



**NICE**

National Initiative for the Care of the Elderly

Initiative nationale pour le soin des personnes âgées

*We care together*

*Ensemble pour le bien-être des aînés*

# National Initiative for the Care of the Elderly (NICE): *Improving Education for the Care of the Elderly*

Lynn McDonald

*Scientific Director*

Anthony Lombardo

*Network Manager*

Campbell Collaboration

May 2008



Networks of Centres  
of Excellence  
Réseaux de centres  
d'excellence

# NICE: A short history...

- Funded through Networks of Centres of Excellence – New Initiative Grant
- One of only 5 “New Initiative” networks funded
- Incorporated non-profit, 2006
- Housed at Institute for Life Course and Aging, University of Toronto
- One of only 3 networks awarded International Partnership Initiative grant (2007)
  - Established International Collaboration for the Care of the Elderly (ICCE)
- Over 300 members
  - Diverse disciplines and professions

# NICE: Context & Background

- Unprecedented growth in number and proportion of elderly in Canada
  - 2005, 4.2 million seniors, 13.2% of population<sup>1</sup>
  - 2036, 9.8 million seniors; 24.5% of population<sup>1</sup>
  - Increasingly multicultural older population<sup>2</sup>
- Gaps in interdisciplinary care of the elderly
- Gaps in evidence-based care of the elderly
- Shortage of professionals and students specializing in the care of the elderly

1. Martin Turcotte and Grant Schellenberg, *A Portrait of Seniors in Canada: 2006*, Ottawa, ON: Statistics Canada, 2007, p. 12.

2. *Ibid.*, p. 23; A. Bélanger and É. Caron Malenfant, *Population Projections of Visible Minority Groups, Canada, Provinces and Regions: 2001 – 2017*, Ottawa, ON: Statistics Canada, 2005.

# Geriatric Specialists in Canada

- Geriatricians (CMA, 2006)
  - 189 geriatricians in Canada
  - 1.25 per 10,000 persons 65+
  - Need 512 – 607
- Nurses (CNA, 2006)
  - 10% work in geriatrics
  - ~76% work in long-term care settings
  - ~49% eligible for retirement
- Social Workers
  - 4 to 5 percent of registered members in gerontology
  - Two MSW degrees in gerontology in Canada
  - As of last year, graduate about 15 students a year

# NICE: Network Goals

- Networking and Knowledge Transfer
- Foster interdisciplinary teams in the care of the elderly
- Effect positive policy changes
- Introduce evidence-based research into practice
  - Care providers, seniors, family & friends of seniors
- Improve geriatric and gerontological curricula and enrolment
  - Address training shortages in the care of the elderly

# NICE “Theme Teams”

- Action towards interdisciplinary care
  - Interdisciplinary teams
    - Medicine, nursing, social work, and others
  - Bridging research and practice
- Influenced by the principles of the Campbell Collaboration
- Translating evidence into practice
  - Identify practice need/gap
  - Identify best available evidence
  - Develop simple, user-friendly tools
  - Disseminate tools into practice

# Theme Team Tools

CARING FOR OLDER ADULTS

In order to provide the best care possible, remember to

## Respect ALL

and think about:

- R**ECREATION
  - Provide stimulation unique to individual needs
  - Try things that the person used to enjoy such as gardening, music
  - Try new things such as art, walks outside
- E**NVIRONMENT
  - Provide a safe and secure environment
  - Use effective lighting to reduce confusion
  - Avoid excessive noise such as TV, overhead pagers
- S**HARING THE CARE
  - Talk with family
  - Work with all members of the care team
- P**ERSON
  - Respond to individual needs
  - Know their abilities
  - Know what is important to them
- E**DUCATION
  - Learn about dementia and how it can affect behaviour
  - Think about your clients' needs and plan for the future
  - Understand that all behaviour has meaning
- C**OMMUNICATION
  - Use simple language
  - Speak in a soothing, calm voice
  - Speak at the eye level to the person
  - Repeat, Reassure, Redirect
- T**OTAL PICTURE
  - Know who they are and who they were
  - Support/maintain independence
- A**SSessment
  - Physical/mental condition
  - Medication effects
  - Activities of Daily Living
  - Safety
- L**ISTENING
  - Take the time to hear what the person is saying to you
  - Pay attention to not only what they say, but body language, mood, etc.
- L**OOKING AFTER YOURSELF
  - Get enough sleep, eat nutritious meals, exercise regularly
  - Take some time every day to do something for yourself
  - Don't be afraid to ask for help

For more information on Best Practices: [www.nicenet.ca](http://www.nicenet.ca)



- Caregiving Theme Team
- “Respect All” Poster
  - Suggestions are based upon research evidence
  - Designed for staff in long-term care facilities
  - Placed on facility walls for easy visibility

# Theme Team Tools

- Caregiving Theme Team
- “Caring Calendar”
  - Provides evidence-based support strategies
  - Designed for family members
  - Formatted with consideration of behaviour changes
- Distribution to agencies across Canada

