

# E-Health Conference 2016 Vancouver



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## E Health enabled Aged Care Nursing

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integratedliving Australia

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[www.integratedliving.org.au](http://www.integratedliving.org.au)

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communities  
supporting  
individuals*



# Presentation Overview

## Telemonitoring

- Staying Strong, improving first nation health in rural and remote Australia

## Memory Wellness Program

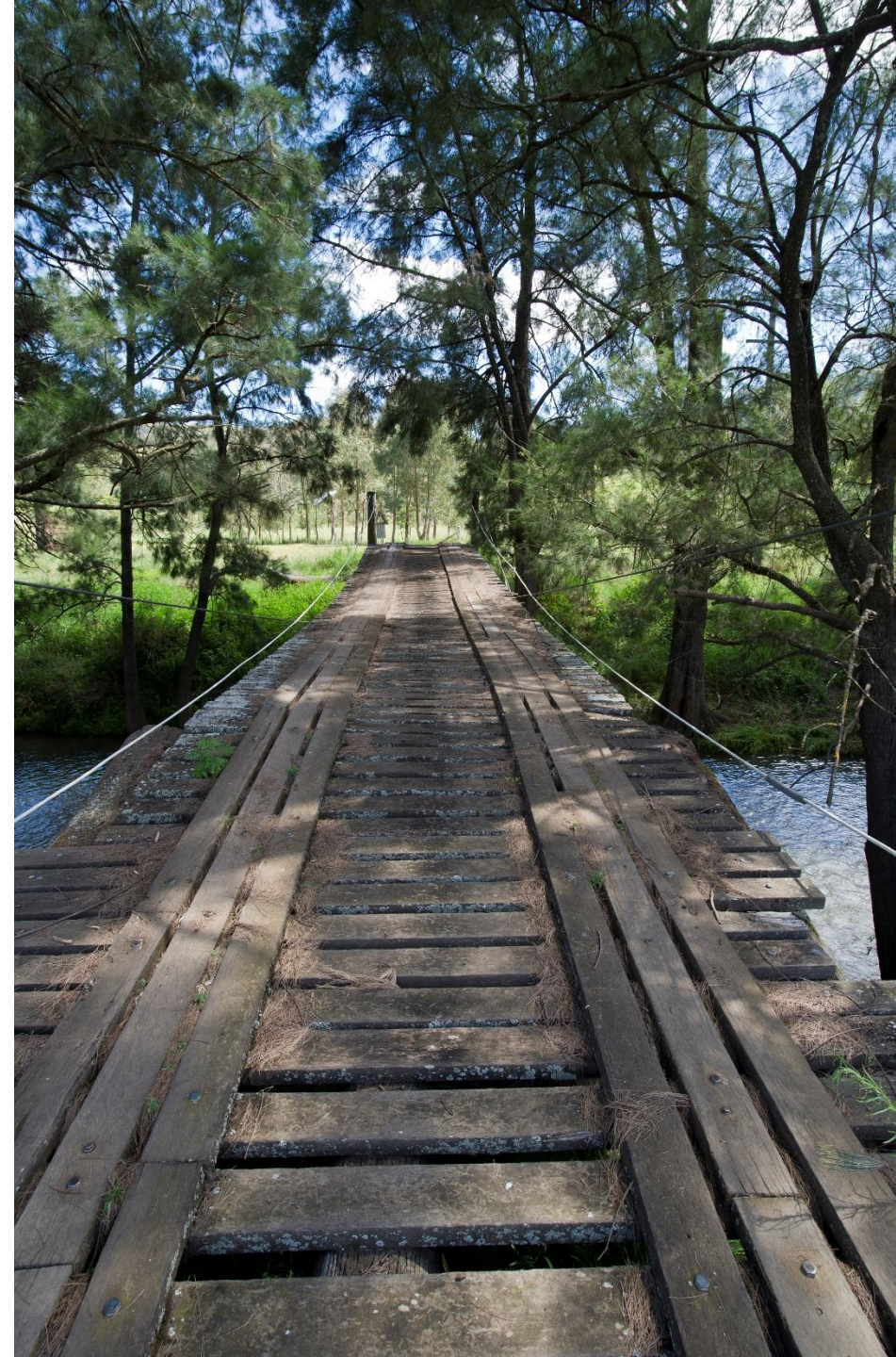
- Importance of early and timely diagnosis and health promotion programs

## Aims and Results

- The Clinics, an overview
- The 6-8 Week Program

## The Future

-  Research in partnership with UTaS







- integratedliving is a community business (not for profit)
- integratedliving works to support individuals and enrich communities.
- We facilitate health and wellbeing options for individuals, families and carers.
- We deliver a range of in-home and/or community based aged care services







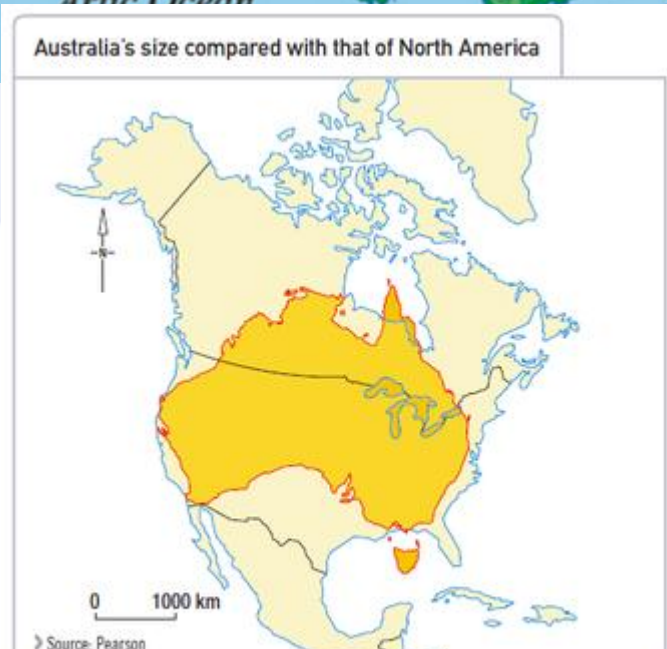


We operate within a reablement framework, delivering disability, carer support and respite, mental health and Indigenous services

integratedliving operates in communities throughout rural, regional and remote Australia

QLD, NSW, ACT, VIC and TAS: Over 9,000 consumers, Over 900 staff and 300 volunteers





