



interRAI – comprehensive assessment with added value

NZNO Gerontology Nursing Conference 2018

Michele McCreadie, GM interRAI Services

Presentation overview

- About interRAI
- How interRAI works in New Zealand
- What interRAI tells us about older people
- How interRAI is being used

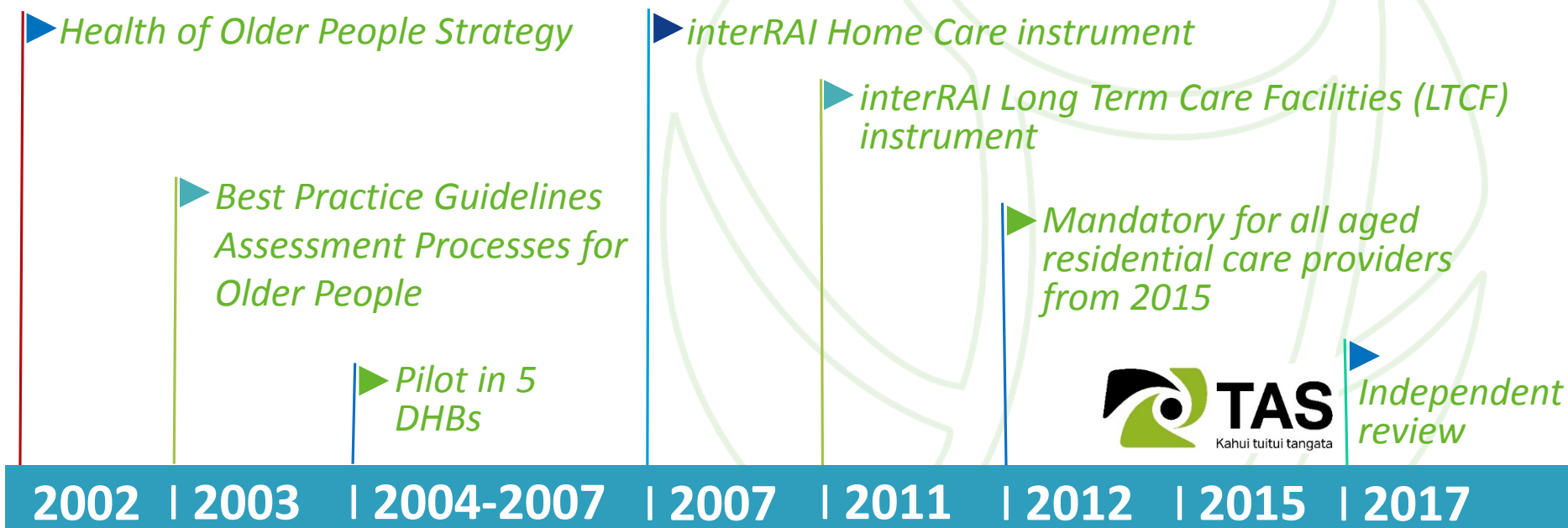


interRAI international

- international collaborative
- to improve the quality of life of vulnerable persons
- through a seamless comprehensive assessment system

interRAI = **international Resident Assessment Instrument**

interRAI in New Zealand

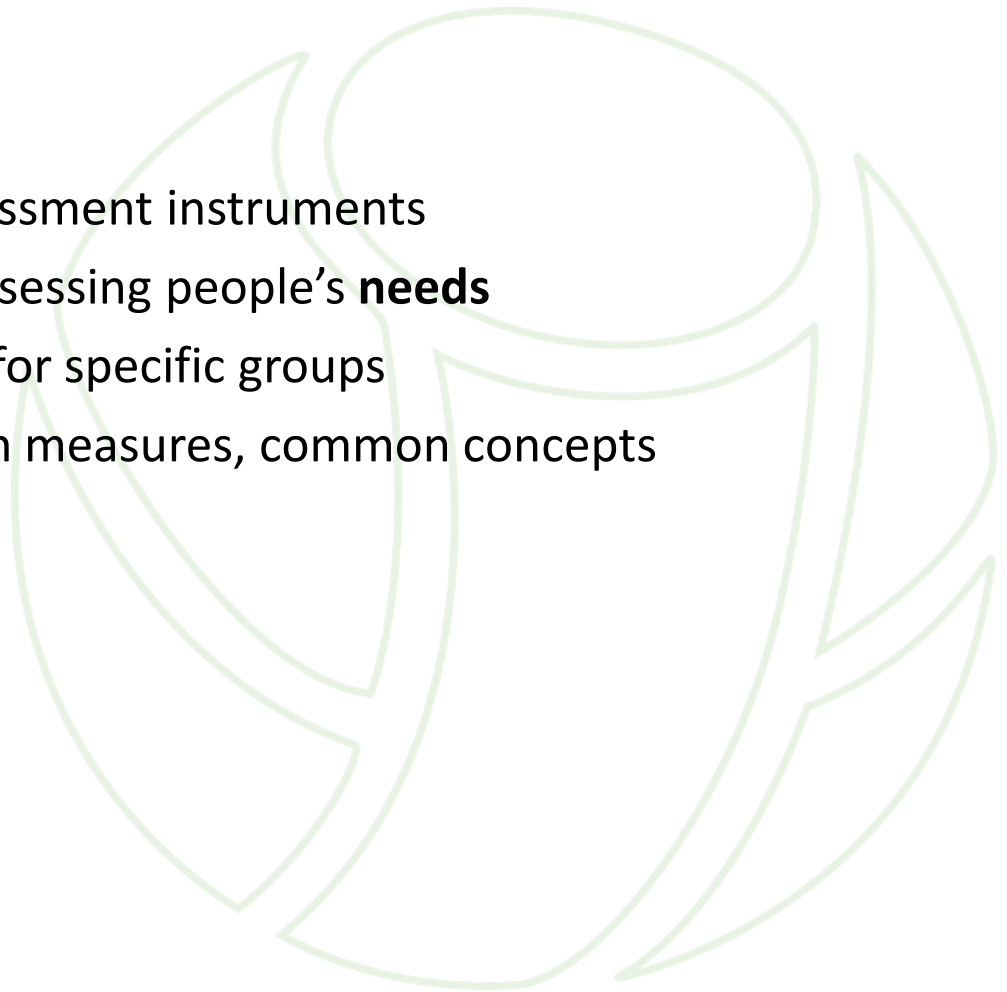




This video on Youtube: youtu.be/t_4KzWJaSGs

What is interRAI?

