





# Promoting the Uptake of Evidence-Based Geriatric Care

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### **Nurse Dissatisfaction**

### Lack of job-related empowerment, engagement



- Perceived lack of autonomy
- Few rewards for job performance
- Limited supervisor support
- Lack of "distributive justice" (pay is fairly distributed; paid time off)
- Poor work group cohesion
- Interference of work with family
- Little variety of work
- No promotion opportunity





### **Nurse Practice Environment**

"The organizational characteristics of a work setting that facilitate or constrain professional nursing practice" (Lake, 2002, p. 178)

Autonomy
Control over resources
Positive relationships with physicians







# NPE: Nurse Outcomes

Nurse job satisfaction Decreased job burnout

Decreased intent to leave & turnover

(Aiken, Clarke, Sloane, Sochalski, & Silber, 2002; Aiken, Sloane, & Klocinski, 1997; Milisen, Abraham, Siebens, Darras, & Dierckx de Casterlé, 2006; Stone et al., 2007; Zangaro & Soeken, 2007;







# NPE: Process, Patient & Organizational Outcomes

- Lower incidence of needlestick injuries
- Higher patient satisfaction
- Lower mortality, failure to rescue
- Reduced costs for nurse recruitment & orientation



# NPE regarded as a system-level intervention for promoting patient safety & outcomes





# What about a **GERIATRIC**Nursing Practice Environment?

Can a hospital's capacity to develop & strengthen the **geriatric expertise** of direct-care nurses yield improvement in nurse satisfaction, clinical, & organizational outcomes?





# NICHE - Hospital Wide Organizational Support for Geriatric Nursing Practice

THE NEW LANDSCAPE

Preparing More Care of Elderly



Robert Stolarik for The New York Times

SPECIALIZATION Marilyn Lopez, center, and Anessa Uretsky, right, N.Y.U. nurses in geriatrics, with a patient, Geraldine Goldsmith.

By MILT FREUDENHEIM

Published: June 28, 2010





# **NICHE**: Nurses Improving Care for Healthsystem Elders

- NICHE is an international organization designed to help health care professionals in hospitals improve the care of older adults.
- NICHE hospitals seek to create an environment where older adult patients receive care that results in better outcomes.







#### **NICHE PRINCIPLES**

Evidence-based geriatric care at the bedside

Patient/family -centered environments

Healthy and productive practice environments

Values: older adult and staff autonomy
Interdisciplinary collaboration

Access to geriatric -specific resources

Multi-dimensional metrics of quality

Boltz, M., Capezuti, E, & Shabbat, N. (2010). Building a framework for a geriatric acute care model. *Leadership in Health Services*.





### What is the focus of NICHE?



NICHE focuses on programs and protocols that are predominantly under the control of nursing practice.

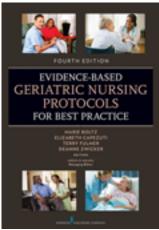
#### **Support Nurses Role:**

- Geriatric competency
- Active role within interdisciplinary team
- Active participant in system-level change









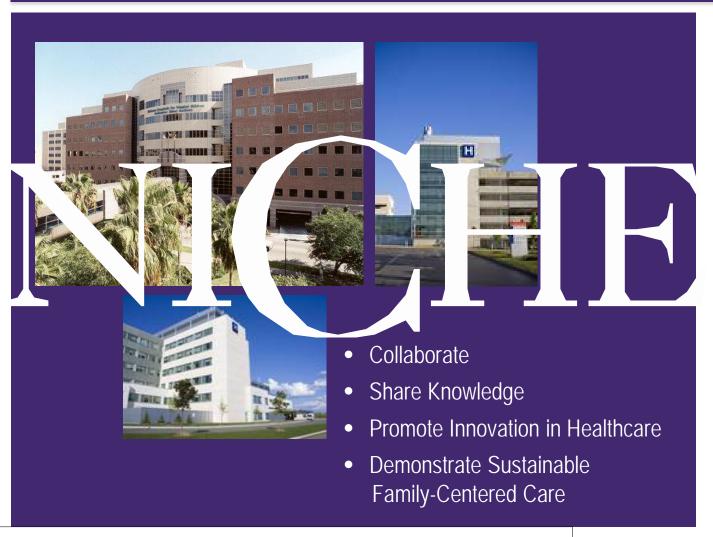
# NICHE is a **technical-resource center** to disseminate evidence-based geriatric quality care practices











#### > 500 health care sites in North







> 20,000 health care providers in North America







#### **Nurses Improving Care for Healthsystem Elders**

**Solution Formulated** An initiative was undertaken, in sollaboration with the communication disorders department to find a method to speed up and enhance communication. Pictograms were proposed as a solution to the problem Pictograms are an established technique to facilitate communication.