45 offices – from Cairns to Hobart





# E- Mental Health PsychogeriatricSOS

enriching communities

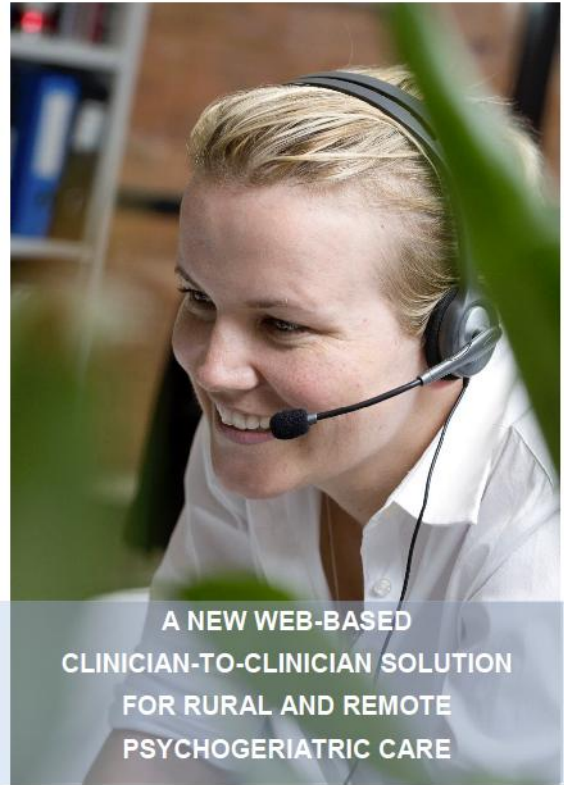


Psychogeriatric SOS (services on screen) is a clinician-to-clinician web-based service offered by St Vincent's Hospital, Sydney.

Provide advice, supervision, web case conferencing, and webinars via multidisciplinary team, for our clinicians and case managers involved in psychogeriatric care.



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Psychogeriatric SOS (services on screen) is a clinician-to-clinician web-based service offered by St Vincent's Hospital, Sydney. We provide advice, supervision, case conferencing, and education from our multidisciplinary team, for any clinician involved in psychogeriatric care.



A NEW WEB-BASED CLINICIAN-TO-CLINICIAN SOLUTION FOR RURAL AND REMOTE PSYCHOGERIATRIC CARE

Mental health services for older people are unevenly distributed between the city, and rural and remote Australia. This has traditionally been addressed using clinician-to-patient e-health solutions and fly-in-fly-out services. However, the uptake of telehealth remains low and the current fly-in-fly-out services are unable to meet old age mental health service demands.

St Vincent's Hospital, Sydney has established a new service for clinicians, by clinicians. Psychogeriatric SOS aims to support, up-skill, and empower rural and remote clinicians to assess and manage the mental health needs and dementia related concerns of their older patients. Web-based teleconferencing allows clinicians of any discipline to confer with members of the St Vincent's Hospital Psychogeriatric multidisciplinary team for case review, clinical supervision, education and training, information and advice. If you are interested, kindly go to our website [www.psychogeriatricsos.com.au](http://www.psychogeriatricsos.com.au) and register by clicking the 'Register Now' button. Please specify 'integratedliving' under 'Organisation' on the registration page.



# Telehealth Monitoring



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- What our consumers say  
[https://youtu.be/yj\\_HMI7WLyk](https://youtu.be/yj_HMI7WLyk)

- Relationships are crucial  
<https://youtu.be/cl3nwDtC080>





# Staying Strong Telehealth



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Telehealth Hub Monitoring



In-home Telehealth Monitoring





# Independent Evaluation

## Quantitative data:

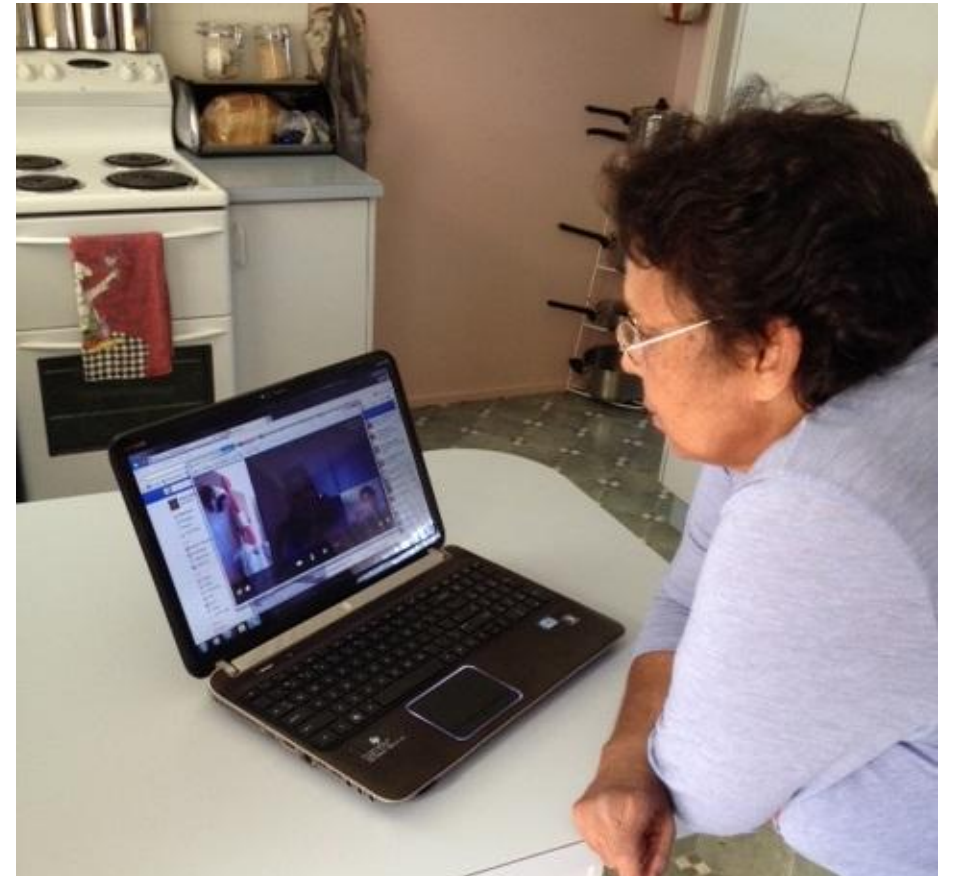
- Baseline and Follow-up surveys
- Compliance with Monitoring Plans

## Qualitative data:

- Yarning Circles with project participants
- In-depth interviews with participants, stakeholders and project team



