Canadian interRAI Conference 2018

interRAI PALLIATIVE CARE
From pilot to national roll out

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Wellness for Life – A Priority for All

Source: hemamaps.com.au

Home Care assessments for palliative clients

To access home and community support services (n= 37,000 in 2015/16)

1676	= 4%
Homecare assessments completed for people with 6 months or less to live (in 2015/16)	of total assessments

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Pilot areas

13

- 13 assessors across three District Health Boards

162

- 162 assessments

Proposed potential benefits

Relevant and appropriate for client group

Focus on areas of importance to clients and families

Less time consuming

interRAI Palliative Care assessment

Premise

- need for comfort
- minimise distress and maximise function
- community, hospice or hospital settings

Identify

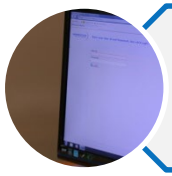
- Strengths
- Preferences
- Needs

Results

Assessors and clients liked the new instrument.

Adequate information for care plans

'Fit for purpose'



Symptom list was indicative of conditions for this group

Acknowledges clients' reality and feelings

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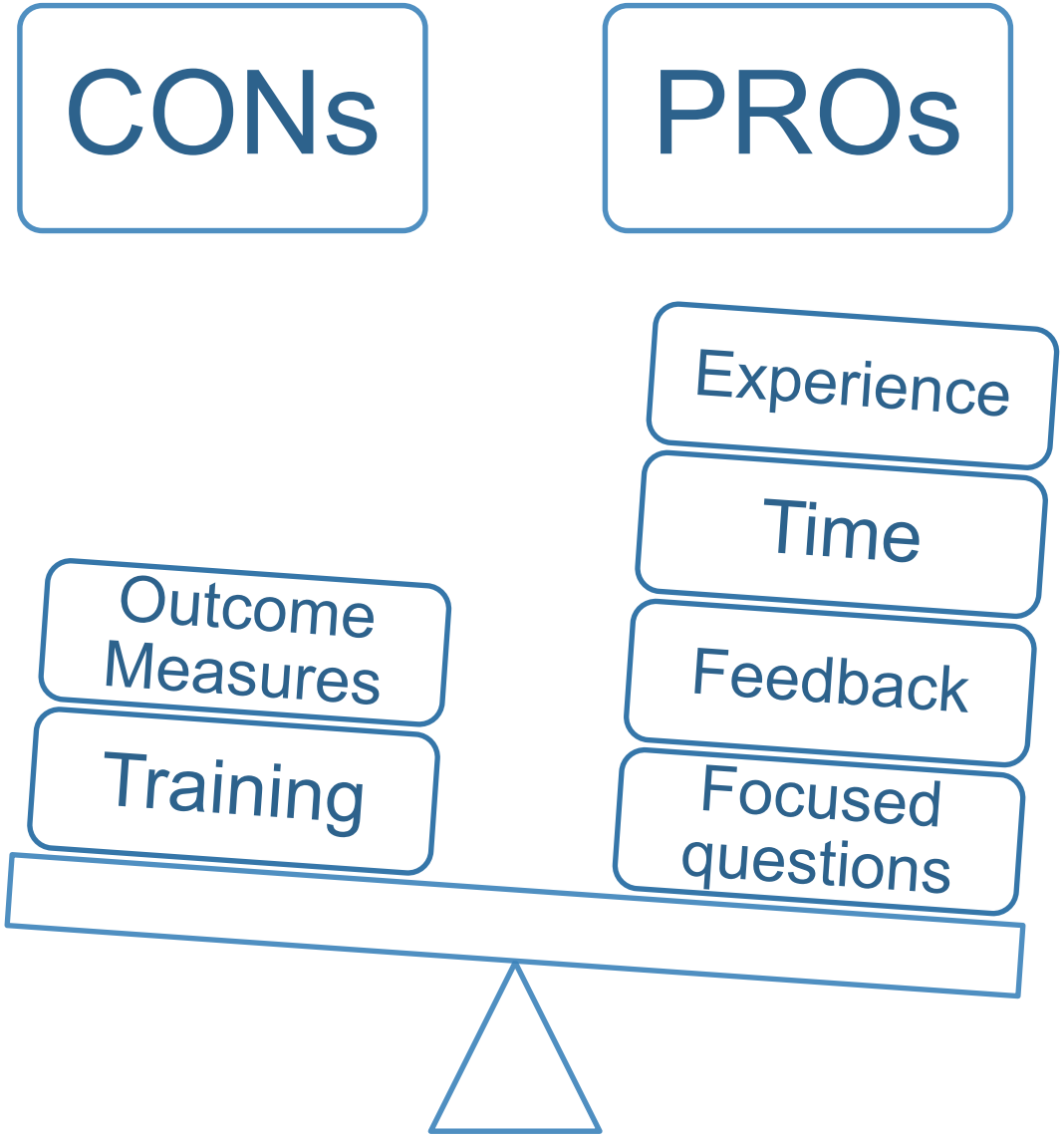
Palliative Care Pilot – Feedback from assessors

