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

Lynn McDonald         Anthony Lombardo
Scientific Director        Network Manager

Campbell Collaboration
May 2008
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\(^1\)
  - 2036, 9.8 million seniors; 24.5% of population\(^1\)
  - Increasingly multicultural older population\(^2\)
- 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

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

- 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)

<table>
<thead>
<tr>
<th>EASI Questions</th>
<th>Yes</th>
<th>No</th>
<th>Did not answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Have you relied on people for any of the following: bathing, cooking,</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>shopping, banking, or meals?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) Has anyone prevented you from getting food, clothes, medication, glasses,</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>hearing aids or medical care, or from being with people you wanted to be</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>with?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3) Have you been upset because someone talked to you in a way that made you</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>feel shamed or threatened?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4) Has anyone tried to force you to sign papers or to use your money against</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>your will?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5) Has anyone made you afraid, touched you in ways that you did not want, or</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>hurt you physically?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6) Doctor: Elder abuse may be associated with findings such as: poor eye</td>
<td>YES</td>
<td>NO</td>
<td>Not sure</td>
</tr>
<tr>
<td>contact, withdrawn nature, malnourishment, hygiene issues, cuts,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>bruises, inappropriate clothing, or medication compliance issues. Did you</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>notice any of these today or in the last 12 months?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
Theme Team Tools

- 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

- 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

- Annual NICE Knowledge Exchange
  - June 5 – 6, 2008: Toronto, Ontario
  - www.niceke.ca

- Anthony Lombardo
  - nicenet@utoronto.ca
  - 416-978-2197