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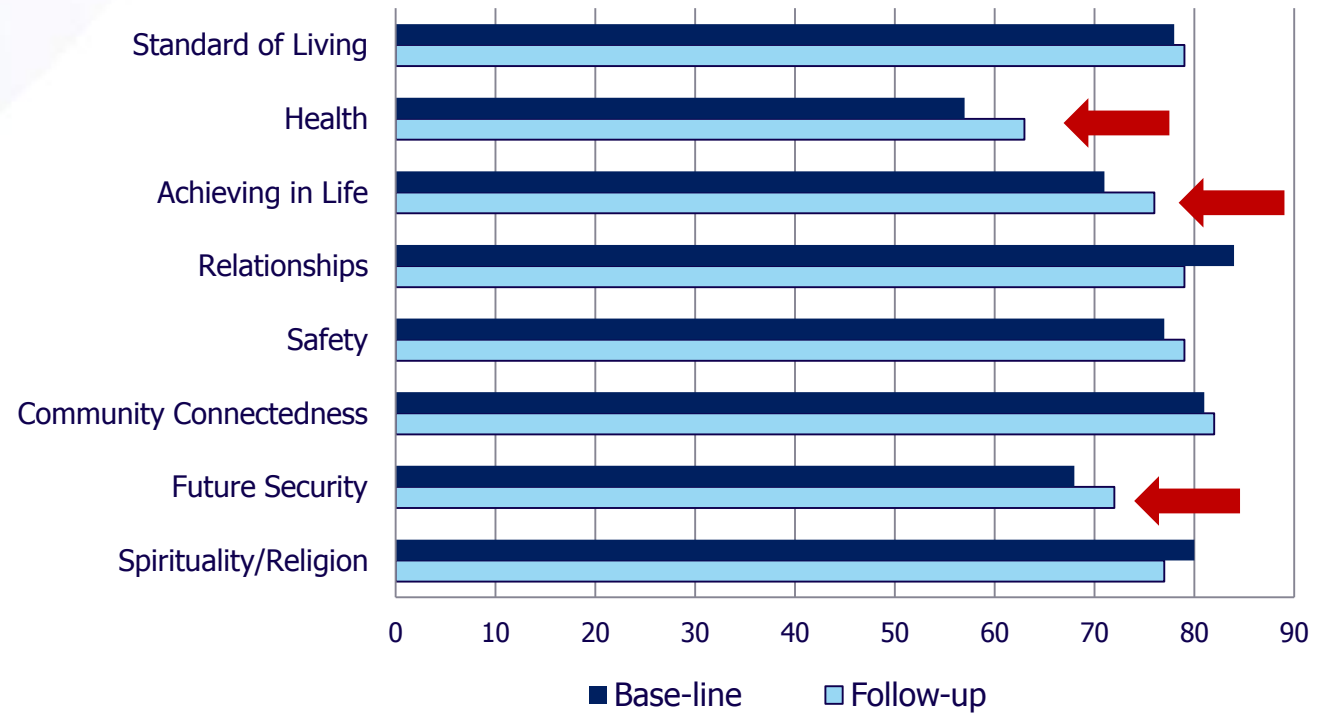
# Results



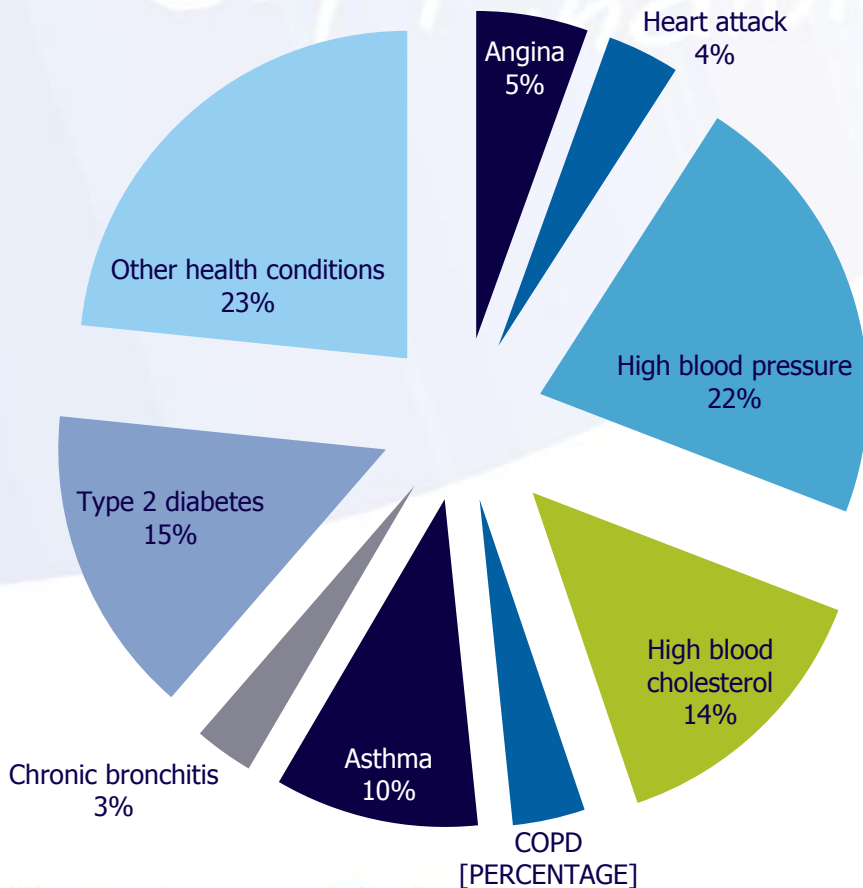
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## Quality of Life PWI

The normative range for Australians is 73.4 to 76.4 points



## Chronic conditions



[PERCENTAGE]