December 2015-
December 2016



Assessors' goal: Wellness for all

- Improving symptoms
- Addressing mental and physical health problems
- Assisting in coming to terms with death
- Enhancing comfort
- Improving quality of life

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Board agreement

- interRAI New Zealand Governance Board approves:
  - roll out of training and
  - use of Palliative Care assessment.
- Incorporate lessons learned from the pilot

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Assessor competencies

- Homecare trained
- Level 1 APC or DHB equivalent training
- 2-hour training programme
- Clinical assessment reviewed by Educator
- Palliative Care on-line evaluation
- Competency interview

Roll out phases

Train the educators

- Develop competencies for educators
- Develop competencies for assessors

Expressions of interest from community groups

- Additional training to compliment interRAI training
- Additional training resources developed

Training Assessors

- Feedback from sector to improve course delivery
- Developing on line training module

Training points to consider

- Culture
- Romanticised view of people finding peace
- Acknowledge our own beliefs and feelings
- Varied awareness and understanding
- Need engagement

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Additional training for assessors

1. When to use the palliative care assessment
2. www.advancecareplanning.org.nz
3. Dealing with distress:

Have a non judgemental approach	Create a safe space	Contact someone who can offer support	Ensure a plan for ongoing support

Grief vs depression

Characteristics	Normal grief	Depression
Nature of response	Adaptive	Maladaptive
Focus of distress	In response to a particular loss and does not affect all aspects of life	Pervasive and affects all aspects of life
Symptom fluctuations	In waves but generally improves with time	Constant
Mood	Sadness and dysphoria	Protracted and constant depression or flat affect
Interests/capacity for pleasure	Intact, although engagement in activities may be diminished because of functional decline	Anhedonia with markedly diminished interest or pleasure in all activities
Hope	Episodic and focal loss of hope; hopes may change over time, giving positive orientation toward the future	Hopelessness is persistent and pervasive
Self-worth	Maintained self-worth, although feelings of helplessness are common	Worthlessness with feeling that one's life has no value
Guilt	Regrets and guilt over specific events	Excessive feelings of guilt
Suicidal ideation	Passive and fleeting desire for hastened death	Preoccupation with a desire to die

Useful language – Talk about:

