EHealth enabled Aged Care Nurses

NP & RN LED "POP UP MEMORY CLINIC" & PROGRAMME FOR REGIONAL, RURAL AND REMOTE OLDER AUSTRALIANS

Helga Merl NP Clinical Services Manager integratedliving Australia

VERSION 0.1 DATE 30 March 2017

www.integratedliving.org.au
Presentation Overview

• Memory wellness program
  – Importance of early and timely diagnosis and health promotion programs

• Aims and results
  – the clinics an 8 week course
  – Findings
A community business (not for profit) that works to support individuals and enrich communities. We facilitate health and wellbeing options for individuals, families and carers & deliver in-home and community based aged care services, operating in rural, regional and remote Australia; QLD, NSW, ACT, VIC and TAS: Over 14,000 consumers, Over 900 staff and 300 volunteers
Wellness Programs

NSW: Dubbo, Parkes, Tamworth, Ballina, Merriwa, Raymond Terrace, Nelson Bay, Broken Hill Tas: Ulverston, Bernie, Smithton, Sheffield Qld: Cairns, Toowoomba, Roma, St George via hub model videoconference
GP & NP Role – Diagnosis & Risk Reduction

3 year plus from reporting signs to the GP to diagnosis; longer in rural and remote regions.

5 year delay = reduction of 50%

"If we could delay Dementia until after we died, that would be perfect” Prof. Henry Brodaty.

High risk – Age, Head injury LOC, ETOH & APOE4

Lower RR 1.5 group: Diabetes, Physical inactivity, Obesity, Smoking, Hypertension, Depression

"My doctor said only one glass of alcohol per day, I can live with that."
MWP Aims

Well evaluated prevention and early intervention programs are needed that target known risk factors for dementia

Clinic

• Improve timely and early diagnosis of dementia

Course

• Improve health literacy about lifestyle modifications that reduce risk, provide motivation and support for behaviour change amongst older persons.
Results - Clinic

Capacity Building

• NP supports RN and GP assessment and review.

Reduced wait and time to diagnosis

• Approx. 20% are diagnosed with dementia or reversible causes- similar results to memory clinics worldwide

• E.g. 2 x AD, 1x delirium, 1 x brain tumour, 1 x B12 deficiency
Consumer Clinic Surveys

How consumers felt
Consumer No. = 27

- Interesting: 58%
- Fun: 10%
- Anxious: 16%
- Thoughtful: 3%
- Worried: 13%

-Interesting - Fun - Anxious - Thoughtful - Worried
Research results: It works

- Customers expected their second memory test score to improve.
- And it did! Paired T Test demonstrated statistically significant results.
- No = 32
- P=0.0001 & P=0.0003
Pre and Post Cairns Memory Clinic Results

Pre and Post results ACE-R

- Consumer 9 Brain tumour
- Consumer 8
- Consumer 7 B12 deficiency
- Consumer 6
- Consumer 5
- Consumer 4
- Consumer 3 Diagnosed AD
- Consumer 2 Delirium
- Consumer 1

0 20 40 60 80 100

First test 6 mths post cut off
The Memory Wellness Course
8 weeks

• The Memory Wellness Program is an innovative technology enabled Program
• It supports older persons to take control of their Brain Health with support from the RN and a NP
Course  weeks 1-5

People concerned about dementia need structured programs to address dementia risk factors
1. Preventing Memory Loss & Dementia
2. Health Checks
3. Nutrition – Eating, Drinking & Alcohol Intake for Brain Health
4. Exercise
5. Manage Your Mind
People concerned about dementia need structured programs to address dementia risk factors

6. Mental Exercise Works
7. Social Activity
8. Planning Ahead – Securing Your Future
9. Carer wellness
Goal Attainment Scaling

Individual Goal Setting is known to foster clients’ self-management skills and to enhance the adaptation of healthy behaviours.

The MWP uniquely

- combines individual goal setting, with group face to face education sessions and training in the use of iPads for accessing internet based activities and for communicating with others.
iPads & customers FAQ

“Karen I've lost Google”

Staff responses

• Start with simple puzzles – solitaire & Mahjong

• The most common support request is “I’ve lost google”

• Clients want to learn a new game each week

• Elevate App can be challenging

• They love candy crush
Program surveys to date

- Interesting and informative
- Very reassuring, very helpful
- My knowledge of my health and wellbeing has been increased
- I feel more confident to manage my wellbeing
- Love the iPads and brain training
Research Results Focus Group

- Inspirational, life changing
- Very interesting talks that we wouldn't normally hear
- “When you get to a certain age you disappear. You have made us appear again”.
- Thank you to the government for funding this
- Different cooking has changed our life - Mr X went from 142-125kgs and Mrs X 122-99kgs – Lost 40kg between them
- Fitbits & iPads
Wearables – Focus Group  No = 17

Positive
- Most wear them everyday
- Interesting to see the amount of exercise we do or lack of on some days!
- Sleep tracker improves sleep
- Friends have since bought them

Negative
- Bands - Don’t last; Not very Fashionable
- Battery life too short
- Cant wear them in the water
- Band very difficult to clip up
Customer Experience

- Positive media coverage has followed the introduction of Memory Wellness to customers with advanced dementia in Launceston, Tasmania.
Conclusion & Thankyou

• Early and timely diagnosis if dementia is possible
• Our customers have improved their cognition over a range of domains including memory.
• E Health enabled Nurse Practitioners and Nursing Services make a difference in this space

Email; hmerl@integratedliving.org.au
Focus group responses – iPads No 52

Positive
- Most of us use them ‘a lot more’ than 20 minutes a day
- Easy to use
- Felt very proud to learn iPad
- Impressed my adult children
- For older people to keep up with technology I think it is great
- Grandkids are jealous that I have an iPad
- Learnt how to email, look up internet and E Bay.
- Using iPad for; Love or play the games Jigsaws, solitaire, scrabble, candy crush, downloaded sleep App, photos, facebook, library e-books, chrome search engine, look up phone numbers, skype, recipes, scrapbooking, boats and ships, family trees, message family,

Negative
- I found it difficult at first but slowly learning. This is my first try of iPad

“I would love to buy this one. I’ve got all sorts of things on it. Weddings, jigsaws, terminally ill friends. Its part of me now”