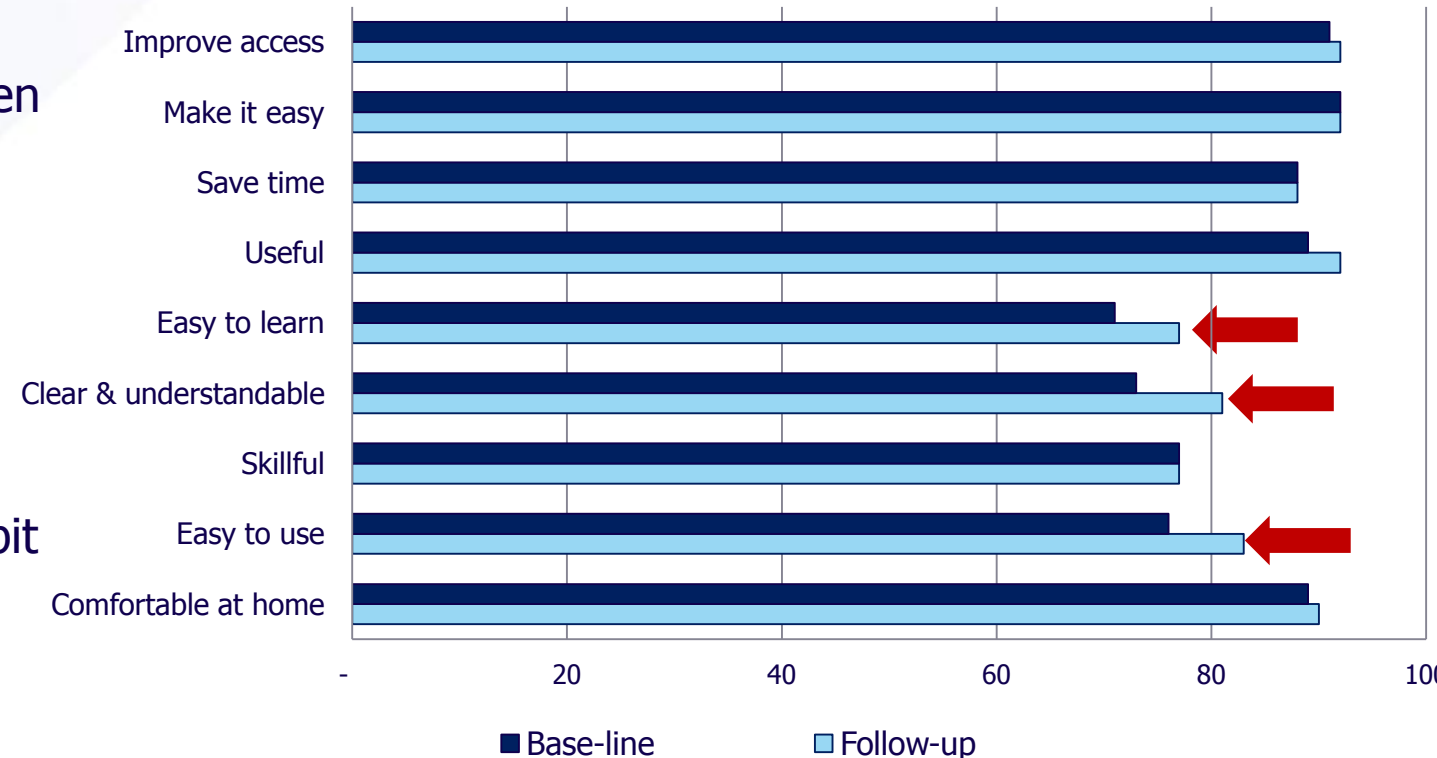
# Results



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## Attitude to Technology

Participants reported great confidence with technology



### Increased health literacy & self-management

"Things have cropped up that I might not have taken any notice of previously. I've been able to make better links between readings and health effects."

### Reduced routine GP visits

"Before, I'd go just for anything, now I only go if I really need to."

### Moderate lifestyle choices

"I've cut back on a lot of drinking... because I'm a bit worried about the Monday morning blood pressure test."





# Improved Healthcare



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- Timely GP diagnosis - vital signs data & trends
- RN greater caseload
- Half the cost of face-to-face model
- Overcame accessibility barriers

“What I’ve found good about it was that when (my BGL) has been too low, they’ve rung me up to see if I was alright. That’s a good thing – you feel like someone is caring about you.”

- Training by telehealth nurses

“She (the RN) has earned the right now to be accepted by this community.”





# Dementia Diagnosis In Australia



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Australian GPs are able identifying people at risk of dementia. The diagnosis is the challenge because:

- Limited time, knowledge and skills to diagnose, which means it takes 3 year plus from first reporting signs to the GP to diagnosis; longer in rural regions.
- Result: It is estimated that approximately 2,000 of integratedliving Australia consumers remain undiagnosed and unsupported
- NP can support diagnosis.





# Why Diagnose Early ?



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Clients, carers and families prefer an early diagnosis in order to improve quality of life and health outcomes including:

- Identification and treatment of reversible causes
- Medical treatment/management, eg: anti dementia drugs
- Information and education
- Advance Care Planning
- Mobilisation of services and supports, eg: carer support



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# GP & NP Role - Risk Reduction



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

RCT of giving patients a dementia risk reduction pamphlet

Patients receiving the intervention were significantly more likely than controls to be aware of dementia risk reduction strategies [3]

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

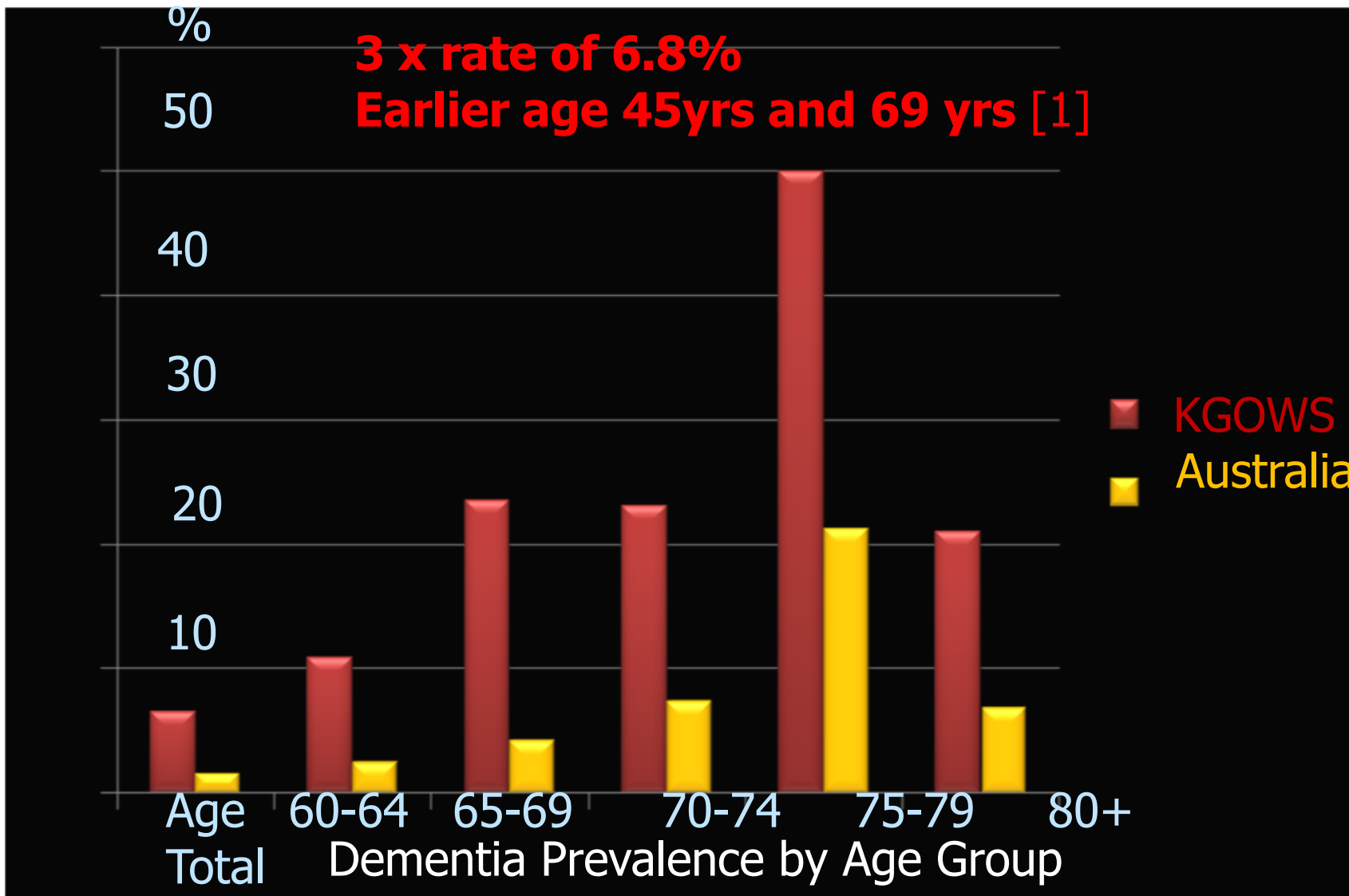
"My doctor said only one glass of alcohol per day. I can live with that."