Four goals were established for the initiative:

- norease communication involving patients families and the interdisciplinary team about patients' functional abilities and the risecurity
- ◆ Provide a visual means of communications in a strategic local on.
- ◆ Provide a visual means of communications which would be understood by all parties.
- Provide a means of lesting the success of the initiative

There were 46 p stograms developed and agreed upon by the team and independent reviewers to indicate various aspects of a patient's functions capabilities. Fatients, families and team members involved in the project were collectively taught the meaning of each pictogram. On the genatric unit, boards were placed at the foot of each bed facing the patient within s/her requirements for function and safety represented using the relevant pictograms.

**NICHE ROLE** NICHE promotes the idea that patients (and their caregivers) benefit from robust participation in decisions that affect their personal health butcomes. While it is not uncommon for the decision making capacity of older adults to diminish, fluctuate, or lapse, older adults should not be denied the apportunity to make those specific healthcare decisions they are capable of making. Therefore it is imperative that the interdisciplinary team be able to clearly communicate the patient's cinical situation to the all members of the team, the patient and the patient's family

Evaluation/Results After six months, a survey of the program participants on the use of the plotograms revealed that 33% of the respondents were "satisfied/very satisfied" with the improved communication between the patient, family and interdisciplinary team. Generally the communications technique saved time and he ped provide teaching opportunities with patients and families.

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2 Preventing Functions Describe The NICHE GENICAGE Contiourum http://eleamingcenternisheprogram orgicourse/viewphp2is=2

### Share - but ADAPT to your institutional environment





How can we influence the implementation of a hospital









#### **NICHE PRINCIPLES**

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Capacity: The Organization







## **System Wide Implementation**

Promotes hospital's ability to deploy resources in a more efficient and cost effective manner.

### A Systems Approach

- Facilitates implementation across the continuum of care
- Ensures sustainability
- Increases impact
- Engages more staff, leadership, and the community
- Leverages economies of scale costs less

6-week Leadership Training Program – Assess, Adapt, Act











Building Geriatric Capacity - The Foundation: Geriatric Resource Nurse Model







Site Administration

□ Users

Progress Report

Reports

#### **New Courses:**

Introduction to Gerontology (2nd Edition)

View the course

Geriatric Patient Care Associate (GPCA) (Updated, 2nd Edition)

View the course

Critical Care Nursing of Older Adults

View the course

Nursing Care of the Older Adult with Cancer

View the course

Upcoming Live Webinars:



#### Welcome to the NICHE Knowledge Center

Improve your practice using the resources that reside in the NICHE Knowledge Center and the NICHE website. NICHE resources include online educational programs, methodologies and tools developed by experts and experienced NICHE sites and platforms to facilitate interaction with NICHE faculty and other NICHE hospitals. These resources help bridge the training gap and achieve real improvement.

Other tools and resources are continually being developed and added to the Knowledge Center.

Browse by Role Search by Topic Browse by Resource

Or select from the list below:

Leadership Training Program

Training and Education Courses

Planning and Implementation Guide

Organizational Strategies

Clinical Improvement Models

Live Webinars

Archived Webinars

Education Briefs - NEW

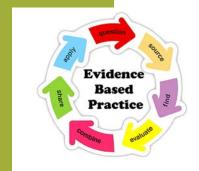
Discussion Forums

Joint Commission Crosswalk

Media Kit & Marketing Resources

NICHE Encyclopedia

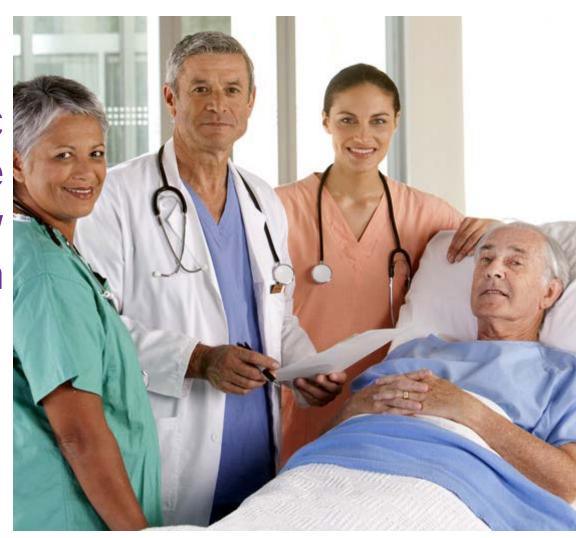
Try NICHE Now (Free Resources)





