



## interRAI informer

Welcome to the interRAI Informer #19 -  
regular news updates from interRAI  
New Zealand for better health  
outcomes.

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# 85

## 85

85 years is the median age of aged care residents at the time of their interRAI assessment.

Source: [interRAI Data Visualisation](#)

## Updated: Home Care and Contact National Standards

We have published new National Standards for Home Care and Contact assessments. Each section within interRAI has note fields, and the standards help assessors use these note fields appropriately. Like the National Standards for Long Term Care Facilities (LTCF) which were revised in 2017, these Standards are designed to make interRAI assessments easier and faster to complete, while still maintaining the quality of assessments and data.

Download the new standards from the interRAI website:

- [National Standards for Home Care assessments](#)
- [National Standards for Contact assessments](#)



## Talking about effective care planning

Visit the interRAI website to watch videos of Dr Michal Boyd, Associate Professor at Auckland University and nurse practitioner, talking about effective care planning and how interRAI can support your care planning. The videos were taken in December 2017 when we had the pleasure of hosting Michal as the guest speaker at the launch of the interRAI Data Visualisation.

- [Watch videos of Michal's presentation](#)
- [Visit the interRAI Data Visualisation](#)



## Regular reports for Home Care Providers

Home Care Providers will receive their first interRAI report in early February. The report uses data from interRAI assessments of home care clients to provide useful information for your planning and development.

The reports were developed with the support of the Home and Community Health Association and a working group of providers, and will be published twice a year.

This is a new interRAI service enabling you to realise potential benefits for your home care clients. The report will provide you with good aggregated data on your older clients, that

you can track over time and compare.

We have sent an email to all Home Care providers to confirm who from your organisation should access the reports. Please contact us at [interRAI.Data@tas.health.nz](mailto:interRAI.Data@tas.health.nz) if you have not received this email or if you have any questions.

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## Aged residential care facilities surveyed

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Thank you to those facilities and DHB staff who completed the survey we sent out in late in 2017. The survey is now closed and we received 55 replies. We have compiled the responses and will make changes to the report, which you should see in the middle of 2018.



## Coming up: Software upgrade

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The next interRAI software upgrade is now scheduled for May 2018. Currently we are on track with testing enhancements for this release. The time change will allow us to schedule resources so we can deliver a smooth transition to the next interRAI software version. Information on enhancements and timing will follow in February 2018.

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## ‘Thank you for a great learning experience and a fantastic assessment tool.’

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To enable Registered Nurses in aged residential care facilities to become interRAI assessors they go through a training programme designed to help them gain the required competencies. Over an 8-week period the training consists of three days in the classroom with an interRAI educator, followed by evaluations and training assessments with the educator's support.

One last step for many new assessors is to fill in a survey about their course. Interpreting the survey results is an important part of our quality control and helps us to make our courses as useful and interesting as possible.

Throughout last year, survey results from our Long Term Care Facilities assessors have been very encouraging. We are proud to report that 94% of trainees said they would recommend this training to others. Here are some of our favourite comments:

‘It was a great and very helpful training. My educator was very patient, knowledgeable and well organised.’



'Thank you for a great learning experience and a fantastic assessment tool.'

'The way my educator teaches she makes interRAI training enjoyable as she guides you in every step until you grasp it.'

'Training was fun and well paced. I really like the InterRAI Assessment; it is a logical process resulting in a very easy to follow and comprehensive assessment that leads onto and informs a comprehensive Care Plan. . . . And you get to know the resident extremely well.'

My educator was excellent. She is very patient when teaching you, ensures that you understand everything and above all she is very passionate about her job.'



The interRAI Education and Support team



## Ultimate Care Group uses quarterly interRAI reports to fight depression

Ultimate Care Group dedicated November as depression awareness month after reviewing their quarterly interRAI reports.

"Depression itself is a major issue in age care. However, to self-report requires major courage. The biggest highlight was that our residents felt so empowered that they self-reported it and furthermore, some of the residents reported that their neighbours in the facility may be depressed", reported Shereen Singh, National Quality Manager at Ultimate Care Group.

Some of the outcomes:

- 17 residents were identified as having some signs of depression
- 82% of the reporting were completed by caregivers
- 35% of the reporting were completed by Registered Nurses (some including caregivers)
- 23% self-reported having signs of depression.

Interventions included social interactions, discussion in staff meetings, structured activities, walks, GP input, reviewed care plans, reassurances and referral to hospice.

(photo: [ultimatecare.co.nz](http://ultimatecare.co.nz))

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## interRAI research published

Researcher and Geriatrician Dr Hamish Jamieson, University of Otago, published research using interRAI data about loneliness among older people, which attracted media attention in New Zealand and overseas.

- [Read the media release from Otago University on Scoop](#)
- [Watch the coverage on One News](#)

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## New on interRAI.co.nz

- [Updated Home Care and Contact Assessments National Standards](#)
- [April 2018 Software Upgrade](#)
- [interRAI training venues in the North Island](#)
- [interRAI training venues in the South Island](#)

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## Upcoming dates

- Integrating interRAI into your facility – workshop for CANZ members, 12 February 2018, Auckland. Contact CANZ to register for this free workshop.
- General Manager interRAI Services Michele McCreddie will speak at Age Concern's conference "Age Concerns Everyone", 16-18 April 2018 in Wellington. Contact [Age Concern](#) for more information and to register.



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