- **Comprehensive** clinical assessment instruments
- Best practice approach to assessing people's **needs**
- **Standardised** and designed for specific groups
- **Common** language, common measures, common concepts
- www.interRAI.co.nz



interRAI assessments in New Zealand

In aged residential care:

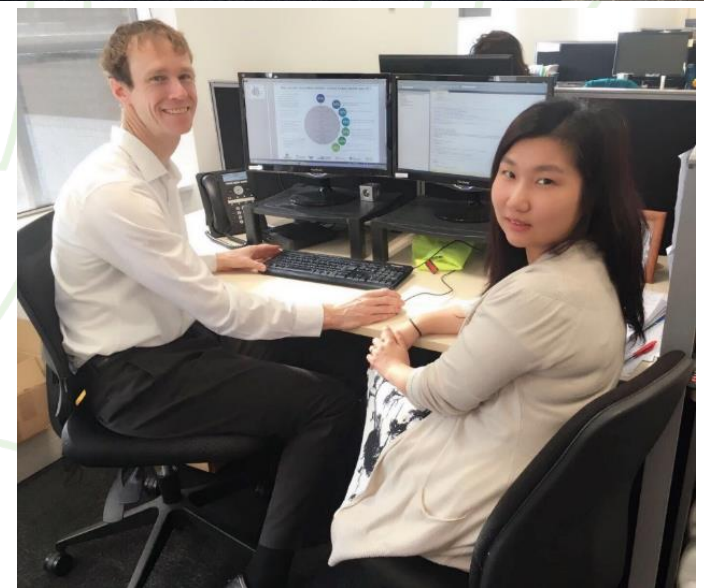
- Long Term Care Facilities Assessment (LTCF) for **evaluating the needs, strengths and preferences** of those in aged residential care.

In the community:

- Home Care Assessment (HC) for **planning care and services** in community-based settings
- Contact Assessment (CA), a basic **screening** assessment for people living in the community
- Palliative Care Assessment (PC) for community-based older adults where a **palliative** care focus is required.

How interRAI works in New Zealand

interRAI Services NZ



interRAI education and support

- A comprehensive programme of interRAI education and support
- Become competent and remain competent

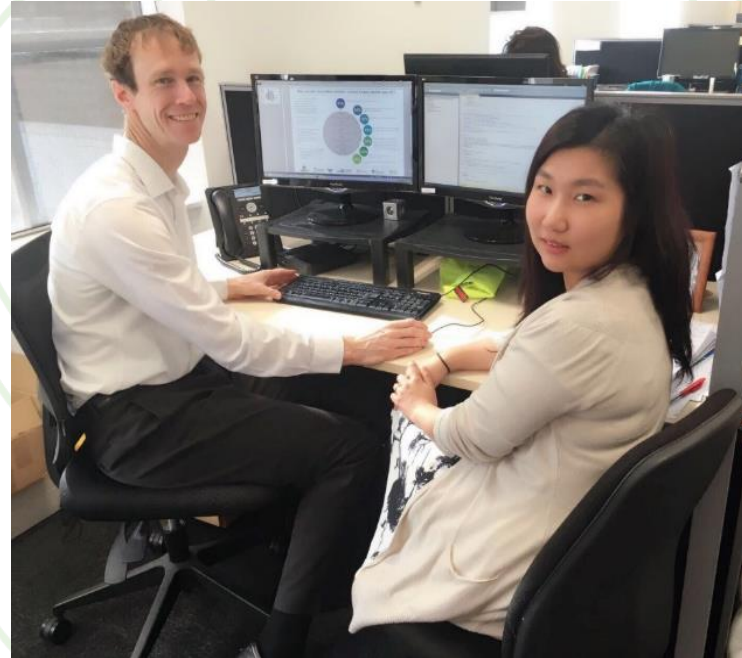
initial training, skills boosters, site visits, Inside interRAI, quality reviews, on-line evaluation support, coding support

- How to use and understand interRAI assessments
- How to use and understand interRAI data
- interRAI analytics support
- 'Integrating interRAI into your facility'
- www.interRAI.co.nz



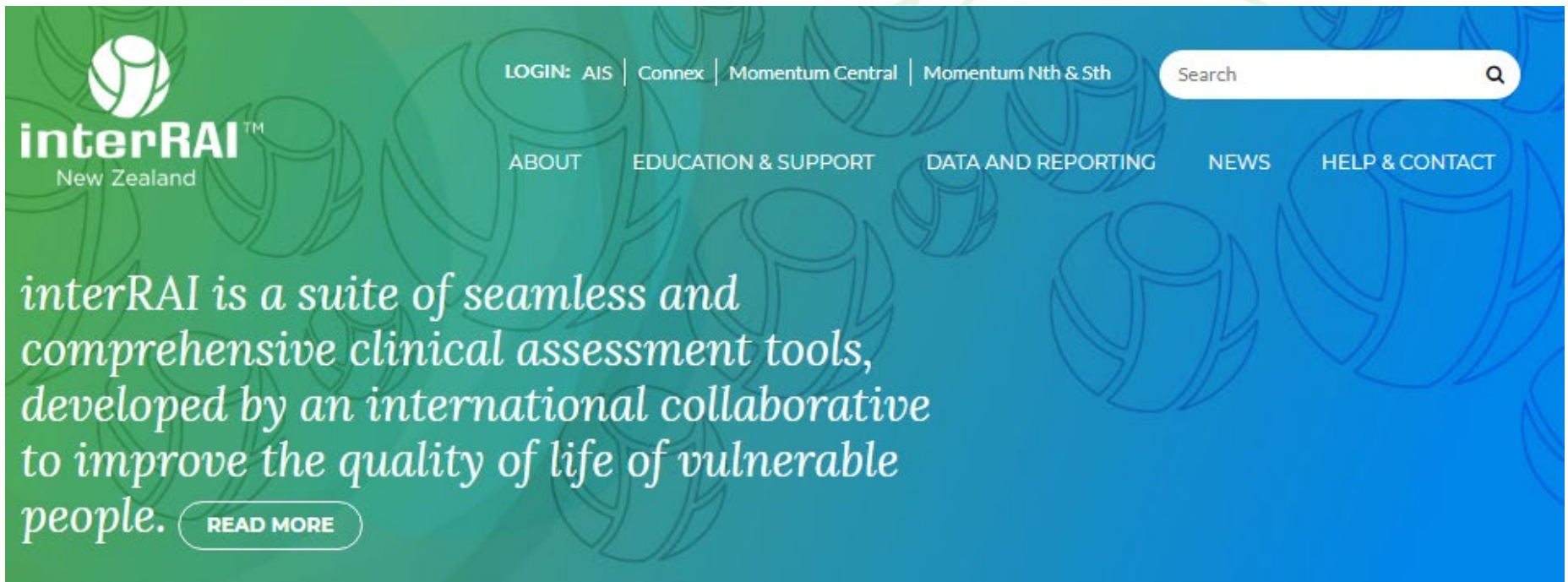
Data analysis and reporting

- Compliance reports
- Benchmarking
- Infographics
- Annual Report
- Data access requests
- Data quality
- Visualisation



Reporting

National reports and education materials at
www.interrai.co.nz/data-and-reporting/



The screenshot shows the top portion of the interRAI New Zealand website. The header features the interRAI logo on the left, a navigation menu with links for LOGIN (AIS, Connex, Momentum Central, Momentum Nth & Sth), ABOUT, EDUCATION & SUPPORT, DATA AND REPORTING, NEWS, and HELP & CONTACT, and a search bar on the right. The hero section has a blue and green background with a pattern of interRAI logos. It contains the text: "interRAI is a suite of seamless and comprehensive clinical assessment tools, developed by an international collaborative to improve the quality of life of vulnerable people." followed by a "READ MORE" button.

interRAITM
New Zealand

LOGIN: AIS | Connex | Momentum Central | Momentum Nth & Sth



Search

ABOUT | EDUCATION & SUPPORT | DATA AND REPORTING | NEWS | HELP & CONTACT

interRAI is a suite of seamless and comprehensive clinical assessment tools, developed by an international collaborative to improve the quality of life of vulnerable people. [READ MORE](#)



Four service icons are displayed in a row, each with a label below it. A blue arrow points from the top right towards the 'DATA & REPORTING' icon.

