

*Rishma Rhemtulla, NP supporting EFC at South Health Campus, reports Hank is doing much better. Staff were afraid of him at first, but are now more comfortable caring for him. PRN antipsychotics and mechanical restraint are rarely required. Person-centred care is truly a team effort, and families are a crucial part of the team!*

## 6 Reasons to Avoid Broda Chairs

1. **Uncomfortable:** Lack of support to the torso, head and neck. Lack of cushioning in the seat.
2. **Musculoskeletal damage:** Acquired scoliosis develops with long-term use.
3. **Skin breakdown:** Those with knee contractures slide forward and sit on their tailbones. Reclining results in shearing forces.
4. **Isolating:** Unable to interact with people or the environment while looking at the ceiling
5. **Restrictive:** Unable to move around or get out – functions as a mechanical restraint
6. **Staff injuries:** Difficult to reposition, people slide forward or sideways

A better option is a tilt in space chair. Proper seating allows the person to be comfortably supported, supports social interaction, improves feeding and swallowing, allows for repositioning (tilting the chair back ensures the pelvis is in the back of the chair), prevents skin breakdown, and allows the person to self-propel or to elevate edematous legs.

A special thanks to Sara Conrad, Occupational Therapist, for drawing this to our attention!