# Aboriginal & Torres Strait Islanders 3 x non indigenous rate



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KGOWS - Age adjusted Rate - ALL 60+ **21% (4)**

Australia 60+ **6.8% (2)**



# Memory Wellness Program Aims



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

## Clinic

- Aim: improve timely and early diagnosis of dementia

## Course

- Aim: to improve health literacy about lifestyle modifications that reduce risk, provide motivation and support for behaviour change amongst older persons.

# Results - Clinic

## Resources

- Clinical pathway – diagnosis & management
- Business case

## Education

- Community forums
- Access to 6-8 week courses

## Capacity Building

- Dementia NP supports RNs and GPs assessment, case conference, diagnosis, recommendations – driving, care planning, follow up, referral, advance care planning and review.

## Reduced wait and time to diagnosis

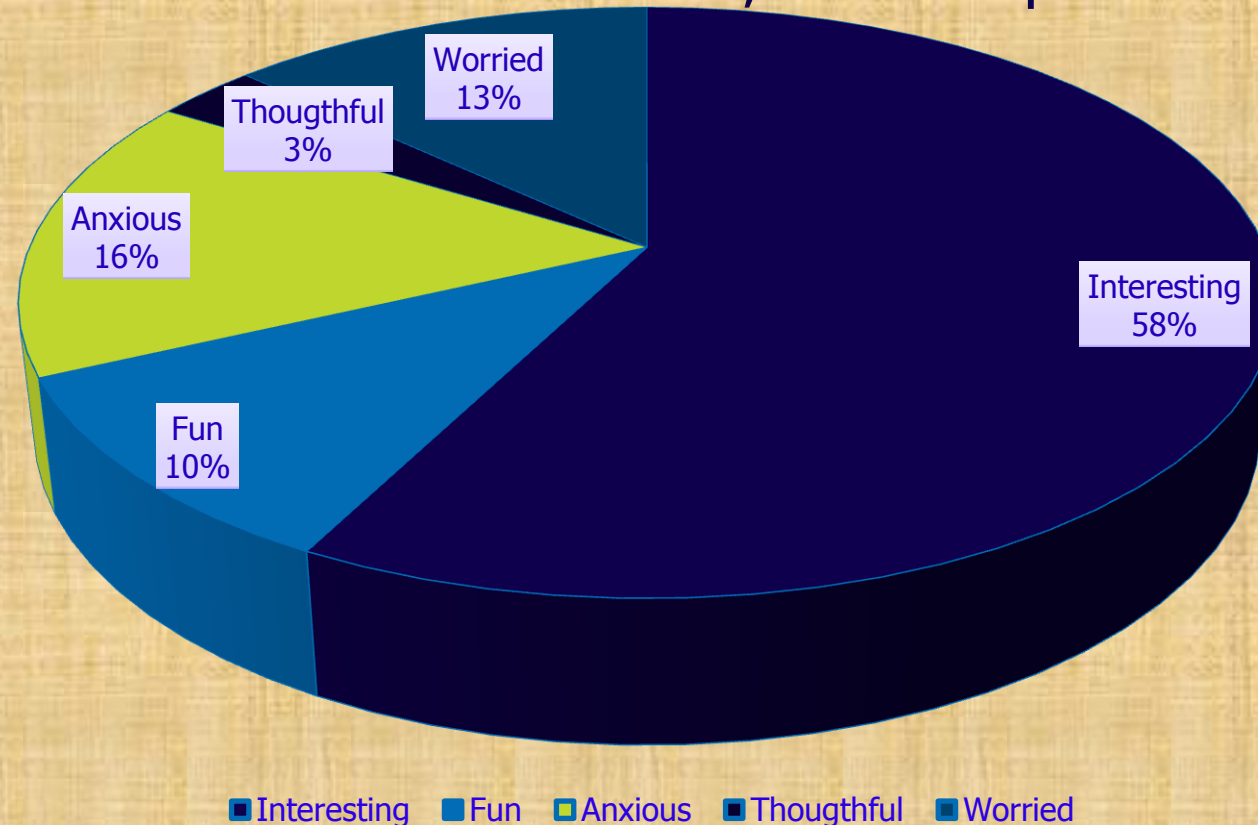
- Approx. 20% of our clients are diagnosed with dementia or reversible causes- similar results to memory clinics worldwide  
E.g First Pop Up Clinic in Cairns 2 x AD, 1x delirium, 1 x brain tumour, 1 x B12 deficiency





