



Appropriate Use of Antipsychotics (AUA)

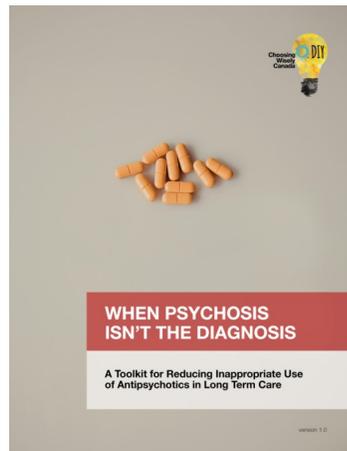
Project Bulletin

Antipsychotic use in LTC Hits New Low: 18.0%

Long term care teams continue to use fewer antipsychotic medications, hitting an all-time low of 18.0% provincially. Congratulations to North and South zones which saw 0.7% and 0.8% reductions in the past quarter! Downward trends are beginning to stabilize in the remaining zones. Conversations are underway to identify a new provincial target and benchmark range, and to develop sustainability strategies for both acute and continuing care.

Alberta LTC Teams Inspire National Toolkit

The AUA team partnered with Choosing Wisely Canada to produce “When Psychosis isn’t the Diagnosis”, a Toolkit for Reducing Inappropriate Use of Antipsychotics in Long Term Care. Care teams and physicians across Canada can now access Alberta’s strategies and resources.



AUA 101

Did you know you can access AUA sessions by Telehealth? Google Video Conference scheduler and Search for AUA to find dates and topics, book a videoconference room or attend by telephone.

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Special points of interest

- The AUA project will be rolled out to Supportive Living facilities across Alberta over the next 2 years
- AUA workshops will continue to be offered to long term care teams
- Plans are underway to support Elder Friendly Care in acute care.

Dementia Advice Line Supports Family Caregivers Across Alberta

It's not easy having a family member with dementia. The journey from independent living to continuing care can be challenging and exhausting.



A new service introduced by Seniors Health SCN links care partners to Dementia Advice nurses via Health Link (811).

Here are some comments from families:

* "It was like I knew them. They talked to me like they...were really, really trying the help the situation in any way they possibly could by just talking

on the phone."

- * "Not only was she concerned about my father's well-being, she was also concerned about my well-being, which was awesome. And she sat and listened. .. She answered all my questions... It was one of the best conversations I've had."
- * "The nurse was fabulous. She was considerate. She was compassionate. She was informative. She was fantastic."
- * "It was getting critical and we caught some breaks, but honestly, I would have maybe dropped my mom off and walked away from the problem if the service hadn't existed."

AUA in Supportive Living

Nine Alberta Supportive Living sites trialed AUA resources. Collectively they were able to reduce antipsychotic use from **25.5% to 20.7% over 9 months.**

A provincial roll-out of AUA resources to Supportive Living began in June 2016, starting with Edmonton zone.

A Rare Coin in My Pocket

When Practice Lead Michele Ray-Jones attended high school graduation, the grads were paired with other members of their class. Her date was so nervous he put a few rare coins from his coin collection in his suit pocket in case the conversation lagged. Sure enough, right before the dinner was served everyone at the table was looking at the coins and talking about where they were from.

Consider having a box of items for staff to borrow for the day, to spark interactions and reminisce with residents:

- ◆ Laminated photographs of older adults with children, children in the 1930's, 40's and 50's or domestic or farm animals
- ◆ Blocks with interesting designs
- ◆ Matchbox cars and trucks from the 40's—70's; Models of farm equipment
- ◆ Laminated postcards from all over the world
- ◆ Christmas, Easter or Halloween decorations
- ◆ Sea shells or rocks with interesting features
- ◆ What can you think of? Options are only limited by your imagination!



Staff Amazed at Changes in Chateau Vitaline

Chateau Vitaline has worked closely with their resident physician to reduce antipsychotic medications since the Fall of 2015.

Here are some of their stories:

- * Two Supportive Living clients were assessed for long term care, because staff didn't know what to do with them anymore. Staff changed their approaches and reduced the antipsychotics, and now the clients don't need to transfer!



Covenant Care Chateau Vitaline in Beaumont is one of nine Supportive Living sites to trial AUA resources over the past year.

- * Staff education was done in Non-Violent Crisis Intervention and person-centered care. This was a huge success! In residents demonstrating aggression, this behaviour has been almost totally eliminated. This was done without any medications, just changes in how staff approach the resident.
- * Some examples of person-centered care include taking more time with each resident, approaching them and explaining what is going to happen, giving them time to process their thoughts, and waiting for their consent before starting. If they resist or refuse, staff leave and approach later. In

We are very happy to report that this has been a very successful project. In most cases, there was no behaviour change noticed at all, which shows the medication was unnecessary. In a few cases the resident improved greatly, was less sleepy during the day and more alert and able to converse.

most cases, when they come back the resident is willing and happy to do whatever activity is needed.

- * One of the hardest things to change was the focus on completion of sched-

uled tasks. With much reassurance that we wanted them to focus on resident needs first and "tasks" second we were able to slowly change this culture in our facility.

- * We no longer wake residents in the middle of the night to change them, unless they are very heavily soaked or soiled. Residents are left to sleep through the night as much as possible, even though day staff now comes on shift to find some residents are wet and need immediate changing. The change has been dramatic! With a more restful night's sleep and no six a.m. rounds and "changing" we see MUCH more cooperative and less aggressive residents during the day.

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AUA and Strategic Clinical Networks

The AUA project is a provincial project led by the Seniors Health Strategic Clinical Network.

The project is guided by hands-on experts passionate about improving care to older adults.

Other key Seniors Health SCN initiatives include:

- * Dementia Advice Line
- * Advancing Dementia Diagnosis and Management in Alberta (Primary Care)
- * Elder-Friendly Care in Hospitals
- * Provincial Dementia Strategy Development

For more information go to [Seniors Health SCN](#) on the AHS Website.

“We Are Detectives” the Movie!



What’s 4 minutes long and packs a punch? “[We Are Detectives](#)” was filmed on-site at Carewest George Boyack in Calgary. This inspiring, heart-warming production reflects the passion and dedication demonstrated by continuing care teams across Alberta. Look for it on the [AUA Toolkit](#) and share it with friends and family to spread the word of the great work being done for Alberta’s seniors!



Curbside Consultations

This September we host the 9th Curbside Consultation. Care teams present case studies and participants generate creative, person-centred ideas. Reports are shared by e-mail and will be online on the AUA Toolkit.

A survey will be sent in September to identify ways to make Curbside Consultations even better. Thank you in advance for taking time to complete the survey!

To submit a case study or be added to the curbside consultation invitation list, e-mail us at aua@ahs.ca.

Just wanted to let you know that we really enjoyed and benefitted from today’s “curbside consult”. We are a small rural site who runs an acute care and an Emergency department as well as our small number of long term care beds. We appreciate this “short and sweet” time period where we can focus on a specific behavior or issue. Redwater Health Centre