

Seniors Health, Strategic Clinical Network

Spring 2018

Health Link Dementia Advice team Nominated for President's Excellence Awards



The Dementia Advice Team provides dementia advice through Health Link and supports Albertans with dementia, as well as their caregivers.

Congratulations on your nomination in the Patient and Family Centered Care category.



Picture: Dementia Advice Team



Appropriate Use of Antipsychotics (AUA) Underway in Supportive Living (SL)

As the AUA project rollout nears completion in SL4, the SL3 sites are seeing early on success with the participation in the learning workshops.

Facilities in the south zone have wrapped up initial education sessions with strides being made in the Central and North Zones. To support the new efforts of those upcoming sites and many around the province in the sustainability phase of the project, the AUA team is offering a series of educational in-services via skype and telehealth.



For information on the education sessions and additional support, please contact aua@ahs.ca and we will be happy to talk about how to best guide your amazing efforts!



Seniors Health Strategic Clinical Network™

Seniors Health Research Priority Setting Partnership (PSP) Survey; Identifying what is important to seniors' health in Alberta

Complete the Seniors Health PSP Survey

The Scientific Office of Alberta's Seniors Health Strategic Clinical Network™ is conducting a project to determine the priority areas of seniors' health research. The purpose of this project is to ask patients, their caregivers, and clinicians what they see as important to seniors' health in Alberta. We will compare this information to what we already know from research studies and to prioritize research that focuses on the unanswered questions.

You are invited to participate in this survey to identify the questions about seniors' health that are important to you.

[Access the survey](#)

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Seniors Health

April is National Oral Health Month Curbside Announcement



Join us for special Curbside Consultation on April 18th with guests from the Provincial Oral Health team. We will be brainstorming the challenges dementia can bring to oral health and exploring strategies to promote care, manage responsive behaviors, and limit choking risks.

Two different case studies will be presented at the 12pm and 2pm calls, so bring your ideas and learn some tips and tricks to tune up your oral health know-how.

➤ Email aua@ahs.ca for more information

What we're reading....

[The Canadian Geriatrics Society CME Journal Volume 8, 2018](#)

[Dementia Connections](#)

Elder Friendly Care (EFC) Early Success



Since the EFC project began 10 months ago, it's had tremendous impact. 9 sites (25 units) are engaged in the pilot; in addition, 25 units are now involved from all four hospitals in Calgary zone.

Participants include teams from Acute Care, Long Term Care, Emergency Department, Orthopedic surgery, Transition Units, Geriatric Psychiatry and Palliative Care. In Cardston, representatives also include Supportive Living Case Managers and the Primary Care Network.

We are seeing excellent inter-professional collaboration and enthusiasm from attendees, which include roles such as RN, LPN, HCA, Pharmacist, Manager, Clinician, CNE, PT, OT, Unit Clerk, Recreation Therapy, Nutrition Services, and Physician.

We are thrilled with the engagement and enthusiasm of our acute care teams, and look forward to spreading Elder Friendly Care to hospitals across the province.

The Elder Friendly Care project and EFC practice leads also support the Restraint as a Last Resort provincial policy, which impacts care settings across Alberta. We have been able to build on the experience of AUA, to support care teams from diverse settings to identify practice shifts required to use restraint as a last resort. Care settings impacted include Critical Care, Pediatrics, Surgery and Addiction & Mental Health.

➤ Email efc@ahs.ca for more information

Certified Butterfly Project Home in Leduc!

Congratulations to Lifestyle Options Leduc for their Accreditation and officially becoming a certified Butterfly Project Home!

The Butterfly project was informed by the work of Dr. David Sheard and is a training approach to care for those with dementia. It teaches teams to adapt spaces within the homes to allow residents to recreate memories and moments of their past.

The foundation of the approach is focused on getting to know the resident and having multiple sensory items, pictures, and colours that recognize a person's unique life history and personality.



➤ [Butterfly Household Approach](#)

Seniors Health

The Alberta Dementia Strategy and Action Plan (Alberta Government)

The time has come for Alberta to commit to raising awareness of dementia and to better support Albertans living with dementia, their caregivers and the communities in which they live.

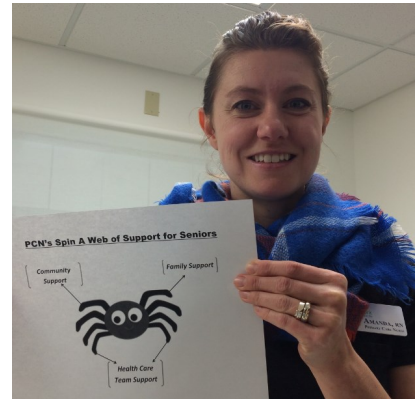
Our vision is to see a future where: Albertans are committed to optimizing brain health and valuing and supporting individuals impacted by dementia from its onset through to end-of-life.