- 
REQUEST TRAINING
- 
HELP & CONTACT
- 
EDUCATION & SUPPORT
- 
DATA & REPORTING

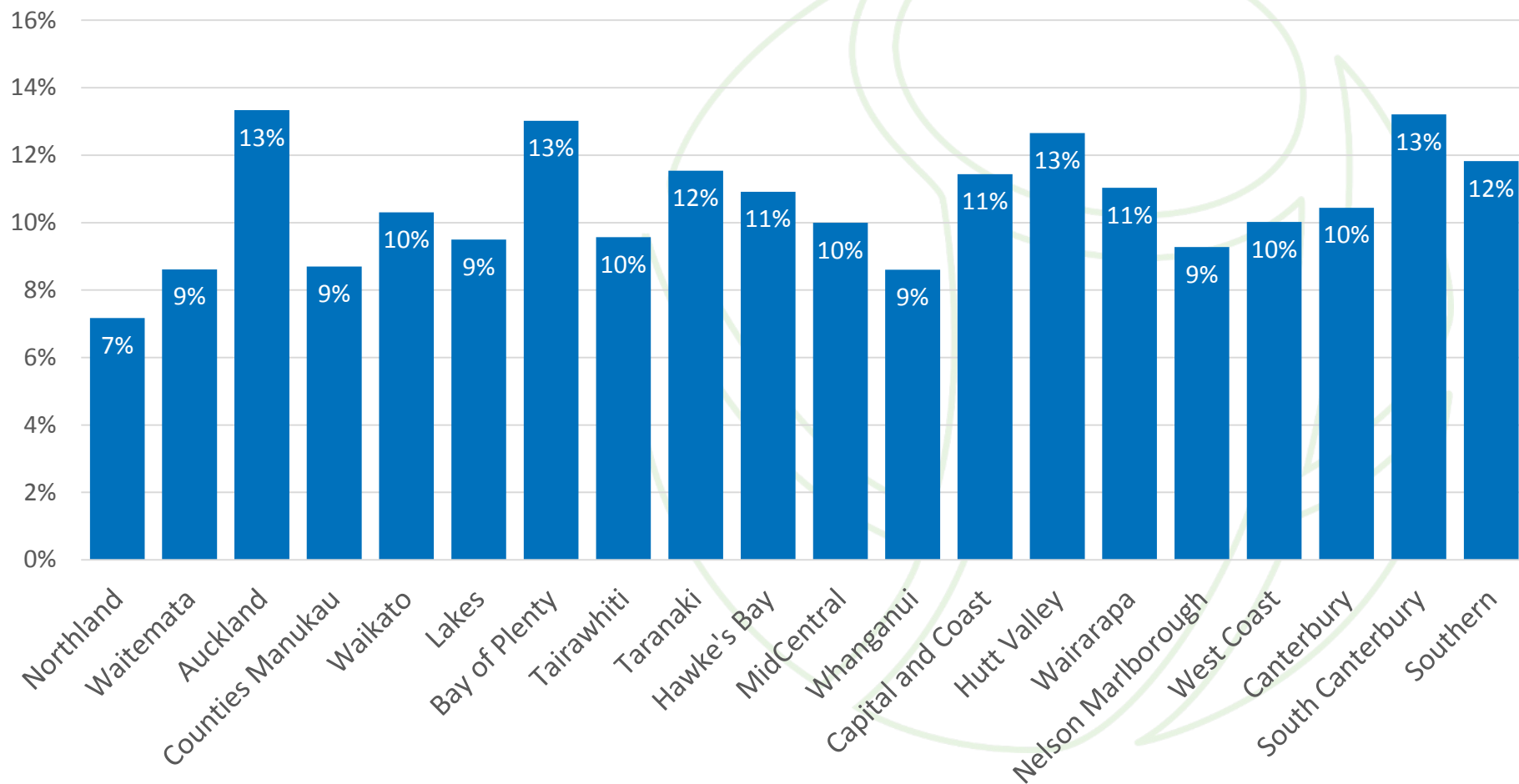
Software services

- Single software platform
- Single software provider – Momentum
- Maintenance/upgrades/enhancements
- Support desks
- Interoperability with other systems



What interRAI tells us about the wellbeing of older people

interRAI assessed population aged 65 and over



A man with a white beard and glasses, wearing a dark sweater, is leaning over a woman with short blonde hair and glasses, wearing a purple shirt. They are both looking at a laptop screen on a white table. The man's hands are resting on the table near the laptop. The background is a plain white wall with a door and some papers on the wall.

and CAPs provide us with opportunities where the situation can be improved

Watch this video at youtu.be/gv1pVDY0nCs

Outcomes and CAPs

Outcomes show a picture of the person's needs, their clinical and functional status.

Usually a higher score indicates higher urgency or need.

CAPs is short for Clinical Assessment Protocol.