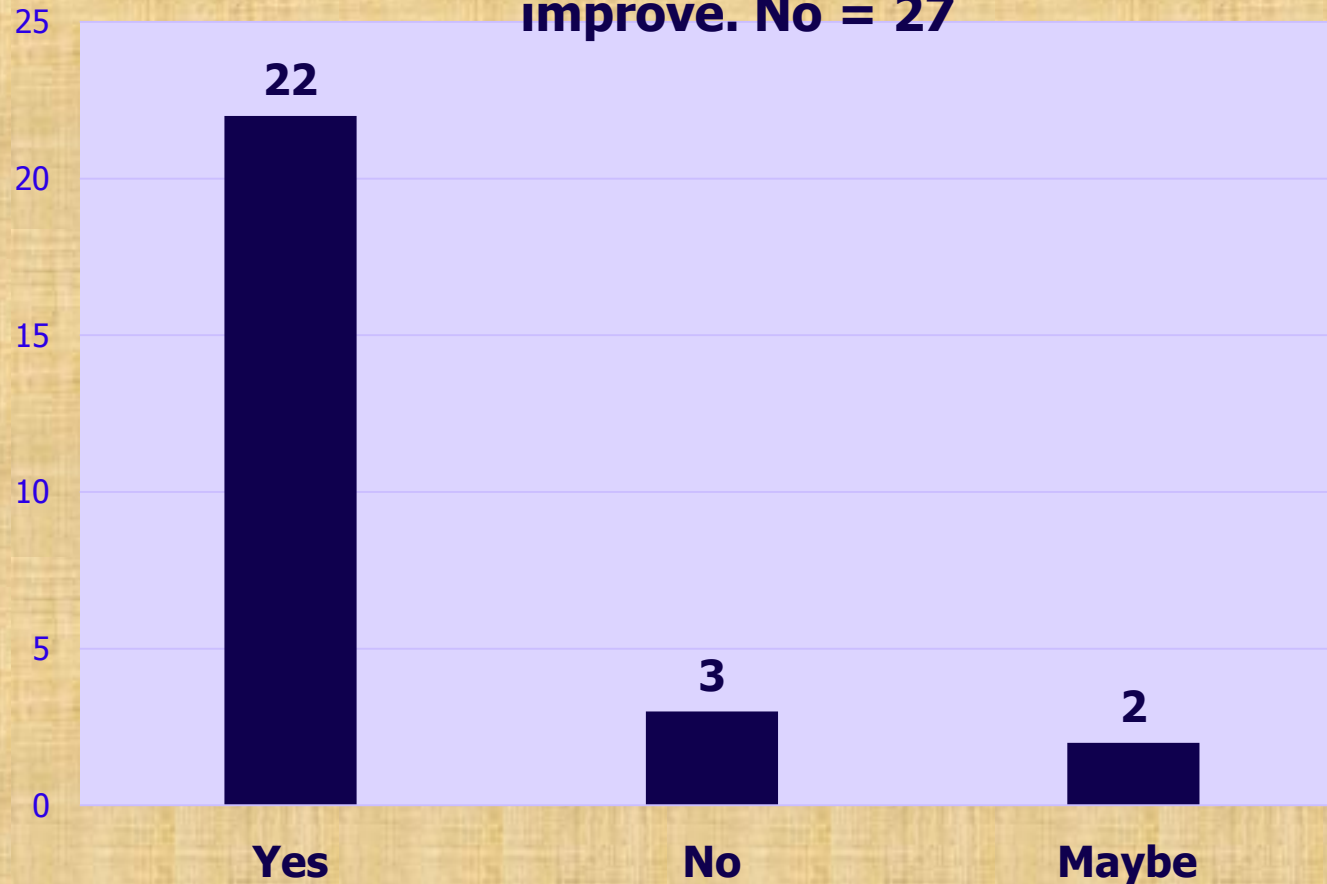
# Consumer Clinic Surveys

How consumers felt about Memory Testing and Clinic Experience  
Consumer No. = 27; Total responses = 46



# Cairns Program survey post program prior to follow up ACE-R (cog test)

Do you think your second memory test will improve. No = 27



## Comments

### Yes

- My problem solving and concentration is better
- Have not used [iPad] as much as I should due to stressful period at home, but even so, I have noticed an improvement when playing the games

### No

- At my age there will probably not be much improvement
- First test 98%. Further + or - will make no difference unless the negative moves a standard deviation or 1/2 of one.

### Maybe

- Does one improve when one is 90yrs?



# Pre and Post Cairns Memory Clinic

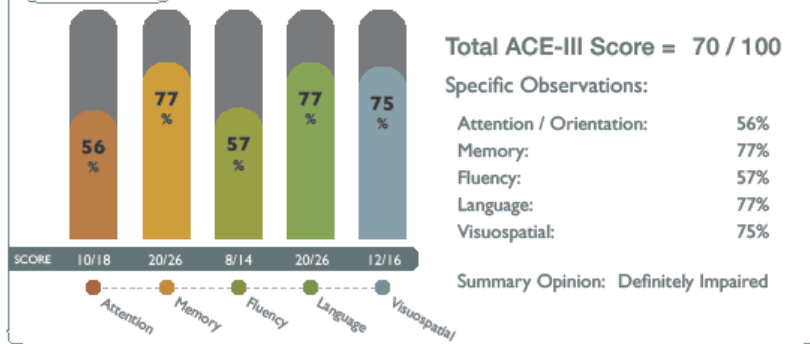
## Addenbrooke's Cognitive Examination-III Assessment Report

ACEmobile ID: 155612455112941  
 Age: 78  
 Sex: Male  
 Education: 10 years  
 Date of Assessment: 09/06/2015 [12:55pm]  
 Reason for Assessment: Frontotemporal Dementia | Behavioural variant Frontal Temporal Dementia



Patient Hospital Number: .....

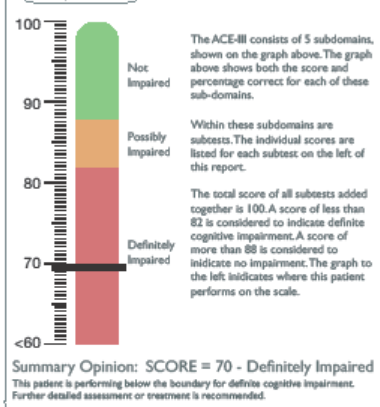
### ACE-III Summary



### Subtest Performance

Orientation (date):	4 / 5
Orientation (location):	1 / 5
Registration (lemon, key, ball):	0 / 3
Attention (minus 7s):	5 / 5
Recall (lemon, key, ball):	2 / 3
Anterograde Memory (name and address):	7 / 7
Retrograde Memory (who it was the...):	3 / 4
Delayed Recall (name and address):	4 / 7
Recognition (name and address):	4 / 5
Verbal Fluency (letter P):	4 / 7
Semantic Fluency (animals):	4 / 7
Comprehension (verbal instructions):	3 / 3
Writing (2 sentences):	0 / 2
Verbal Repetition (repeat the word...):	1 / 2
Verbal Repetition 2 (repeat the phrase...):	2 / 2
Naming (name the pictures):	11 / 12
Comprehension (which picture is...):	2 / 4
Reading (read the words):	1 / 1
Infinity Copying:	0 / 1
Cube Copying:	0 / 2
Clock Drawing:	4 / 5
Dot Counting:	4 / 4
Fragmented Letters:	4 / 4

