

## HISTORY

Starting in April 2011, the Seniors Health Clinic was created to meet the need within the Heartland rural communities to provide timely access to geriatric specialty services. Services were offered once a month at the Alberta Heartland Primary Care Network (AHPCN) located in Fort Saskatchewan, by a geriatrician from Edmonton.

Referrals were solely from family physicians connected to AHPCN however expanded to interest from community partners and family members. The addition of a nurse practitioner (NP), increased access to those home bound as well as provided additional consults outside of the clinic. To meet the need within the Fort Saskatchewan hospital, geriatric consults are done either by the geriatrician or by the NP with telephone consult to the geriatrician.

## OUR PROGRAM

**Criteria:** complex older adult that would benefit from a geriatric consult

**Process:** The patient is usually booked for 2 appointments: the RN assessment (approximately 2 hours) and the consult by the geriatrician or NP (1 hour). Family members are encouraged to attend the appointments.

**Assessment** (RN, NP) includes:

- Search on Netcare for medical history, previous diagnostics, medications.
- History taking (assessment of geriatric syndromes, functional history, assessment of future planning including Enduring Power of Attorney and Personal Directive).
- Cognitive/mood assessment (MMSE, MoCA, Geriatric Depression Scale) collateral history with FAQ, DECO and ADL.
- Vital signs, weight, Timed Up and Go Testing, eye screening, post void residual by ultrasound if required.

**Consult** (geriatrician, NP) includes:

- Complete physical examination
- Recommendations with brief summary given to patient/family
- Consult letter that is sent back to the family physician

**Follow up** (NP, RN):

- Patient booked back into clinic for follow up if needed
- Diagnostics are reviewed
- A spreadsheet is updated to keep statistics and to help with recall of patients
- NP follows up outside of clinic as necessary, provides medication changes, communicates with family physician and with home care as necessary
- NP provides capacity assessments as needed for guardianship and trusteeship applications

## Referral within the Multidisciplinary team outside of clinic:

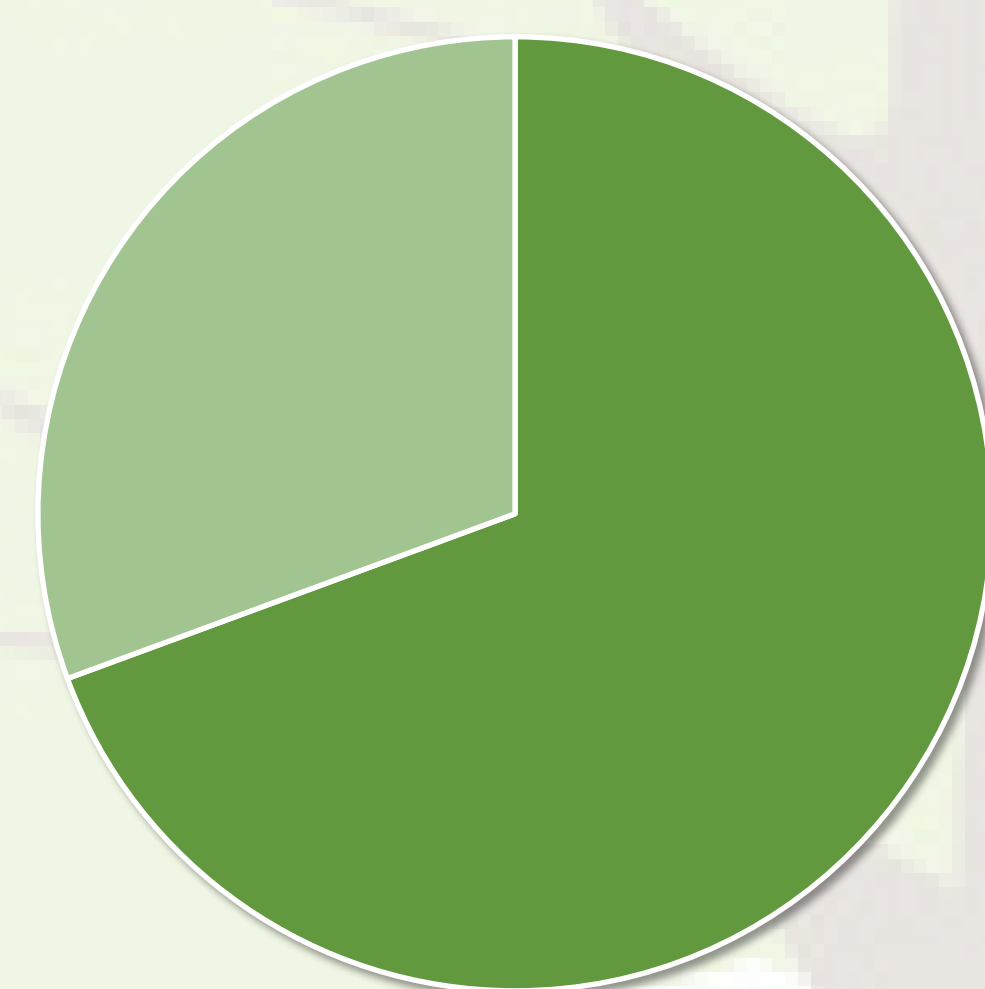
- Prescribing Pharmacist: available pre and post clinic for medication review and consults. Provides case management in the area of diabetes.
- Occupational Therapist: does home visits for safety assessments and equipment, completes further cognitive testing if required (ILS and EXIT)
- Exercise Specialist: develops program for increasing endurance, strength and balance.
- Registered Dietitian: addresses specific concerns related to nutrition.
- Psychology: will see older adults struggling with low mood or anxiety as well as will provide counselling for caregivers
- Social Worker: ability to complete personal directives (training in process)