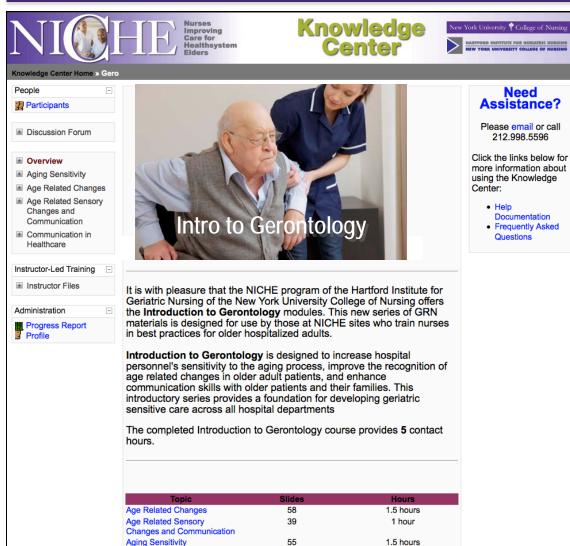


Building Geriatric Capacity: The Interdisciplinary Team









50

1 hour

Communication in Healthcare





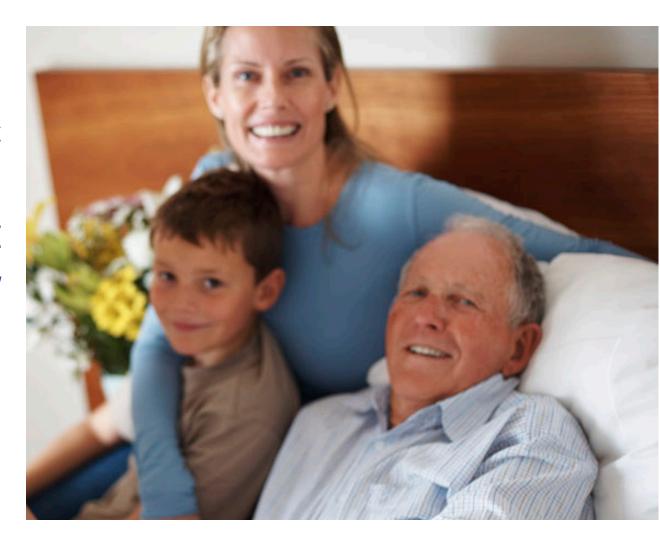


Interdisciplinary rounds promote communication between disciplines, patients, and families





Building Geriatric Capacity: The Patient and Family







Nurses Improving Care for Healthsystem Elders



#### **NICHE SOLUTION '13 · 2011**

COMMUNICATION TO ENHANCE FUNCTION -A COLLABORATIVE APPROACH

#### Authors:

Hazel Johnson RN, BSN, MSN Sonia Barriault RN, BSN Marie Andree Maher MOA, S-LP° Ariane Poulin MPO

Campbellton Regional Hospital Campbellton New Brunswick Canada

PROBLEM: Communication gaps occur among patients, families and interdisciplinary teams caring for the older adult patient.

SOLUTION: A pictogram system was developed to speed and enhance communication between all of the parties involved.

Problem Identified The interdisciplinary team working on the Campbellto Regional Hospital geriatric unit recognized that patients' functional abilities were not consistently and readily communicated to nursing staff, the team, patients and families. The group had attempted several different projects to enhance communication on the unit with only mediocre success.



**Nurses Improving Care for Healthsystem Elders** 



#### NEED TO KNOW BY NICHE : 2010

patients

#### Functional Decline

**Definition:** Physical function is being able to eat, bathe, dress, walk and take medications. Being unable to do one or more of these activities is functional decline.

Why Is It Important? Functional decline happens often in the hospital. Returning to normal takes longer. Other problems can occur. These can include falls, skin troubles, joint pain, and circulatory and respiratory problems. For every day spent in bed it can take two-and-half days to regain the ability to walk.

