

SENIORS HEALTH STRATEGIC CLINICAL NETWORK

Issue Highlights:

- Transformational Roadmap 2
The Seniors Health SCN Transformational Roadmap has been completed and is available on our website:
<http://www.albertahealthservices.ca/7702.asp>
- Research Update 3
Seniors Health SCN contributes to Family Caregivers Conference.
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The EAS portion of the AUA project is complete and we are beginning the Provincial implementation phase.
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Alzheimer Society of Alberta and NWT Unveils Pioneering Online Community for People with Dementia

Appropriate Use of Antipsychotic Project's Early Successes

The goal of the Appropriate Use of Antipsychotic (AUA) Medication in Long Term Care project is to reduce the use of antipsychotic medications for the management of responsive behaviors associated with dementia. The Early Adopter Site (EAS) phase of the project came to a close prior to beginning the full provincial spread.

The AUA Outcomes Evaluation Subcommittee, co-chaired by Dr. Heather Hanson, Assistant Scientific Director - SH SCN, and Tova Leveille, Lead - Survey and Evaluation Services, recently completed an evaluation of the EAS phase. The main purpose of this evaluation was to assess the implementation impacts on the staff, physicians, and residents of the EAS sites.

The EAS phase of the AUA Project represented about 5% of the total long term care beds provincially, so the findings should be interpreted with caution, though they lead us to be optimistic that Alberta is on a very good track to be able to reduce the use of antipsychotics in long term care across the province.

...read more on page 2

Honorable Minister Fred Horne Attends February Core Committee Meeting



From left to right: Honorable Minister Horne, Dr. Jayna Holroyd-Leduc, Dr. Duncan Robertson, and Lynne Mansell

The Seniors Health Core Committee had the honor of hosting the Honorable Minister Fred Horne at the February 19th meeting, held in Edmonton. The Minister expressed very strong support for the SCNs and believes that they will be able to increase the viability and cost effectiveness of Alberta's health-care system through their pursuit of quality, innovation, and evidence-based practice.

Welcome to our new Core Committee Members!

The SH SCN is pleased to announce the addition of Carol Carifelle-Brzezicki, Manager, Aboriginal Health Program—Edmonton Zone; Margie Miller, Patient Advisor; and Yvette Swendson, Patient and Community Engagement Research (PACER) graduate to our Core Committee. Their experience, knowledge and enthusiasm for seniors care are a welcomed addition.

More on the Core Committee on page 3...

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AUA Project Early Successes

11 Early Adopter Sites (a total of 672 beds) participated in this phase of the project.

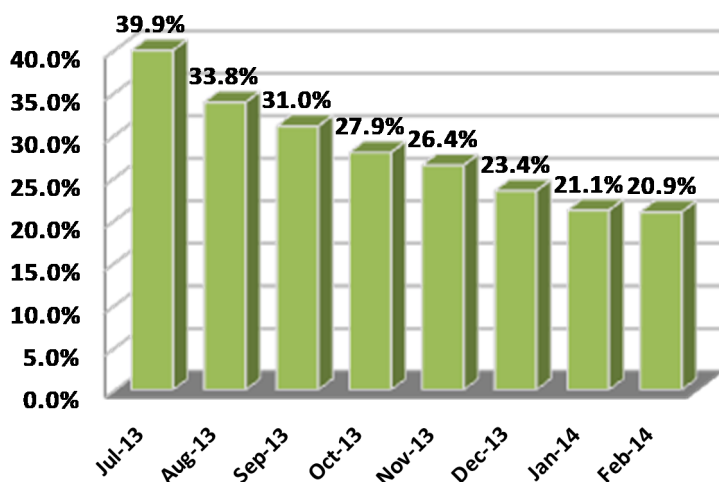
What did we discover?

- There was an increase in LTC staff's perception of education, training, and skills necessary for managing responsive behaviours.
- LTC staff reported using an average of 6 different non-pharmacologic strategies, with the top 3 being: 1) individualized care, 2) conversational approaches, and 3) personal environment modifications.
- According to LTC Site and Organizational Leaders, project activities did not result in the need for increases to staffing ratios.
- Both LTC staff and leaders reported that the project activities contributed to improvements in residents' health and an improved resident experience.
- LTC site leadership support for the project was positive.
- The average unit-level antipsychotic use decreased from 39.9% in July 2013 to 20.9% in February 2014.



87.5% of EAS site leaders state that no staffing changes were necessary to accommodate the use of non-pharmacological approaches

Average Unit-Level Antipsychotic Use for EAS



What's Next?

The evaluation report (which is hot off the press!) includes findings and recommendations which will be used to improve the project as it rolls out to the other LTC sites across the province. The excellent work of the Outcomes Evaluation Working Group is much appreciated. A final evaluation report will also be produced at the completion of the AUA project in 2015. Stay tuned!