## STATISTICS

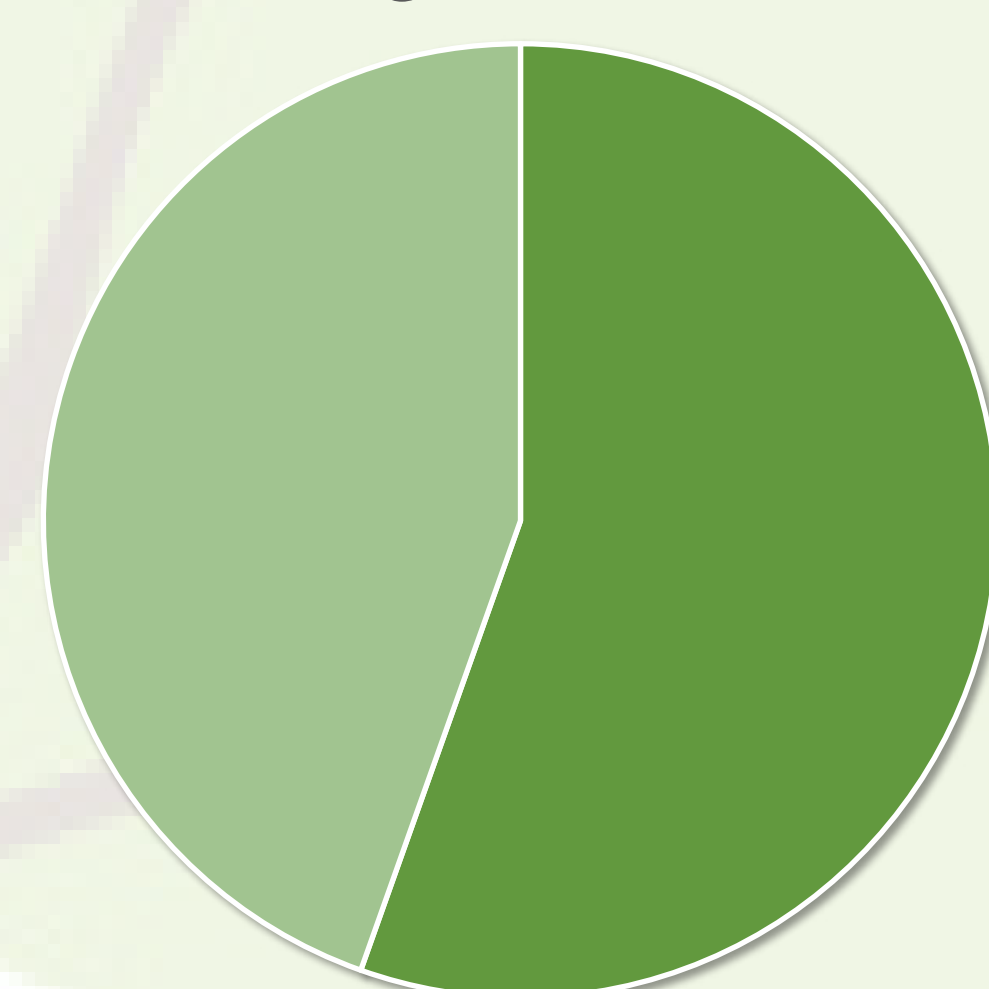
All statistics presented are based on program evaluation between January 1st, 2015 to December 31st, 2015. Between this time, a total of 1734 encounters entered for the clinic of which 968 for NP and 764 for RN.