#### What Can You Do:

- 1. Take part in your or your family member/friend's care. Talk with the doctor and
- Your normal ability to walk, eat, dress, bathe, use the bathroom, climb stairs
- . Discharge goals: living situation and plan for assistance
- . Activity that is safe while in the hospital.
- 2. Request help to be as active as possible:

  - to get up in the chair for meals to sit at the sink and bathe
  - to use the bathroom
- walk in the hall
- If unable to do these things, ask about simple exercises in bed.
- 3. Be safe. Ask for help. Don't get up alone! Wear sturdy footwear.
- 4. Tubes can limit movement. Ask when can they be removed.
- 5. Keep the mind active with music, movies, TV, and puzzles.
- 6. Eat and drink well. Talk with the nutritionist if you don't like the food.
- 7. Get good sleep. Avoid sleeping pills. Let the nurse manager know if noise at night is a problem. Earplugs may be helpful.
- 8. Make sure glasses, hearing aids and other important items are where you need them.

Series Editor: Marie Boltz, PhD, RN . Managing Editor: Scott Bugg

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# Implementation

# Outcomes





# **Building the Evidence**

- GRN Outcomes
- Geriatric Nurse Work Environment
- Fostering Interdisciplinary Research





# **GRN Outcomes**



#### Improved patient outcomes:

- Decreased incidence & severity of delirium <sup>1</sup>
- ✓ Less reported pain, facility-acquired incontinence, and mobility loss and fall-related injuries <sup>2</sup> and facilityacquired pressure ulcers <sup>3</sup>
- ✓ Decreased incidence of pneumonia and UTI rate <sup>3</sup>
- ✓ Decrease in facilityacquired urinary incontinence <sup>4</sup>

## Improved interdisciplinary process measures:

- ✓ Reduction in restraint use 1,2,3,4
- ✓ Increased compliance with protocols <sup>1,2,3,4,6</sup>
- ✓ Improved documentation and family support <sup>4,5</sup>

## Improved clinician competence:

✓ Increase in nurse knowledge and attitudes toward care of hospitalized older adults <sup>1-6</sup>

## Improved organizational outcomes

- ✓ Decreased length of stay (1 day)<sup>2,3</sup>
- ✓ Reduction in readmission rates <sup>3</sup>





**Nurses Improving Care for Healthsystem Elders** 



NICHE Hospitals report the following initiatives and outcomes:

**St. Luke's Episcopal Hospital** implemented improvement processes in the Surgical Observation Unit that reduced older adult patient falls, increased patient satisfaction, and decreased length of stay.<sup>1</sup>

**North Memorial Health Care** implemented the NICHE Geriatric Resource Nurse (GRN) Model on an orthopedic and acute medical surgical unit with key elements targeting delirium. As a result, the incidence of delirium declined from 20% at the start of the program to 4.8% seven months later.<sup>2</sup>

The University of Virginia School of Nursing designed a study that demonstrated





## Implementation Science

- "Implementation research is the scientific study of methods to promote the systematic uptake of proven clinical treatments, practices, organisational, and management interventions into routine practice, and hence to improve health."
- "In this context, it includes the study of influences on patient, healthcare professional, and organisational behaviour in either healthcare or population settings."





## **Evaluating Implementation**

# Models – Research Protocols

- Acute Care for the Elderly Units
- HELP Program (Delirium)

#### **Diffusion Models**

- Facilitating uptake by organizations to embed evidence-based practice
- GRN is only one part of the NICHE Framework



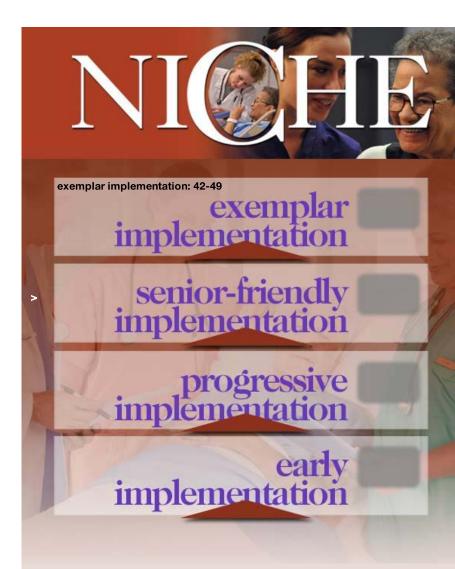




# Building the Evidence

#### **Current Studies**

Medicare Claims
 & NDNQI™ Data







"Nurses Improving Care for Healthsystem Elders, with its emphasis on developing geriatric appropriate nursing practices throughout a hospital environment, was seen as a model on which organizations could **build a foundation** to improve a hospital's culture of quality and safety of inpatient care for older adults. This model facilitates more-effective communication and collaboration in the care of elders, to stimulate changes in the culture of health care facilities with the goal of providing patient-centered care."