Frail Elder Care SCN Collaboration with the Alberta College of Family Physicians (ACFP)

DUNCAN ROBERTSON
Senior Medical Director
Seniors Health SCN

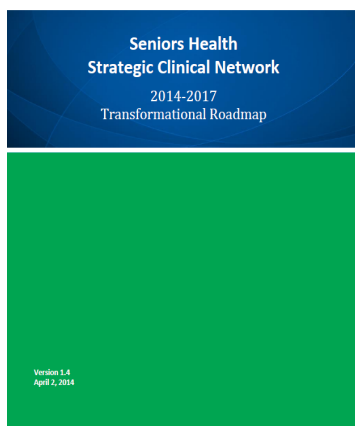
On April 26, 2014 the Seniors Health Strategic Clinical Network (SCN) collaborated with the ACFP in helping to create a common vision for care of frail elders in Alberta by participating and presenting at an all day invitational collaborative forum on "Working Together for Seniors' care in Alberta".

One of the platforms of our SCN, Healthy Aging and Seniors Care, will start with healthy aging, health promotion and prevention and encompass the patient journey of frail elders. Several members of the leadership team and core committee attended this session and we had the opportunity of presenting our perspective. The focus question we were asked to address was "what is currently being done by your organization to prepare for and to address the challenges ahead in the care of seniors, and more specifically, the frail elderly?"

Other presenters included the Honorable Dave Quest,, Associate Minister of Seniors; Dr. Karen Hughes; Dr. Tobias Gelber, Chair of the Primary Care Network Evolution Steering Committee; and Mike Gormley, Executive Director, Alberta Medical Association. Dr. Duncan Robertson presented on behalf of the Seniors Health SCN.

We applaud the initiative of the ACFP and were honored to be a part of the productive day. The September edition of our newsletter will contain a summary report of this collaboration.

Seniors Health SCN Completes Transformational Roadmap



Background

The Seniors Health SCN has prepared a Transformational Roadmap for 2014-2017. It proposes a number of strategies and actions that will support Alberta Health Services in providing a patient-focused, quality health system that is accessible and sustainable for all Albertans.

We appreciate and acknowledge our Core Committee and members of our Community of Practice who enthusiastically participated in the development of the Transformational Roadmap. A copy of the roadmap can be found at:

<http://www.albertahealthservices.ca/7702.asp>

The Seniors Health SCN platforms of work represent three key strategy areas:

1. Healthy Aging and Seniors Care
2. Aging Brain Care
3. Anticipating an Aging Alberta

Success in the three areas listed will be dependent on four pillars: research and innovation; engagement; communications; and, quality improvement and measurement. Research and innovation are essential to generate, synthesize and translate knowledge and are embedded within each of the platforms of work. Through a collaborative membership model, the Seniors Health SCN will continue to engage with seniors, families, communities, clinicians and partners to ensure meaningful dialogue. Effective communication will be vital for success and includes listening to the stories of Albertans. Quality improvement in each of the six Health Quality Council of Alberta (HQCA) dimensions of quality will be measured and will be supported by good data and measurement practices.

Next Step: Development of A Work Plan

Discussions were held at the April 16th Core Committee meeting to identify priorities and timelines from the Transformational Roadmap. A work plan will be developed and revised based on the feedback obtained at this meeting.

Core Committee Meeting Highlights

- Dr. Robertson and Tracy Wasylak are members of the CoACT Steering Committee, a priority AHS initiative. A key component of CoACT is the implementation of comfort rounds, an Elder Friendly Care initiative being sponsored and supported by the Seniors Health SCN.
- The Alberta Medical Association will be launching a Choosing Wisely Alberta Campaign. Choosing Wisely Alberta will be based on information from national groups and Alberta priorities. It will encourage physicians to have discussions with their patients about the benefits of selected interventions.
- A Choosing Wisely Canada campaign is also underway. This national campaign is intended to promote conversations between patients and care providers on evidence-based practices. Brochures are being developed to support those conversations.
- All of the Strategic Clinical Networks are meeting with the Zones (North, Edmonton, Central, Calgary, South) to align priorities.
- The Core Committee members heard a presentation titled 'Contribution of Physical Fitness and Cerebrovascular Reserve to Prevention of Age-Related Cognitive Decline: Implications for Alzheimer Disease and Dementia' from Dr. Marc Poulin. One important idea that came out of this presentation was that exercise has been shown to help prevent or delay the course of dementia.

Research Update

Update on Elder Friendly Surgical PRIHS Grant

Care of the surgical patient has evolved a long way from the English operating theatres of the 18th Century, where there was no anaesthetic, no antimicrobials and no use of sterile techniques. In preparation for the launching of the PRIHS Elder Friendly Surgical Unit, Drs. Rachel Khadaroo and Jayna Holroyd-Leduc attended the Proactive care of Older People undergoing Surgery (POPS) conference sponsored by the British Geriatric Society. They gained invaluable knowledge from colleagues in the UK around key strategies to incorporate into the PRIHS grant's proposed innovative method for improving the care provided to the older frail adult undergoing urgent abdominal surgery.



