

An Applied Research Program in Long-Term Care Settings

**Improving quality of care and quality of
life for the (frail and vulnerable) elderly**

**Dr. Greta Cummings
Associate Professor**

June 3, 2010



Program Aims

Primary Aim: To improve care for elderly residents in nursing homes by understanding the role of context on:

1. Use of best practices by healthcare providers
2. Leadership development
3. Resident outcomes
4. Successful transitions of care (e.g., nursing homes and emergency departments)

Secondary Aims:

1. Contribute to the creation of enhanced capacity within the LTC sector
2. Establish processes where participating nursing homes learn in ways that are useful to them from our research

Composition of the Program

Three inter-related projects:

1. **Translating Research in Elder Care (TREC)**
2. **Enhancing Coaching and Leadership Competencies to Promote Knowledge Translation in Long-term Care**
3. **Safer Care for Older persons (in residential) Environments (SCOPE)**
4. **Older Persons' Transitions in Care (OPTIC)**



Funding:

- **Over \$7 Million**
- **CIHR (TREC, OPTIC, KT), Health Canada (SCOPE), BC Interior Health Region (SCOPE, OPTIC)**



Translating Research in Elder Care (TREC)

(2007-2012)

TREC

- **Examines the role of context on knowledge translation (use of best practices) and the subsequent effect of knowledge translation on resident and provider outcomes in 36 residential long-term care facilities in the Canadian Prairie Provinces**
- **Largest single operating grant of which we are aware in knowledge translation and aging**
- **25+ researchers and decision-makers from Canada and UK**



TREC Program Description

- **Multidisciplinary, multi-method, multiple stakeholders**
- **Multi-level (3 Provinces, 6 regions, 36 facilities, individuals)**
- **Longitudinal (5 years)**
- **Two major inter-related projects**
 - ✓ Project 1: Building context: An organizational monitoring program
 - ✓ Project 2: Building context: A Case Study Program in LTC
- **Series of three (minimum) studies piloting previously untested knowledge translation interventions (i.e., strategies to increase best practices)**

TREC Team Members

Alberta: Carole Estabrooks (PI), Peter Norton, Greta Cummings, Joanne Profetto-McGrath, Corinne Schalm, Caroline Clark, Belle Gowriluk, Donna Stelmachovich

Saskatchewan: Debra Morgan, Norma Stewart, Gary Teare, Gretta-Lyn Ell, Juanita Treemer, Sue Neville

Manitoba: Lesley Degner, Malcolm Smith, Verena Menec, Lori Lamont, Luana Whitbread

ONT: Kathy McGilton, Heather Laschinger

UK: Sue Dopson, Jo Rycroft-Malone

Collaborators, advisors:

Jack Williams, David Hogan, Chuck Humphrey, Judy Birdsell, Michael Leiter, Charles Mather, Phyllis Hemple

Scientific Advisory Committee: Dot Pringle (Chair), Rejean Hebert, Alison Kitson, Rosalie Kane, Cy Frank

Enhancing Coaching and Leadership Competencies to Promote Knowledge Translation in Long-term Care

(2010 – 2012)

Program Description

Background: Effective leadership is needed to build trust and healthier work environments that promote patient safety, excellence in care and staff retention. But, few studies have focused on developing effective leadership qualities in long-term care environments.

Purpose:

- ✓ to examine development of long-term care managers' resonant leadership practices, coaching and communication skills.
- ✓ to assess the impact, sustainability and reliability of the leadership intervention on nursing staff workplace attitudes, knowledge use, and work outcomes.

Workshop

- Two day facilitated workshop
- Program developed by the Institute for Healthcare Communication
- Day 1: C.A.R.E.
- Day 2: Coaching for Impressive C.A.R.E.
- 2-group comparison over time

Team Members

Principal Investigator: Greta Cummings

Co-investigators:

AB: Carole Estabrooks, Anne Sales

ON: Heather Laschinger, Carol Wong,

Decision Makers:

AB: Dale Forbes



Safer Care for Older Persons in (residential) Environments (SCOPE)

(2010-2012)



SCOPE Program Description

Project Objectives:

- 1. Improve the safety and quality of care to elderly Canadians living in nursing homes**
 - 2. Improve the quality of work life for frontline caregivers in nursing homes**
- **QI intervention over 12 months in 8 nursing homes in Alberta and British Columbia**
 - **Modeled on Safer Healthcare Now national initiative**
 - **Research staff will work with caregiver QI teams to implement change in area* of resident care identified for improvement**

*** = for example, falls and pain management**



SCOPE Team Members

Investigators:

**Carole Estabrooks (PI), Peter Norton, Greta Cummings,
Lisa Cranley**

Decision Makers

AB: Caroline Clark, Belle Gowriluk

BC: Joanne Konnert, Cindy Regier



Older Person's Transitions in Care (OPTIC)

(2009-2012)

Background

- **Improve care of residents during transfer**
- **Improve support for relatives**
- **Reduce stress on residents, relatives, staff, resources**
- **Improve management of transfers**

Purpose

- **Examine care residents receive between transfers from nursing homes, emergency medical services and emergency departments**

Objectives

- Define different perspectives of transfers between nursing homes, emergency medical services, and emergency departments

Reduce Stress
On Families,
Relatives, Staff

Improve Care



Minimize
Complications

Improve
management



Approach

- **Duration 3 years**
- **Conducted in Kelowna BC and Edmonton Alberta**
- **Voluntary participation of residents, relatives, nurses physicians, other emergency department emergency medical services staff**

Outcomes

- **Description of successful and unsuccessful transfers with solutions to problems**
- **A tool to improve care of residents and management of transfers of residents**

OPTIC Team Members

Principal Investigator: Greta Cummings

Co-investigators:

AB: Carole Estabrooks, Peter Norton, Norah Keating, Candace Nykiforuk, Belinda Park, Brian Rowe, Adrian Wagg, Garnet Cummings

BC: Joan Bottorff, Colin Reid, Meredith Lily, Carole Robinson

ON: Jacques Lee

Decision Makers:

AB: Glenda Coleman-Miller, Caroline Clark

BC : Joanne Konnert, Cindy Regier

Questions & Discussion