

Involving residents, families and all long-term care staff in care planning leads to improved health outcomes at regional LTC homes

Kingston, ON, October 6, 2010 – New research led by the Centre for Studies in Aging & Health at Providence Care in Kingston shows the impact of collaboration can lead to improved health outcomes for elderly residents in long-term care (LTC) homes.

The 18-month initiative, “Bridges to Care – linking people, ideas & resources in long-term care,” brought together 6 long-term care homes across Ontario to develop new “best practices” to deal with the most common health and safety risks in long-term care studies. It was funded by HealthForce Ontario.

“The Bridges to Care program is resident-focused,” says Dr. John Puxty, Project Lead for Bridges to Care and Chief of Staff for Providence Care. “The results are evidence-based and prove the effectiveness of a collaborative, inter-professional care approach. When we work together with all of the staff at a long-term care home, and include the resident and the family in the care planning, the health outcomes are improved. We were fortunate in having wonderful support from number of partners including the Ontario Health Quality Council.”

Dr. Puxty notes Bridges to Care followed a “knowledge-to-practice” model, which relies on implementing quality improvement changes that are based on proven methods. Teams at local long-term care homes chose key care areas to target for improvement.

Within the first three months of implementing changes related to falls prevention, dementia and pneumonia an astounding number of positive impacts were realized:

- Providence Manor, Kingston: 55% reduction in serious falls
- Helen Henderson Care Centre, Amherstview: Post-fall Assessment Tool (PFAT), 100% completion rate
- Maxville Manor, Maxville: 100% of staff trained using the 3-question P.I.E.C.E.S. template to communicate around behavioural issues associated with dementia
- Pinewood Court, Thunder Bay: decreased hospitalization of residents with pneumonia
- Residence Saint-Louis, Orleans: improved awareness of dementia resident-specific needs and reduced troublesome behaviours by 60%

Providence Care is southeastern Ontario’s leading provider of adult mental health treatment and rehabilitation, complex continuing care, forensic psychiatry, geriatric psychiatry, palliative care, specialized geriatric medicine, long-term care and rehabilitation programs. One of Kingston’s university hospitals, Providence Care has three main sites in Kingston: Mental Health Services, St. Mary’s of the Lake Hospital and Providence Manor, as well as 18 community locations. Affiliated with Queen’s University, Providence Care is a major centre for teaching and research. www.providencecare.ca

The Centre for Studies in Aging & Health (CSAH) at Providence Care works in collaboration with others to build knowledge, awareness and system capacity to promote successful aging, prevent or delay the expression of frailty and its harmful consequences and to improve care and transform the organizations of health services.

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