Limited treatment options

Focus on quality of life

Focus on symptom management/treating symptoms

Supportive care

Living well for now

Focus is no curative/not rehabilitative

Comfort care

As you near the end of this journey……

Age related concerns

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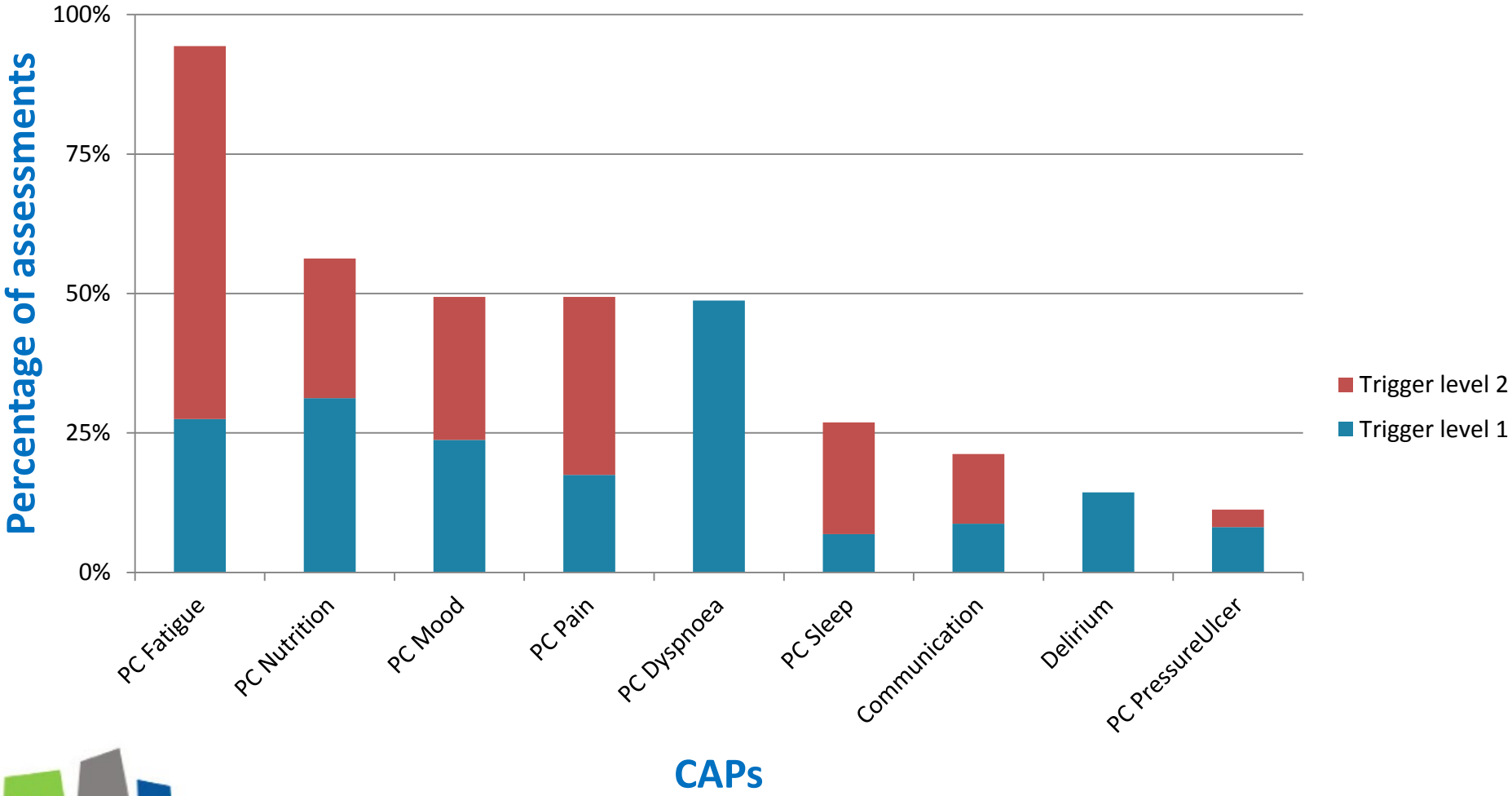
Participants: CAPs triggered for interventions



Figures to date

Assessors trained:

46 out of 518 Home Care assessors

PC assessments:

Data analysis coming:

www.interrai.co.nz/data-and-reporting

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Thank you to Karyn Foley (PM), Cindy Gibb (SW),Brigette Meehan, Marg Milne, Jacqueline Joseph, Karen Goymour, Jason Theobald

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