#### **DELIVERY INNOVATIONS**

By Bruce Leff, Lynn H. Spragens, Barbara Morano, Jennifer Powell, Terri Bickert, Christy Bond, Peter DeGolia, Michael Malone, Catherine Glew, Sindy McCrystle, Kyle Allen, and Albert L. Siu

INNOVATION PROFILE

Rapid Reengineering Of Acute Medical Care For Medicare Beneficiaries: The Medicare Innovations Collaborative



DOI: 10.1377/hlthaff.2011.1187 HEALTH AFFAIRS 31, NO. 6 (2012): 1204–1215 ©2012 Project HOPE— The People-to-People Health Foundation, Inc.





# **Building the Evidence**

- GRN Outcomes
- Geriatric Nurse Work Environment
- Fostering Interdisciplinary Research



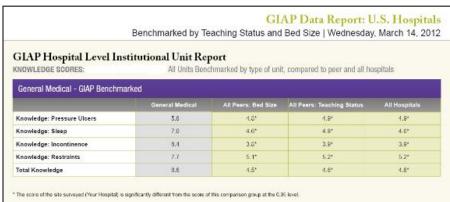


# **GIAP:** Geriatric Institutional Assessment Profile

- Benchmarking tool used by >300 NICHE hospitals
  - Represents > 42 US states& 3 Canadian provinces
  - > 95,000 completed surveys in our database
- Assess staff knowledge & attitudes towards older adults

- Assess geriatric-specific nursing practice environment: staff perception of institutional barriers/facilitators and supports for quality geriatric care
- Benchmarking: Provide data for improving services
- Research: Evaluates factors associated with quality elder care







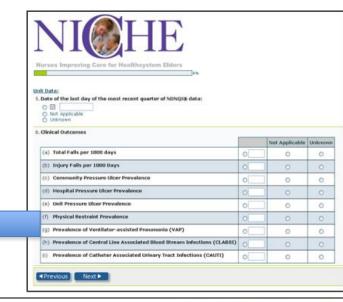


#### **GIAP:** Geriatric Institutional

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- Benchmarking: Provide data for improving services
- Research: Evaluates factors associated with quality elder care

Capezuti, E., et al (2013). Utilization of a benchmarking database to inform NICHE implementation. Research in Gerontological Nursing, 6(3), 198-208.



#### GIAP Data Report: U.S. Hospitals Benchmarked by Teaching Status and Bed Size | Wednesday, March 14, 2012 GIAP Hospital Level Institutional Unit Report KNOWLEDGE SCORES: All Units Benchmarked by type of unit, compared to peer and all hospitals General Medical - GIAP Benchmarked All Hospital Knowledge: Pressure Ulcers 7:0 4.9" 4.85 Knowledge: Sleep Knowledge: Incontinence 6.4 3.8\* 3.9\* 3.9\* 5.1\* 5.25 5.2" Knowledge: Restraints Total Knowledge 6.6 4.5 4.8\* 4.8"

\* The score of the site surveyed (Your Hospital) is significantly different from the score of this comparison group at the 0.05 level





#### **Nurse Practice Environment**

"The organizational characteristics of a work setting that facilitate or constrain professional nursing practice" (Lake, 2002, p. 178)

Autonomy
Control over resources
Positive relationships with physicians





What is the relationship between nurses' perceptions of the geriatric nursing practice environment & their perceptions of the quality of geriatric care?

## Geriatric Nursing Practice Environment

## Nurse-Perceived Quality of Geriatric Care:

- Institutional Values about Older Adults and Staff
- Capacity for Collaboration
- Resource Availability

Aging-Sensitive Care Delivery





#### Main Findings (N= 10,087 RNs from 88 Hospitals)

#### The geriatric nursing practice environment:

- Has a statistically significant positive relationship with quality of geriatric care (independent contribution of all three dimensionsresource availability, institutional values, and capacity for collaboration)
- Can positively influence the geriatric care delivery provided by nurses with diverse demographic and professional characteristics in a variety of acute care settings





(N=166 RNs from 3 Hospitals)

The **Geriatric** NPE & all 3 subscales significantly associated with Nurse-Perceived Quality of Geriatric Care

The **General** Practice Environment Scale of the Nursing Work Index (PES-NWI) **Not Associated** with Nurse-Perceived Quality of Geriatric Care





Findings suggest that providing quality geriatric care may require more than an NPE that supports nurses' general skill building & professional advancement.