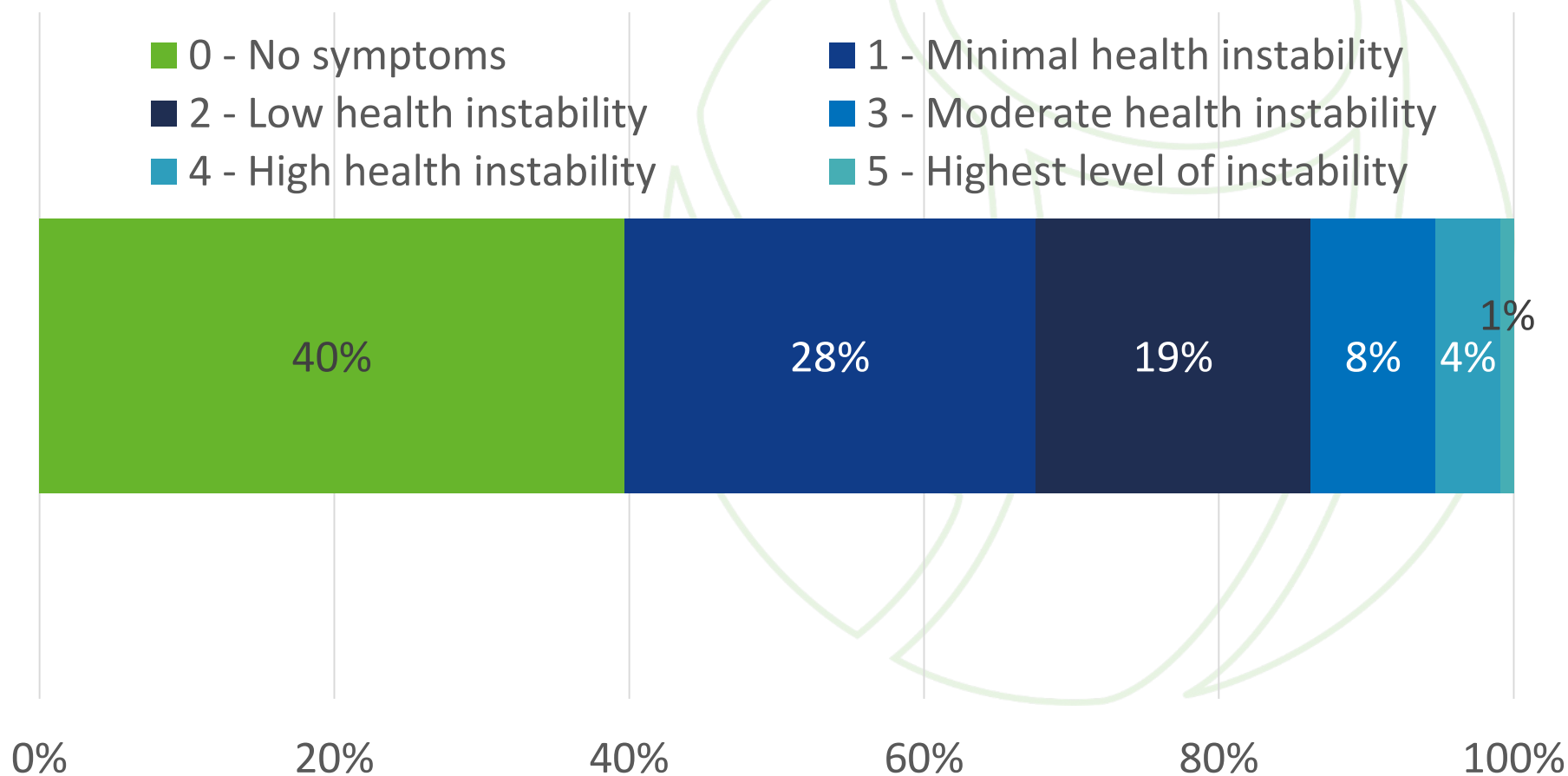
When they are triggered, they indicate an opportunity for improvement, to slow the rate of decline or help symptoms.

Changes in Health, End-Stage Disease, Signs, and Symptoms (CHESS)

- To identify people with unstable health conditions
- Detects frailty and health instability
- Scale ranges from 0 (no symptoms) to 5 (highest health instability)

A higher CHESS scale is associated with increased mortality, hospitalisation, pain, caregiver stress and poor self-rated health.

CHESS – LTCF assessments, 2017/18



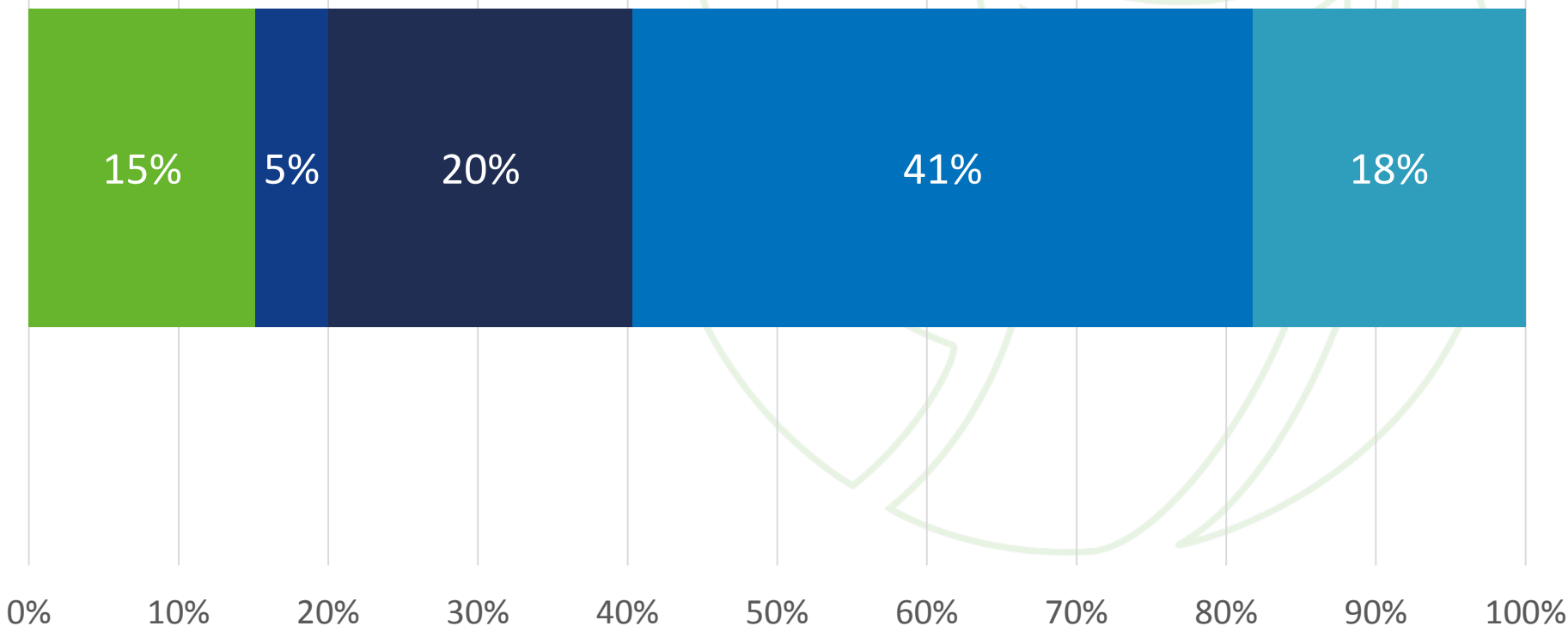
Method of Assigning Priority Level (MAPLe)

- Only used in Home Care assessments
- Priority indicator
- Higher scores based on the presence of:
 - activities of daily living (ADL) impairment
 - cognitive impairment
 - wandering and behaviour problems.
- Predictor of carer stress.