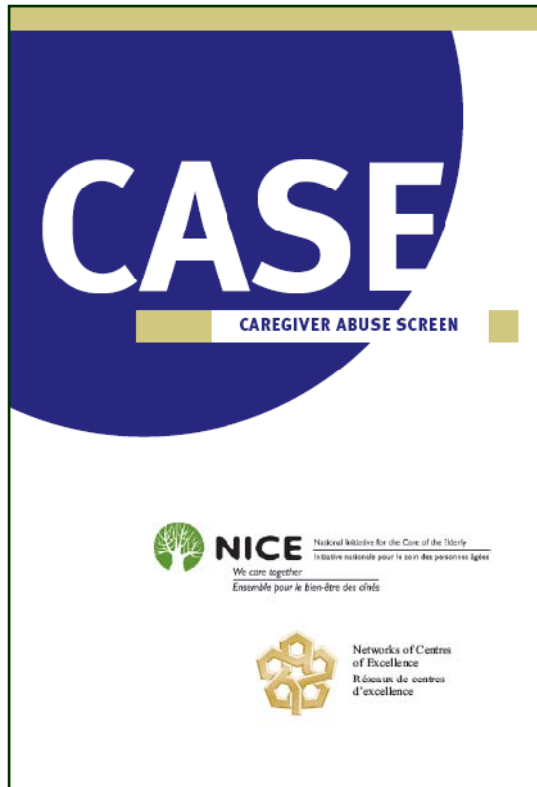


# Theme Team Tools

- Elder Abuse Theme Team
- Elder Abuse Suspicion Index (EASI)
  - Developed by Dr. Mark Yaffe, McGill University
  - Tool to screen for potential cases of elder abuse
  - Adapting for use with different health practitioners
  - Adapting for use in different countries (Israel, England)

ELDER ABUSE SUSPICION INDEX © (EASI)			
<b>EASI Questions</b>			
Q.1-Q.5 asked of patient; Q.6 answered by doctor Within the last 12 months:			
1) Have you relied on people for any of the following: bathing, dressing, shopping, banking, or meals?	YES	NO	Did not answer
2) Has anyone prevented you from getting food, clothes, medication, glasses, hearing aides or medical care, or from being with people you wanted to be with?	YES	NO	Did not answer
3) Have you been upset because someone talked to you in a way that made you feel shamed or threatened?	YES	NO	Did not answer
4) Has anyone tried to force you to sign papers or to use your money against your will?	YES	NO	Did not answer
5) Has anyone made you afraid, touched you in ways that you did not want, or hurt you physically?	YES	NO	Did not answer
6) Doctor: Elder abuse <u>may</u> be associated with findings such as: poor eye contact, withdrawn nature, malnourishment, hygiene issues, cuts, bruises, inappropriate clothing, or medication compliance issues. Did you notice any of these today or in the last 12 months?	YES	NO	Not sure

# Theme Team Tools



- Elder Abuse Theme Team
- Developed by Drs. Myrna Reis and Daphne Nahmiash
- Caregiver Abuse Screen (CASE) and Indicators of Abuse Screen (IOA)
- CASE: Screen caregivers for potential signs of abuse
- IOA: Training practitioners to recognize the signs of potential elder abuse

# Theme Team Tools

- End-of-Life Theme Team
- “What to Expect” Brochure
  - Includes sections that describe
    - Physical Changes
    - Pain Control and Opiate Use
    - Advance Care Planning and Substitute Health Care Decision-making
  - Written for friends and family members of the dying person in a respectful and matter-of-fact tone
    - Could also comfort the dying
- Distribution through VON Canada

## When Someone Close To You Is Dying

### *What You Can Expect and How You Can Help*

*Helping someone through the last years of their life is one of the most difficult journeys anyone can take. As the illness progresses, you may have to make important decisions on behalf of someone close to you. You may be responsible for ensuring that their most basic needs for respect, dignity and physical comfort are sustained until the end of life.*



# Theme Team Tools

Tool on  
**Capacity &  
Consent**  
Ontario edition

- End-of-Life Theme Team
- “Capacity & Consent” Tool
- Quick reference tool to help health practitioners in understanding law and respecting seniors’ rights
- First tool geared to Ontario
  - Additional tools in development for other provinces and territories



# Theme Team Tools



Based on:  
National Guidelines for Seniors' Mental Health:  
the Assessment and Treatment of Depression  
Available on line: [www.ccsmh.ca](http://www.ccsmh.ca)  
[www.nicenet.org](http://www.nicenet.org)



- Mental Health Theme Team
- Depression Assessment Screen
- Based on guidelines of the Canadian Coalition for Seniors Mental Health
- Tool for family physicians to increase screening of older patients for symptoms of depression

# Curriculum Development

- Interdisciplinary committee
- Mandated to increase geriatric and gerontological content in basic curricula of medicine, nursing and social work
- Develop listing of core interdisciplinary competencies for the care of older adults
- Lobbying accreditation boards to introduce these competencies into basic curricula

# Sample Interdisciplinary Competencies

- Recognize/manage geriatric syndromes common to older adults
- Assess family knowledge and skills, needs, stress levels in providing care to older adults
- Assist older adults and families in making complex decisions that arise with aging
- Respect/promote older adults' rights to dignity and self-determination within law and safety concerns

# Summary: Improving care of the elderly...

- ...through education for those already in the field
  - Developing and disseminating tools based on reliable evidence to introduce evidence into practice
- ...for students in other specialties, but who will provide care to older adults
  - Infusing interdisciplinary competencies for the care of older adults into the basic curricula of medicine, nursing and social work programmes
- ...on an international scale
  - Through ongoing partnerships in the International Collaboration for the Care of the Elderly (ICCE)

# More information...

- Website

- [www.nicenet.ca](http://www.nicenet.ca)

- Annual NICE Knowledge Exchange

- June 5 – 6, 2008: Toronto, Ontario

- [www.niceke.ca](http://www.niceke.ca)

- Anthony Lombardo

- [nicenet@utoronto.ca](mailto:nicenet@utoronto.ca)

- 416-978-2197