

## Building Capacity for Elder Care in Rural Ontario

**Geriatric Care Team**  
Cynthia Berry, BSP

### Who Are We?

- **Interdisciplinary team**
  - Physicians, nurses, social work, pharmacists, dieticians, mental health workers.
- **Primary health care**
  - health promotion
  - disease prevention
  - chronic disease management
- **Specialized teams**
  - Geriatric Care Team
  - Palliative Care Team

2



...really tough place to work

3

### Geriatric Care Team

- Lisa Hildebrand, RN, Team Lead
- Andrea Moser, MD, Care of the Elderly
- Joanne Osborne, RN
- Ramona Hill, BScPh
- Cynthia Berry, BSP

4

### Mission

- optimise the health, independence and quality of life for at-risk seniors
- Increase the Capacity for Geriatric Care.
  - interdisciplinary assessments and consultation,
  - advocacy
  - education
  - evaluation
  - community development of geriatric care

5

### Vision

- To be recognized for excellence in community-based geriatric care through:
  - Provision of specialized assessment and treatment.
  - Education and knowledge transfer promoting evidence-based practice for geriatric care.
  - Evaluation of services.
  - Responsiveness to community needs.

6

## Goals and Objectives

- Coordinated access point to geriatric care for at-risk seniors.
- Comprehensive Geriatric Assessment
- Maximize independent function and quality of life.
- Improve health care utilization, reduce unnecessary or premature institutionalization
- Education to health care professionals, seniors and family /caregivers
- Partnerships with community agencies
- Identify community needs re geriatric care

7

## How Do We Do This?

- Referral from family physicians
- In home assessment – nursing, physician
- Pharmacy review – in home visit when required
- Interdisciplinary consult with recommendations to family physician
- Interdisciplinary Case Conferences monthly
- Ongoing follow up and review until patient stable for discharge

8

## How Do We Do This? The Geriatric Giants

- Complex/multiple medical issues
- Falls risk
- Sensory difficulties (sight, hearing)
- Habits (Vitamin EtOH)
- Communication
- Bladder/Bowel
- Pain
- Polypharmacy
- Sleep
- IADL/ADL
- Depression
- Delirium
- Dementia
- Behaviours
- Caregiver
- Safety
- Advance directives

9

## Outcomes

- Improved quality of life
  - Appropriate medication therapy
  - Decreased hospital admissions
  - Decreased caregiver burden
  - Safe home environment
  - Greater connection to community supports
  - Education of disease and treatment goals
- ... LTC admission is NOT a failure!

Complex interventions to improve physical function and maintain independent living in elderly people: a systematic review and meta-analysis. Beswick et al. Lancet. 2008 March; 371(9614):725-735

10

## Measurement/Evaluation

- **Goal Attainment Scaling:**
  - Individualized: compliance, caregiver burden, new therapy outcome...
  - Scale of +2 (best possible scenario) to -2 (where we don't want to be)
  - Reviewed at case conference
  - Team developed

11

## Measurement/Evaluation

- What did I mean by building capacity...?
- Increasingly, referrals are faster and at an earlier stage (before the wheels come off)
  - High doctor acceptance

12

## The Pharmacists

### Home visits:

- Best Possible Medication History
- Medication storage and “environmental reminders” (ie: the Tupperware container of pills, supertime meds by stove...)
- Indications of compliance
- Relationship with client

13

## The Pharmacists

- Medication reviews – goals:
  - Indication for every drug
  - Duplicate/inappropriate therapy
  - PK and Pharmacodynamic considerations
  - Outcomes (example warfarin + falls risk)
  - Prescribing cascade
  - Compliance
- Make a recommendation to the team and follow up!

14

## The Pharmacists

- Some common themes:
  - HCTZ, dizziness, and low water/fluid intake
  - Dizziness and SSRI/TCA/BZD/achol
  - Long term benzos
  - Preventative therapy (Calcium and vitamin D, ASA)
  - OTCs/Herbals

15

## The Pharmacists

- Resources:
  - The Medication Appropriateness Index
  - Medication Appropriateness Model for Patients Late in Life, Holmes et al (Arch Int Med Vol 166, Mar 2006: 605-609)
  - The Beers List
  - OPA Certified Geriatric Pharmacist Preparation Course (One down, one to go)

16

## The Pharmacists

- **Other things we do:**
  - Drug information questions
  - Healthy Heart Program
  - Linking with community pharmacists (a work in progress)
  - Stats (yipes!)

17

- Questions?

18