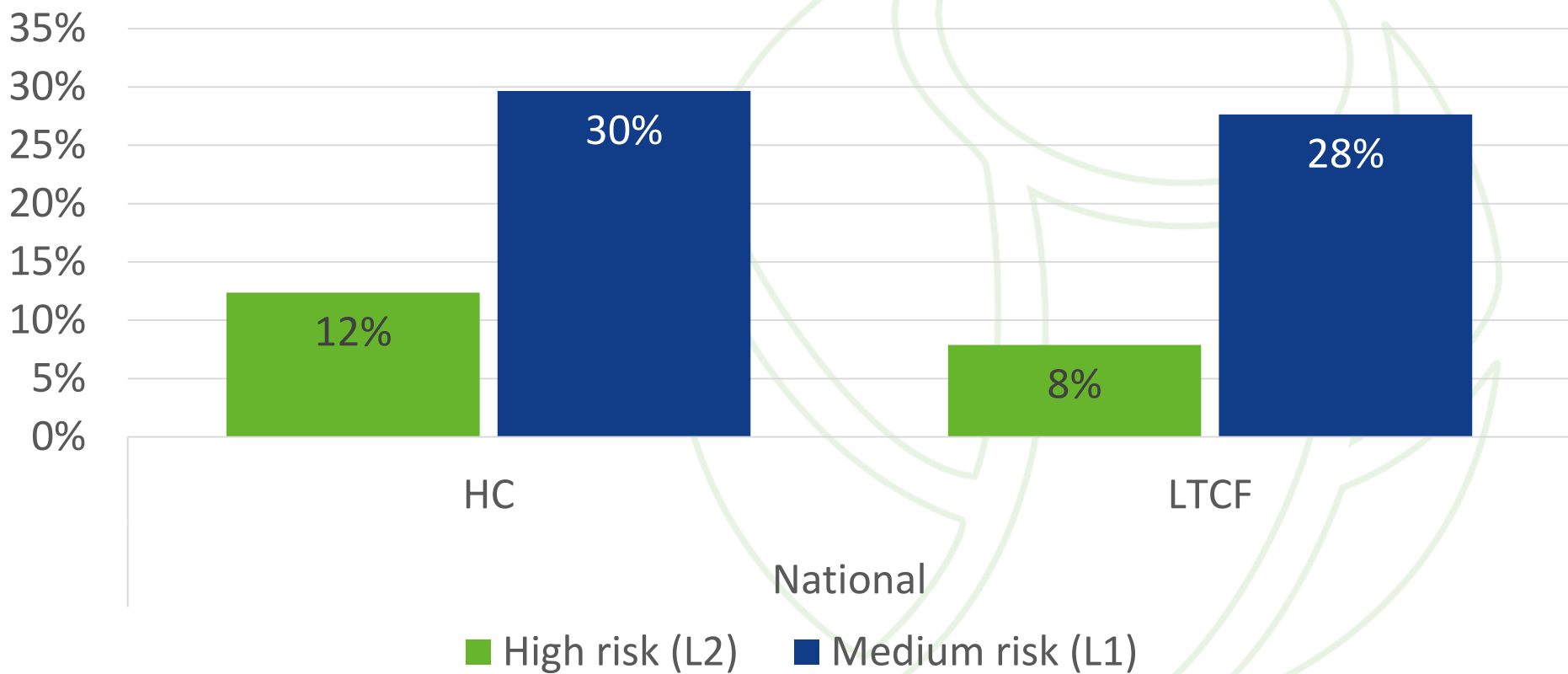
Higher score = greater priority for services to prevent hospitalisation or admission into residential care

MAPLe Score – HC assessments, 2017/18

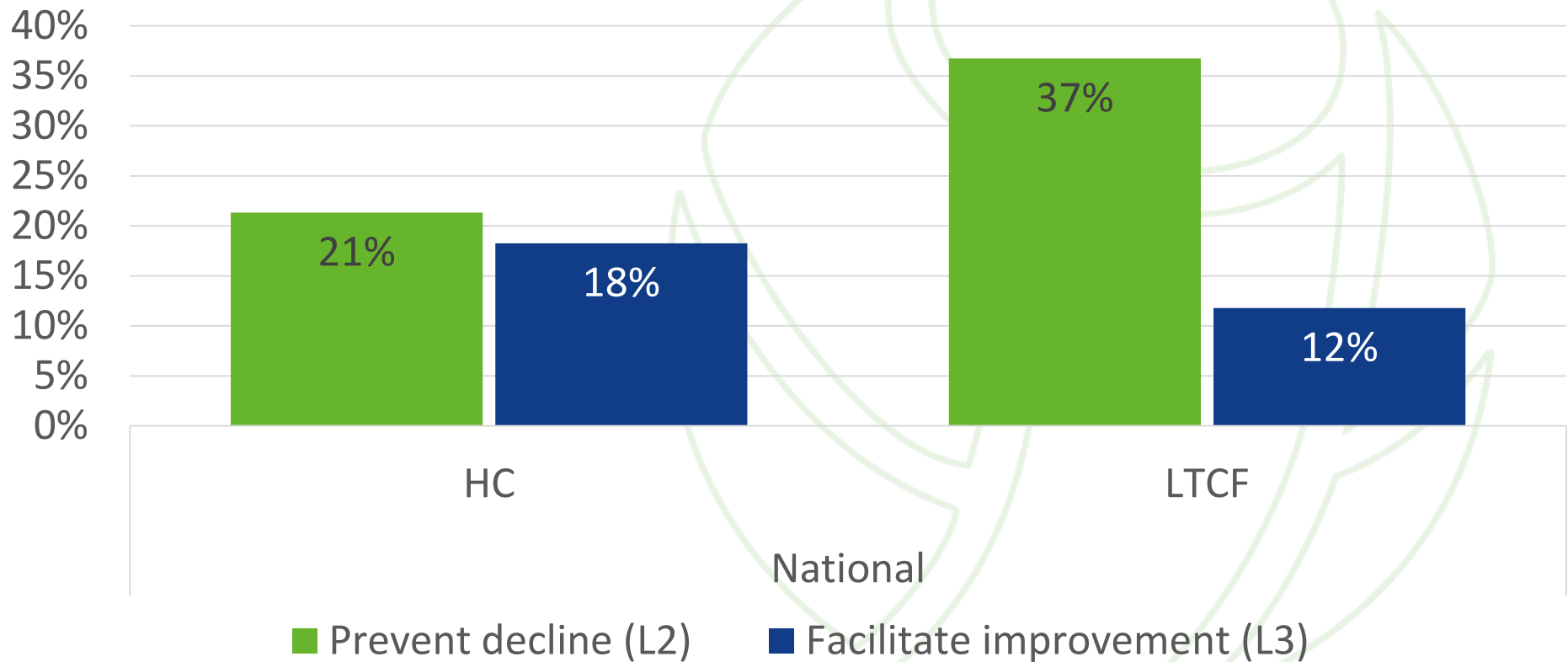
- 1 - Low priority, light home care services
- 2 - Mild priority, personal care and home care
- 3 - Moderate priority, range of home care services
- 4 - High priority, risk of adverse outcomes, residential support
- 5 - Very high, admission to hospital care or in community with support, need for 24 hour supervision.