Nurses can provide highquality geriatric care in hospitals where the unique needs of older adults are valued, collaboration across disciplines is systematically supported, & various geriatric resources are provided.







# **NICHE**: Optimizing the Geriatric Nursing Practice Environment











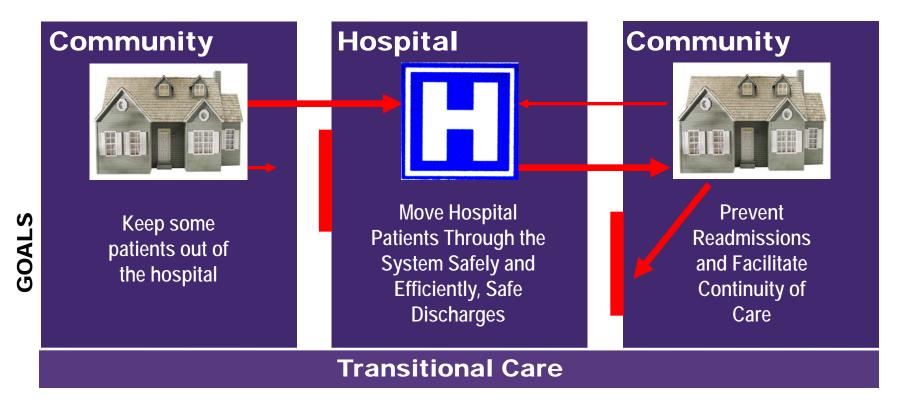


## **Building the Evidence**

- GRN Outcomes
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2013		Specialty Care	Subacute Care
2014	Ambulatory Care		Home Care

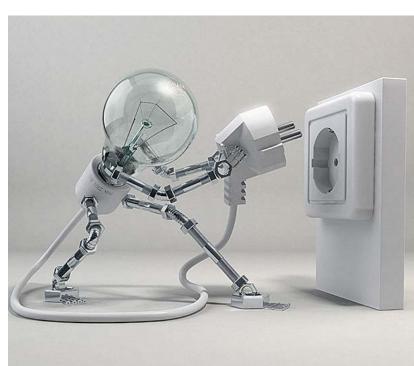




Hospitals with good "general" NPE do not necessarily also provide quality geriatric care

Organizational support for geriatric nurse practice will yield positive outcomes

Quality geriatric care is well aligned with improving safety & outcomes of hospitalized older adults



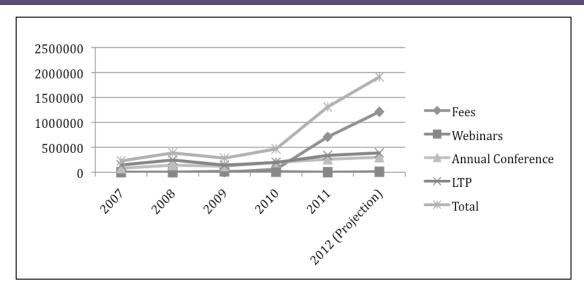




## **Ensuring Sustainability**

## **NICHE Business Model**

"Capacity Building for Model Expansion of NICHE Program"
Funded by The Atlantic Philanthropies (USA) Inc., 2007-2012



Retention Rates **95-100%** since 9/2011

Capezuti, E., Bricoli, B., & Boltz, M. (2013). NICHE: Creating a Sustainable Business Model to Improve Care of Hospitalized Older Adults. *Journal of the American Geriatrics Society*.





Good luck with your journey to improve care of older adults across









**2015 Annual NICHE Conference, April 14-17, 2015**Walt Disney World Swan and Dolphin, Orlando, FL

2016 Annual NICHE Conference, April 17-20, 2016 Chicago Marriott Downtown Magnificent Mile, Chicago, IL

NICHE 25th Anniversary 2017 Annual NICHE Conference, April 19-22, 2017 - 4 Days! JW Marriott Austin, Austin, TX

**2018 Annual NICHE Conference, April 10-13, 2018 - 4 Days!** Atlanta Marriott Marquis, Atlanta, GA

2019 Annual NICHE Conference, April 9-12, 2019 - 4 Days! Walt Disney World Swan and Dolphin, Orlando, FL

### **Questions? Thank you!**