Oldest	98
Youngest	59
Average Age	79.8
Median Age	80

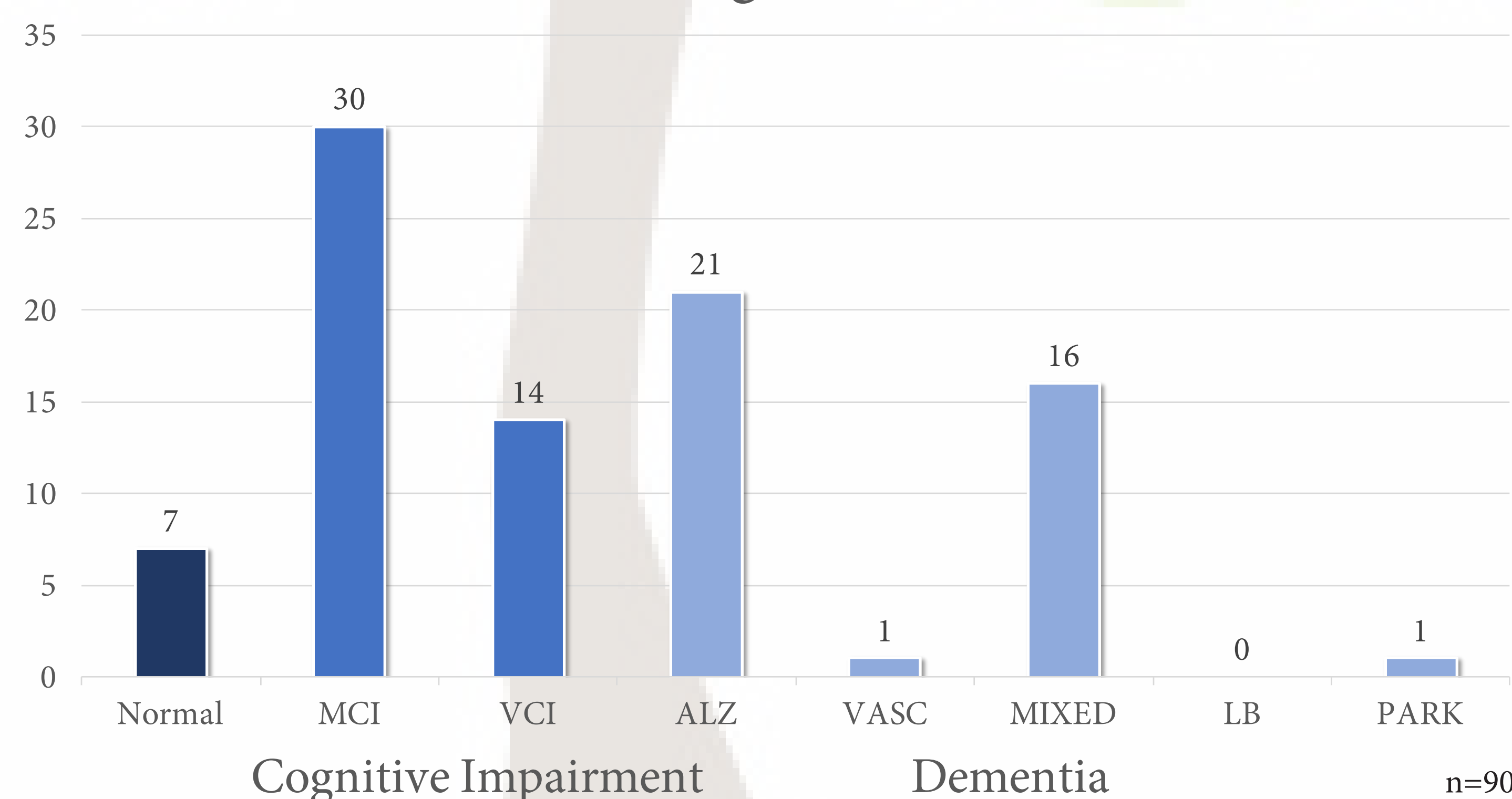
### Gender



### Living Situation



### Diagnoses



### Cognitive Impairment

	FAQ	DECO
Average	4.9	30.8
Median	3.0	33.0

FAQ normal = cut point of 9/30  
DECO normal = cut point of 29 to 30/38

FAQ out of 30  
DECO out of 38  
n=38

### Dementia All Types

	FAQ	DECO
Average	18.0	18.7
Median	20.5	18.5

FAQ normal = cut point of 9/30  
DECO normal = cut point of 29 to 30/38

FAQ out of 30  
DECO out of 38  
n=34

## OUTSIDE REFERRALS

- Alberta Health Services Home Care
- Diagnostics
- Specialists as necessary
- Neuropsychology at the Glenrose Hospital as necessary
- Short Stay Program at the Glenrose Hospital as necessary
- Alzheimer's Society
- Adult Day Program
- Caregiver Support Group
- Private Home Care

## COMMUNITY CONNECTIONS

- Alberta Heartland family physicians
- Alberta Health Services Home Care
- FCSS, Senior's coordinator
- Local lodge administrators
- Hosted "Compass" caregiver class at AHPCN in 2015
- Offered Conversation Café in Fort Saskatchewan twice and in Andrew once

## AREAS FOR GROWTH

- Rural long term care facility consults
- Regular visits to lodges where physicians do not attend
- Community education in some rural areas
- Caregiver support