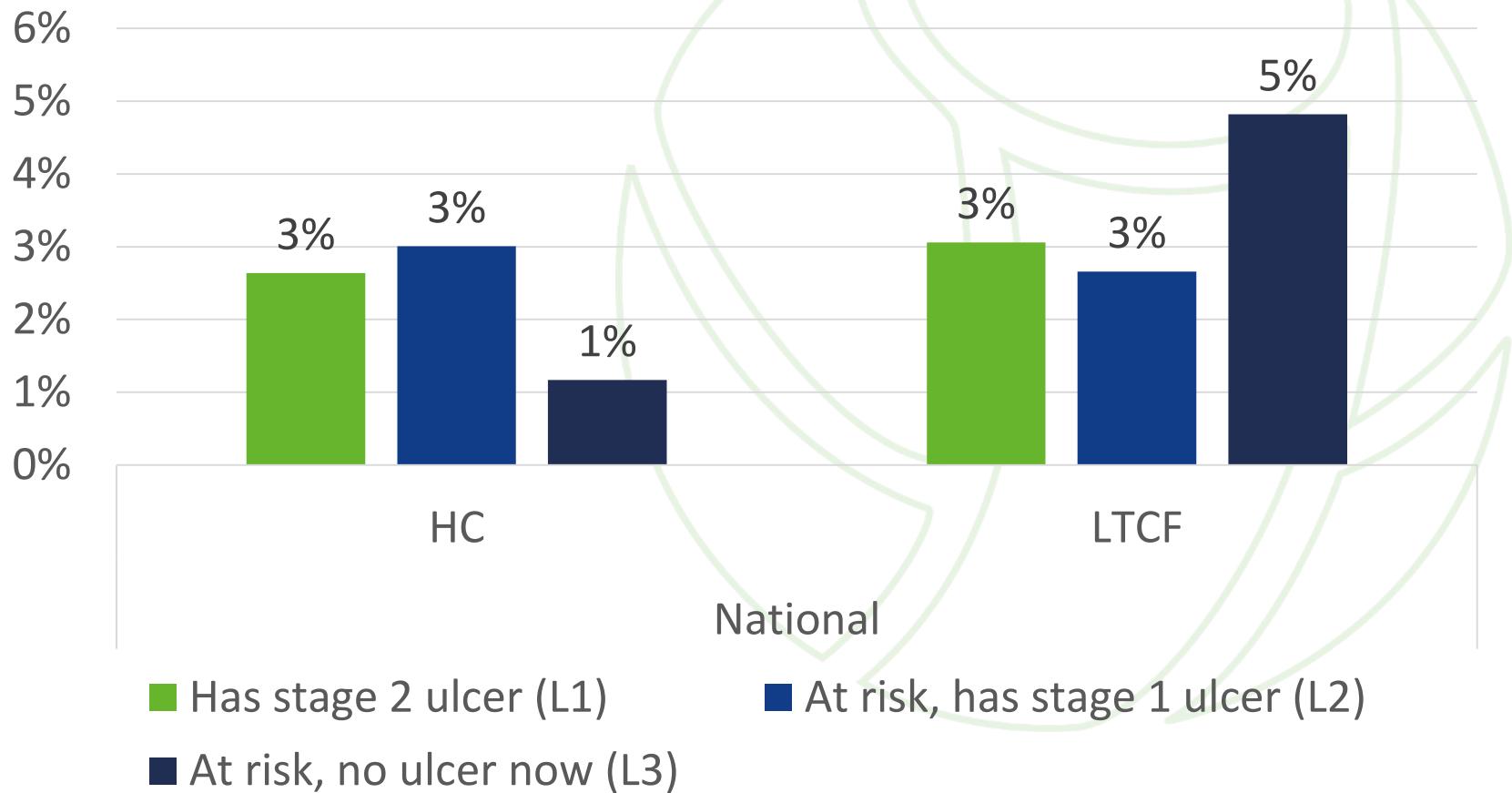
Falls CAP



Urinary Incontinence CAP



Pressure Ulcer CAP



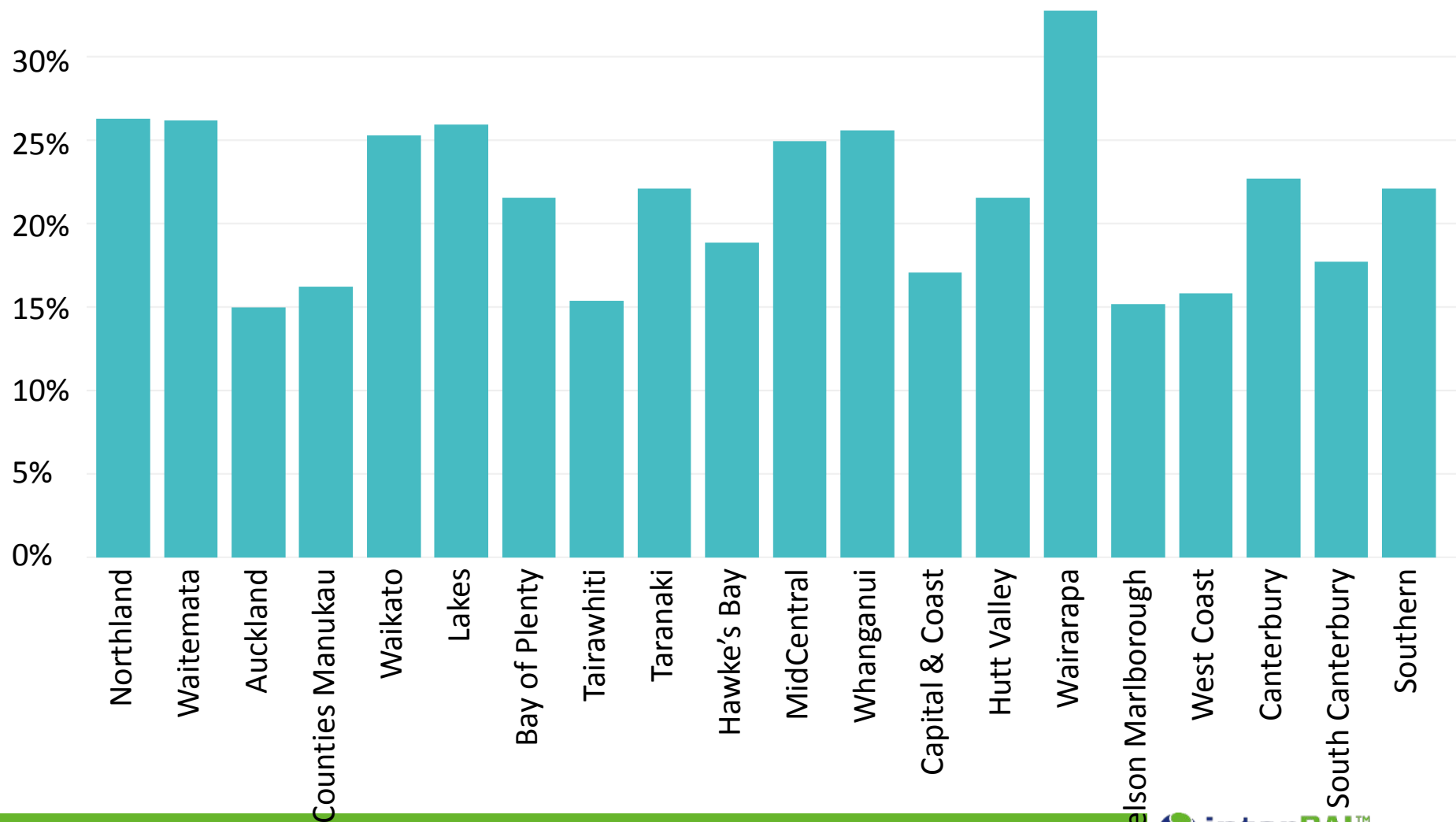
Social relationship CAP

Decreases in a person's social relationships may affect psychological wellbeing and have an impact on mood, behaviour, and physical activity.