### Interpretation



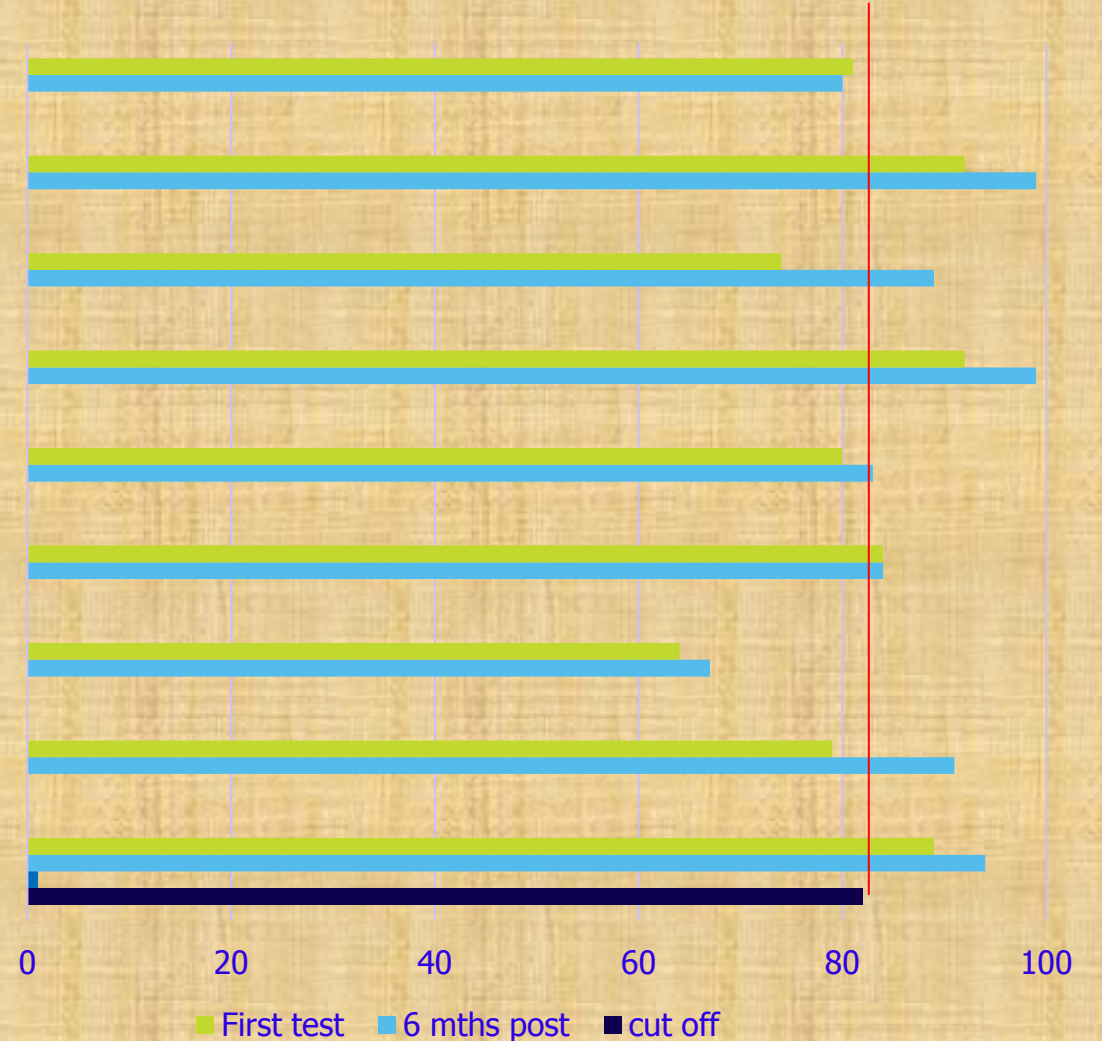
### Clinical Signature

Name: .....  
 Grade: .....  
 Signature: .....

It is recommended that you sign this report and then file into the patient's records.

## 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



# The Memory Wellness Course

## 6-9 weeks



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- 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





# Wellness Program

6 Week Better Health and Memory Course

Participant Guide



**Topics:**

1. Preventing Memory Loss & Dementia
2. Exercise – Be Physically Active
3. Nutrition – Eating, Drinking & Alcohol Intake for Brain Health
4. Health Checks – Monitor your Blood Pressure, Cholesterol, Blood Glucose and Weight Regularly
5. Manage Your Mind
6. Mental Exercise Works
7. Social Activity
8. Planning Ahead – Legal Issues, Securing Your Future


## Course weeks 1-5



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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



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# Memory Wellness Program

## Better Health and Memory Course



### Aboriginal & Torres Strait Islander Guide

Looking after your brain will ensure a long, healthy life to keep your stories, culture, heritage and knowledge intact. It's important for all your family whether young, old or in-between.



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# Course weeks 6-9



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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



# Results: iPads and consumers

## Staff comments



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Computerized training provides cost-effective cognitive benefits for older adults and programs are likely to increasingly include such innovations in technology

- “Some clients had problems in using their fingers; the solution was to buy them pens – 10 for \$3 for those with tremor ”
- “A phonics App was used for an Indonesian client who is learning to read and write in English”
- “Fitbits create competition between clients and clients like to use them ”
- “We are amazed by the support clients are giving each other”



# iPads and consumers

## Staff comments “Karen I've lost Google”



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- The Program started with simple puzzles – solitaire, Mah-jong, learning something new each week.
- The most common support request is “I’ve lost google”
- Clients want to learn a new game each week
- Elevate App can be challenging for participants and you can only play it once a day – they love candy crush





# iPads and staff: Staff comments



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- “Never sure I would like an iPad – now I can’t live without it” e.g. medication review.
- “I have had to learn it to teach my consumers. I was addicted to angry birds for a week. That sounds like a stupid game”.
- “Only one handed back in”
- Mr X – HCP – CCP gives out iPad
- Tracker on it. Trial it.