Drs. Khadaroo (L) and Holroyd-Leduc (R) with Dr. Dhesi (C), Clinical Lead for Proactive Care of Older People Undergoing Surgery (POPS).



An 18th Century Operating Theatre in London, England

Seniors Health SCN Contributes to Family Caregivers Conference

The needs of family caregivers were front and centre during a two-day planning meeting held April 14-15. The event was funded by CIHR and supported by the SH SCN, Covenant Health, community organizations and others, and was attended by over 100 people, including family caregivers, researchers, service organizations, and not-for-profit representatives. Dr. Jasneet Parmar, Dr. Jayna Holroyd-Leduc and Dr. Heather Hanson had leadership roles in securing funding and planning this event. They are also members of the Seniors Health SCN Core Committee. The objectives of the event included bringing together these stakeholder groups to consolidate the research evidence, analyze strengths and gaps, and develop strategies for future grant application submissions aimed at better supporting family caregivers of seniors.

The first day focused on information sharing. To set the stage for the afternoon discussions, presentations were given by visiting international speakers and the perspectives of family caregivers were expressed. Local researchers then provided overviews on three theme areas, including: a) online support for caregivers of seniors with dementia, b) caregivers of persons at end of life, and c) caregivers of older frail adults with complex needs. Attendees then participated in evolving rounds of discussion within one of the theme areas to identify current challenges, barriers and facilitators, and desired outcomes for research related to that theme. The second day built on the foundation of Day 1. Researchers and knowledge users participated in detailed discussions to plan for future grant activities related to their theme area. Overall, the event was successful in highlighting the importance of addressing the needs of caregivers. New collaborations were formed and the initial discussions were deemed to be a promising start for future work in the area of supporting family caregivers.

TVN (Technology Evaluation in the Elderly Network) Summer Position

Madison Riddell, an undergraduate student at Queen's University, was awarded a TVN Summer Studentship to complete a research project entitled: "Barriers to use of femoral blocks to manage hip fracture pain among frail elders". This is a collaborative research project between the Seniors Health SCN and the Emergency SCN.

Researchers interested in joining the Seniors Health SCN Research Community, please contact:

Dr. Jayna Holroyd-Leduc, Scientific Director, SH SCN:

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Dr. Heather Hanson, Assistant Scientific Director, SH SCN:

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If you wish to learn more about the SCN, or become more involved, please contact either:

Lynne Mansell, Senior Provincial Director: lynne.mansell@albertahealthservices.ca, or

Dennis Cleaver, Executive Director: dennis.cleaver@albertahealthservices.ca

Leading Practice in Seniors' Care

In every newsletter, a leading practice in care for seniors is featured.

ASANT Café Launches in Alberta:

Alzheimer Society of Alberta and NWT Unveils Pioneering Online Community for People with Dementia

CHRISTENE GORDON

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The Alzheimer Society of Alberta and Northwest Territories proudly announces the arrival of the **ASANT Café**, a new online gathering place for people with dementia and their care partners. The ASANT Café represents a huge leap forward in the Society's ongoing efforts to provide meaningful and accessible information, education and support, 24-hours a day, for people with Alzheimer's disease and their care partners, no matter where they live in Alberta.

Bill Gaudette, CEO, Alzheimer Society of Alberta and Northwest Territories noted, "The Alzheimer Society is excited to be providing this resource for all Albertans touched by dementia. Albertans, regardless of where they reside in our province, will have access to the most current resources, education, support and connection with others as they journey through the challenges they face. It is a milestone in dementia care that brings together the best that technology currently offers."

Generously funded by Alberta Health, the ASANT Café is a two year project-in-the-making, created to help people connect, share, discuss and learn. It's for people with dementia, family members, care partners, friends, individuals – anyone whose life is affected by Alzheimer's disease and other dementias. Members can join discussions, watch videos, ask questions and get information from their virtual community. Becoming a member is simple and free of charge. Join our online community at asantcafe.ca.

About the Alzheimer Society of Alberta and Northwest Territories

The Alzheimer Society of Alberta & NWT is working to change the face of dementia in Alberta and improve the quality of life for those with the disease. The Society educates, supports and advocates for those with dementia and their care partners and promotes research into effective treatments and finding a cure for this debilitating disease. Until a cure is found, we are here to help.

Alzheimer Society in Chatelaine

ROSANNE MEANDRO

Director, Media Relations

Alzheimer Society of Canada

We've scored some great editorial in the April 2014 issue of Chatelaine. Alzheimer Society of Canada (ASC) is well positioned in the magazine's special report on brain health with an interview with Larry Chambers, ASC's Scientific Advisor.

The special report comprises five pages of "how-to's" to supercharge your brain, including telling the difference between dementia and forgetfulness, coupled with risk-reducing tips.



Chatelaine has a great reach into a largely female demographic and will help ASC expand its brand and profile within this market.