- Identifies factors associated with reduced social relationships and interventions to facilitate social engagement
- This CAP is only triggered at level 1 to facilitate improvement

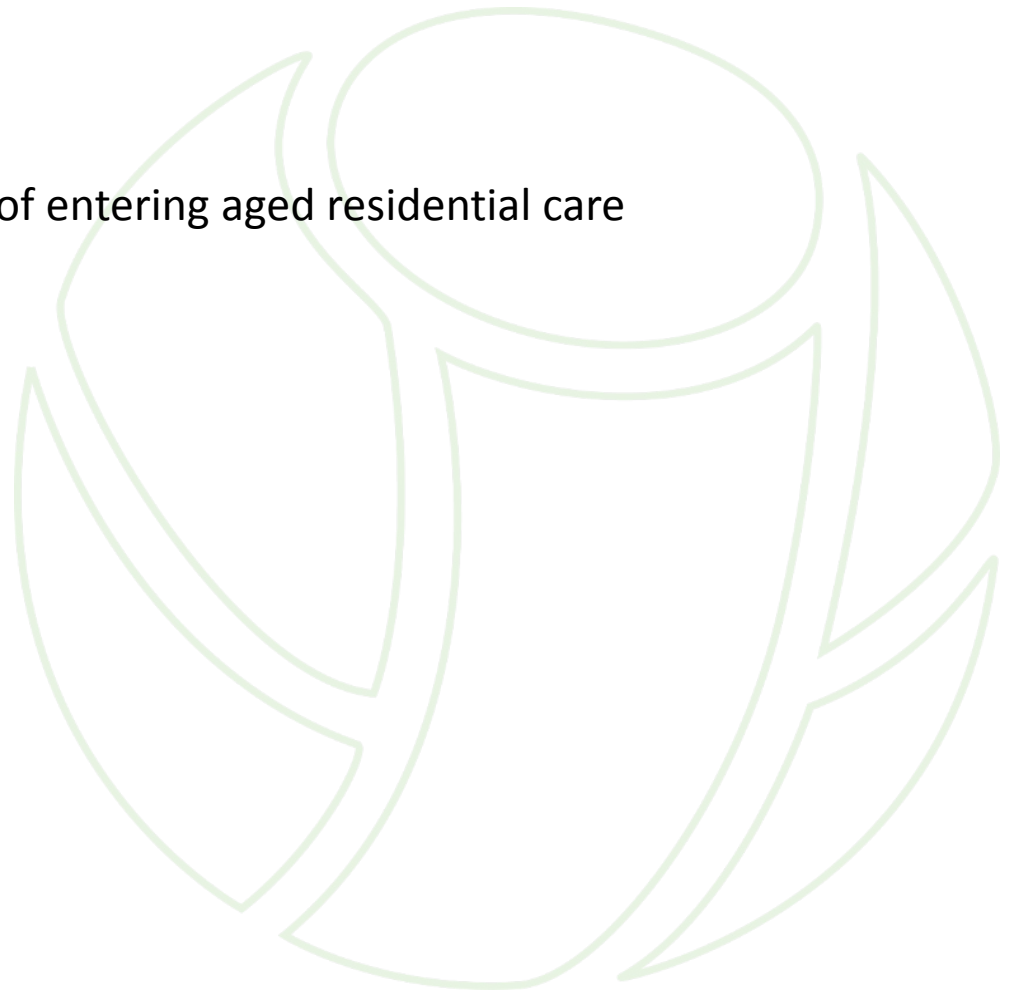
Triggered Social Relationship CAP by DHB

Triggered at level ● Triggered (L1)