[Action Plan](#)

Developing a Web of Support for Seniors: Community of Drumheller

The Big Country Primary Care Network (PCN) has been a part of the Primary Health Care Integrated Geriatric Service Initiative (PHC IGSI) since June, 2017. The focus of the initiative is to improve care and support for those living in the community with dementia. In Drumheller, our PCN team has collaborated with community and health partners to create a community coalition that is working to ensure seniors, and those living with dementia have supports in our community. The coalition includes partners from Alberta Health Services, Big Country PCN, Alberta Healthy Living Program (AHLP), Town of Drumheller, the Seniors Center, private service providers, Badlands Elder Care, and Helping Hands.

As a PCN, we are working to support our clients by building a “web of support” that includes family, community, and the health care team. In the clinic, we are trialing a process where patients and families meet with the PCN RN and the family physician to co-create a plan of care.



Feedback from a family member who attended an appointment:

“We appreciate our nurse and the rest of the care team for the attention and help we receive at each visit!”

In Drumheller, the PCN RN plays a key role in connecting and communicating with partners. She has presented at a community seniors event in Drumheller in order to increase awareness of the Primary Care team and Seniors Health in the community. In an effort to spread the approach to other communities in the Big Country PCN, she also presented at a

 [Questions? Email amanda.panisiak@bigcountrypcn.com](mailto:amanda.panisiak@bigcountrypcn.com)



Global Positioning Satellites (GPS) locator technology

Family members can now have more comfort knowing their loved ones are safe with wearable Global Positioning Satellites (GPS) locator technology.

GPS locator technology allows clients to continue to live independently in their own home, doing day-to-day tasks and activities outside the home while being monitored by loved ones.

Family members help set up the technology so a loved one can be monitored through a computer or cell

phone. This technology is best for the elderly, those who are living with dementia, and those who wander or become lost. If a client wearing the technology wanders out of a designated distance from their home, a notification is sent to their family with their GPS location.

Alberta Health Services clients can receive a discount if they lease Safetracks GPS Locator Technology.

 [GPS Locator Technology](#)

Seniors Health

Federal Government's New Horizons for Seniors Program

In anticipation of the next New Horizons for Seniors Program Call for Proposals, the Government of Canada would like to help you with the preparation of your application in the following ways:

Grants and Contributions Online Services

By creating a Grants and Contributions Online Services account, organizations can be ready to submit their funding application online once a Call for Proposals is launched.

Information Sessions

Attending one of the upcoming New Horizons for Seniors Program information sessions can help you prepare for the 2018 Call for Proposals.

Dates and locations will be available soon. If you would like to attend and or possibly host a session, please contact 1-844-836-8127 or visit the website.



Summer Studentship Competition 2018

The Scientific Office of the Seniors Health SCN is pleased to announce the outcome of the 2018 Undergraduate Summer Studentship Competition. The competition aims to increase the number of undergraduate students engaged in health and aging research across Alberta, facilitate the pursuit of knowledge, and build capacity related to the three Seniors Health SCN priority areas.



The Scientific Office awarded studentships to five high-quality applications. The winners and their projects can be found in the table (below). Students will undertake their research project in the summer months, and submit their final report to the SCN in the early fall.

A new clinical knowledge topic on Delirium, Seniors – Inpatient, has been published

Written by Dr. Frances Carr, Clinical Knowledge Lead

For more details, and to obtain a copy of the complete topic, please visit the Clinical Knowledge Viewer which is available within Insite to all AHS employees.

A brief summary of this important topic is provided below:

Delirium (aka acute brain failure) features an acute change in cognition and inattention, with fluctuating severity, disorganized thinking and/or altered level of consciousness. Delirium is distinct from (but may co-exist with) depression and dementia.

It is a common problem with serious, negative, consequences for older adults, and the healthcare system at large. Delirium increases the risk of new or worsening cognitive impairment, functional decline, institutionalization and death.



Preventing delirium is more effective than its treatment, and should involve a combination of interdisciplinary multicomponent strategies aimed at optimizing predisposing factors and mitigating precipitating factors (elder friendly care).

All hospitalized patients over 65 should be screened for delirium using the Confusion Assessment Method. Delirium treatment involves addressing predisposing and precipitating risk factors, and preventing complications such as falls, aspiration and deconditioning. Antipsychotics are considered pharmacological restraints that do not reverse delirium and increase morbidity / mortality. Restraints should only be used as a last resort when aggressive behaviour poses imminent danger to the patient/others that can NOT be mitigated by other means. Discharge planning post-delirium should include sufficient time to recover from delirium, education for patients and families about delirium (including recurrence risk and sequelae) and optimization of supports at discharge.