# Program surveys to date



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- 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





# Consumer focus group “Questions”



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- Inspirational, life changing.
- Very interesting talks that we wouldn't normally hear.
- Thank you to the government for funding this.
- Different diet has changed our life - Mr X lost 17 kgs; 142-125kgs. Mrs X lost 23kgs; 122-99kgs

*"When you get to a certain age you disappear.*

*You have made us appear again".*



# Focus group responses – iPads Cairns No 52



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## 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"





# Focus group responses – Fitbits Cairns

No = 17

## Positive

- Most of us wear them everyday
- Interesting to see the amount of exercise we do or lack of on some days!
- Find sleep tracker good to try to improve sleep, sleeping more than thought
- Friends have since bought them

## Negative

Bands don't last – a few comments about staining

Not very Fashionable

Battery life is too short

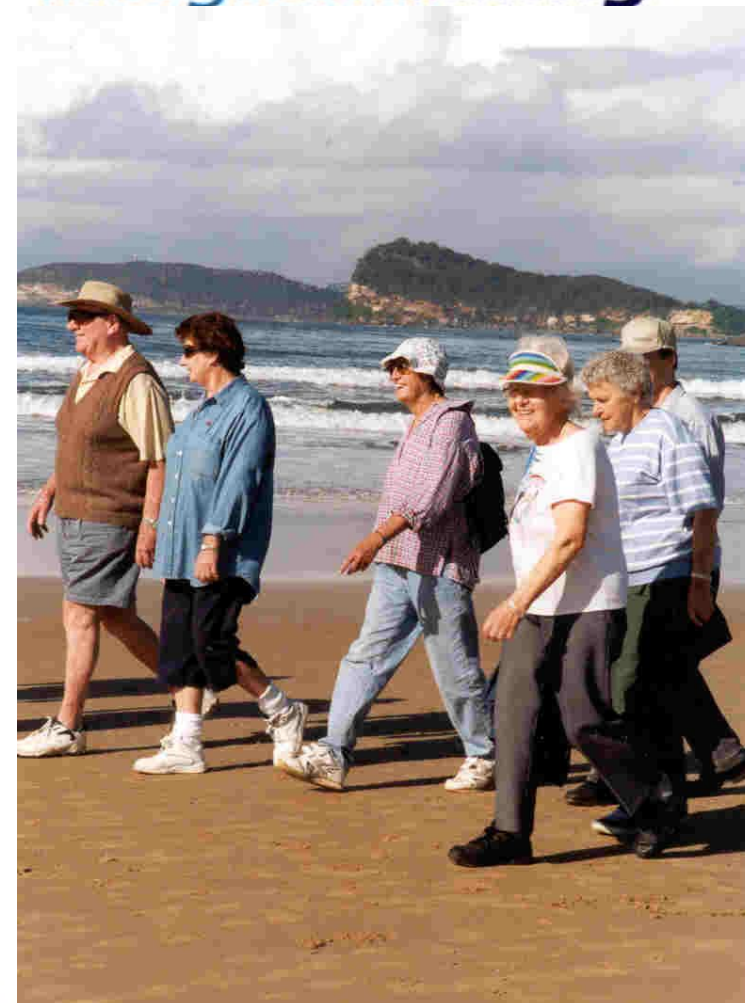
Lost 9 683 steps one day because of an issue with Mr Google

Doesn't register water aerobics as you cant wear them in the water

Band very difficult to clip up on my arm



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# Future: Roll out across all sites



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Training for all RNs and memory wellness team

Currently 18 programs running from FNQ to North West Tasmania

- NSW: Dubbo, Parkes, Tamworth, Ballina, Merriwa, Raymond Terrace, Salamander bay, Cessnock, Gosford, Ettalong, Tweed Heads
- Tas: Burnie, Smithton, Sheffield
- Qld: Cairns, Toowoomba, Roma, St George via hub model (videoconference)





# Future: Research

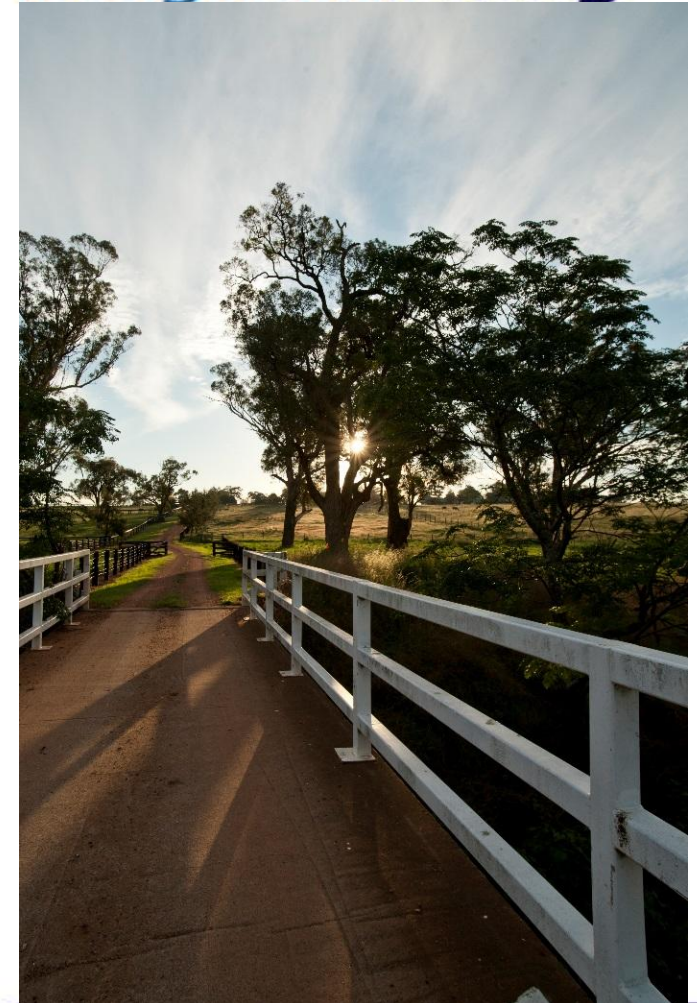
Evaluations of health promotion interventions often fail to capture important information about real-world challenges and the limitations of translating evidence-based results into behaviour change.

This implementation research with University of Tasmania will:

- ensure older participants are receiving the best mix of program elements,
- ensure ability to assess and respond to any unintended consequences of the Memory Wellness Program,
- increase knowledge about “what works” in the delivery of dementia risk management programs



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# Conclusion



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- Early and timely dementia is possible
- We need to assist GPs and Primary Care to make this happen
- Assistive Technology enabled Nurse Practitioners and Nursing Services make a difference in this space

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