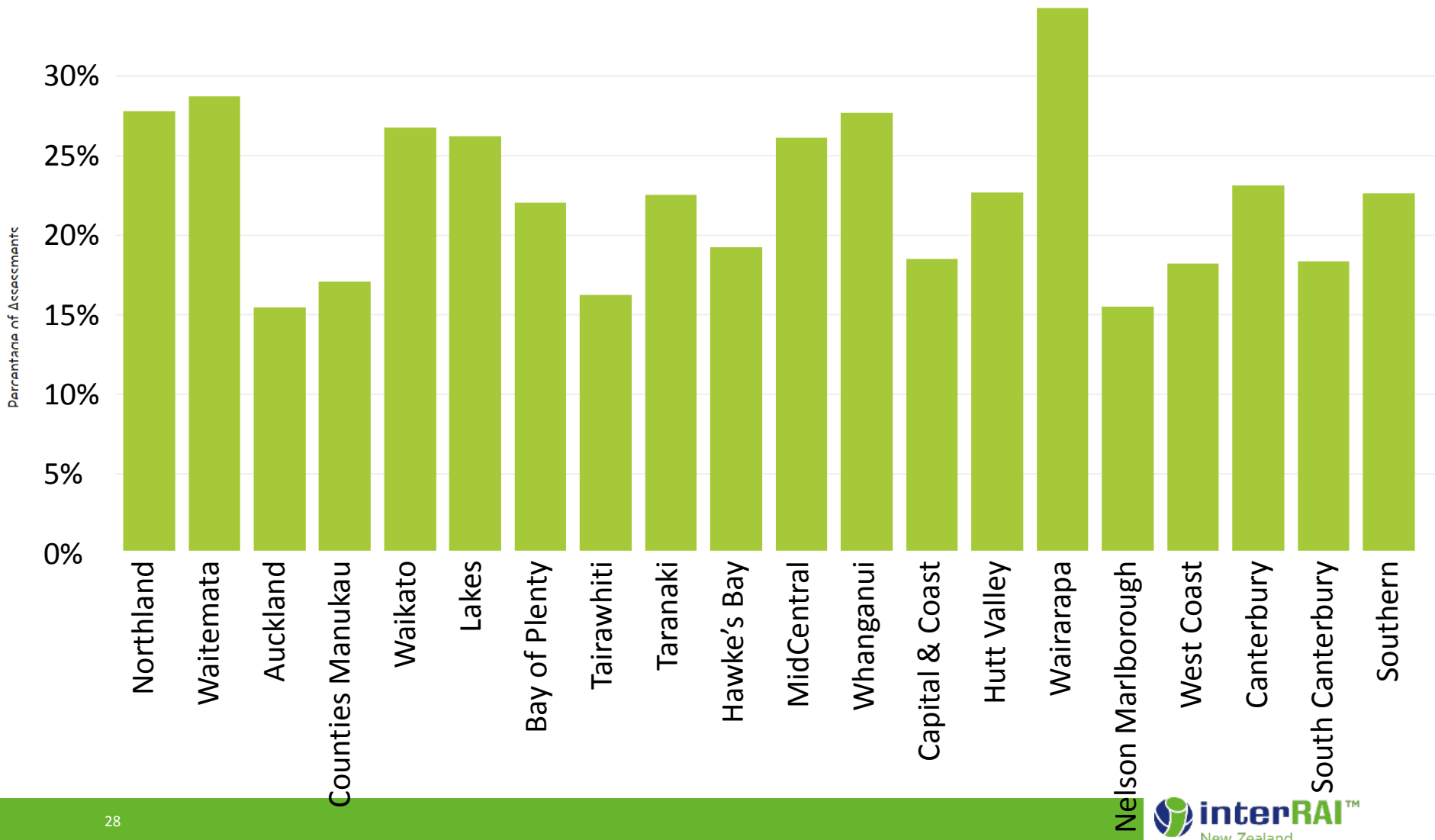
Loneliness

- Loneliness is a major predictor of entering aged residential care



Loneliness by DHB

Loneliness is a major predictor of entering aged residential care.



How interRAI is being used

Collect once use many times

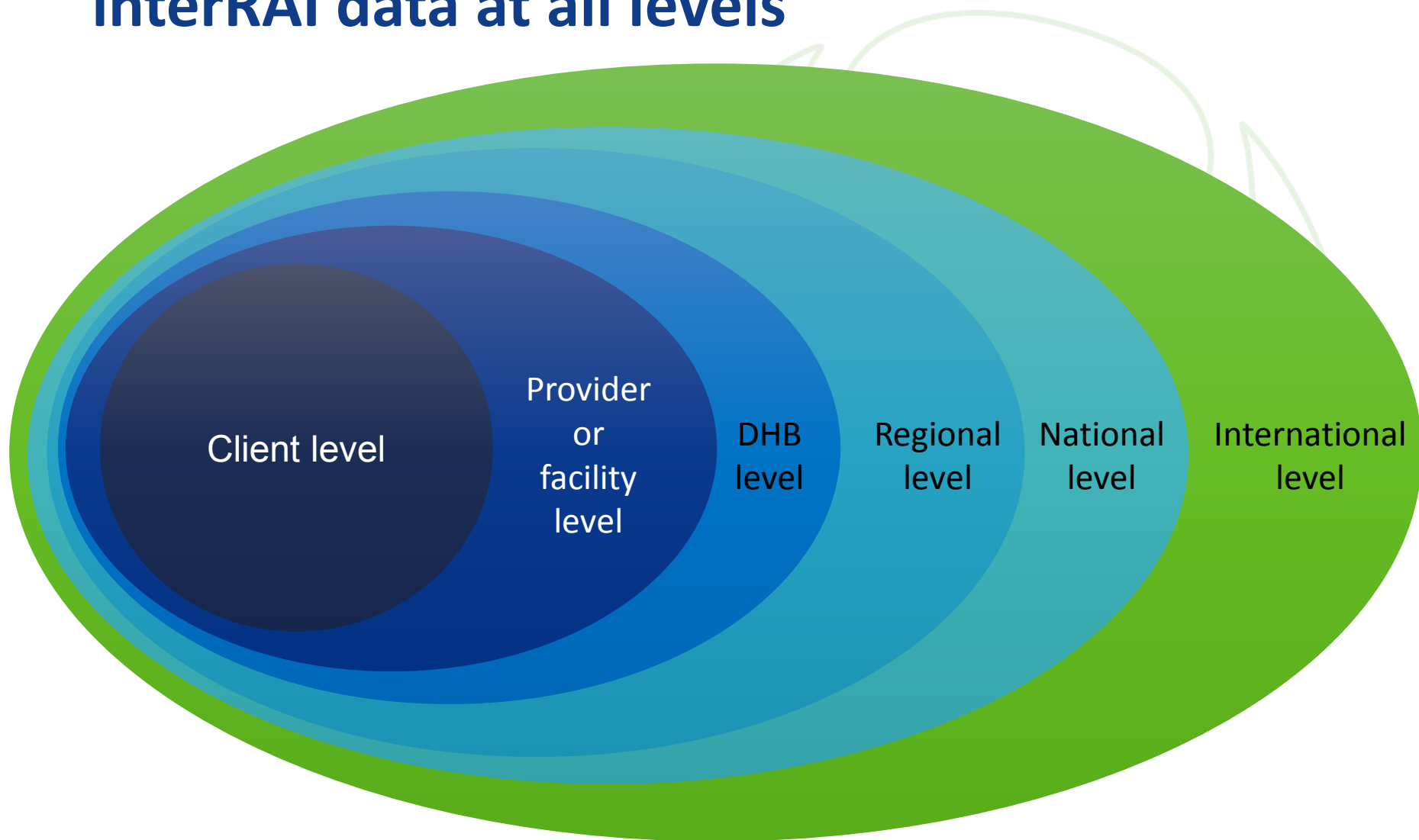


Primary purpose of interRAI

To accurately determine the characteristics of a person in order to **fully understand their needs**, ranging from clinical to social support and prepare a care plan.

The information provided by interRAI assessment **supports the decisions** made by a healthcare professional.

interRAI data at all levels



interRAI data visualisation: www.interRAI.co.nz/data



Service development



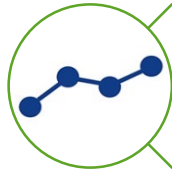
Quality initiatives



Service development



Policy development

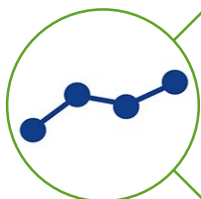


Evaluating effectiveness of changes

Research

- **The impact of loneliness and social isolation on outcomes in older people** – an interRAI study - Dr Hamish Jamieson, Geriatrician CHB and Senior Lecturer University of Otago
- **Drug burden index and its association with hip fracture among older adults:** a national population-based study – Dr Hamish Jamieson, Geriatrician CHB and Senior Lecturer University of Otago *‘New Zealand’s world leading dataset on the elderly called interRAI made the study possible’*
- **‘Caring for our older Kiwis – The Right Place, at the Right Time’** – New Zealand Aged Care Association
- **A systematic review evaluating the use of the interRAI Home Care instrument** in Research for Older People – Mohammed Saji Salahudeen/Prasad Nishtala

Quality indicators in aged residential care



Show patterns in service delivery



Cover many aspects of service delivery



From the data in interRAI assessments

Uses of interRAI Quality Indicators

Better understand
service quality

Identify areas
where you are
doing well

Identify
opportunities to
improve quality

Track quality of
care over time

Evaluate the
impact of service
improvement
exercises

Evaluate the
influence on policy
decisions

Where next?



interRAI Future Developments



Data Visualisation Phase 2



Linking interRAI to other data sets – Integrated Data Infrastructure



Introduce interRAI to new clinical groups – Primary Care



Development of an individual client dashboard



Online education options



Potential new interRAI assessments – PAC Rehab, Acute Care nursing assessment



Aged Residential Care Funding Model Review

