Senior Friendly Initiatives

Presented by: The Inpatient Elder Care and Rehabilitation Committee
Our Hospital

- Emergency Department
- Medicine Department
  - Local (22 Beds)
- Rehabilitation
  - Stroke Rehabilitation (Regional – 6 Beds)
  - Geriatric Rehabilitation (Regional – 4 Beds)
- Complex Continuing Care
  - Local (5 Beds)
2013–2015 Goals

1. Rehab IPAD Program
2. HGMH Therapeutic Garden
3. Patient Care Board
4. “Up for Lunch” Tracking
GOAL #1: Rehab IPAD Program
Program Objective

- To promote multiple senses (including visual, perceptual, intellectual), and enhance patient social connectedness and psychological wellbeing.
Making the IPAD User Friendly for Any Age Group

- Simple background
- No log-on information required
- Protective case & stylus provided (Infection Control approved)
- Wondering alarm secured on
- Apps were all free for trial
- No user footprint

![Image of an older woman and a young boy using a tablet computer.](image)
The Rehabilitation Team identifies patients who would benefit from the IPAD and selects patient-tailored Apps that will challenge them in their recovery while in hospital.

- 15 minute orientation to the IPAD, in a 1:1 session with the Activity Coordinator
- Patient has the IPAD for ~ 24 hours
- Experience Review with the Activity Coordinator
# Categories

## Stroke Info:
- IBook: Patient and Family Guide to Stroke Care
- YouTube: Stroke Overview

## News
- Cornwall News (direct link)
- Radio Canada
- CBC News

## Music
- CBC Radio
- Songza

## TV
- CBC TV (French & English)

## Other:
- Calendar
- My Mail
- Skype

## Games:
- Memory Match
- Flow Free
- Doodle Find
- Solitaire
- Animal Spot

## Brain Games:
- Lumosity (hospital has full license access)
- Fit Brains
- Visual Attention

## Talk/Read
- Language Therapy
- Verbally
- Dragon dictation
- Voice Dream
# IPAD App Training List

<table>
<thead>
<tr>
<th>Patient Room Number:</th>
<th>Date Requested:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>IPAD App</th>
<th>IPAD App</th>
</tr>
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<tbody>
<tr>
<td>iBooks</td>
<td>Mem Matches</td>
</tr>
<tr>
<td>YouTube</td>
<td>Flow Free</td>
</tr>
<tr>
<td>Cornwall News</td>
<td>Doodlefind</td>
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<tr>
<td>Radio-Canada</td>
<td>Solitaire</td>
</tr>
<tr>
<td>CBC News</td>
<td>Find Fast Animal</td>
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<td>Luminosity</td>
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<td>Songza</td>
<td>Fit Brain</td>
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<td>CBC TV</td>
<td>Visual Attention</td>
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<td>ICI Tou.tv</td>
<td>Language Therapy</td>
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</table>

<table>
<thead>
<tr>
<th>Dictation</th>
<th>Verbally</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voice Dream</td>
<td>Email</td>
</tr>
<tr>
<td>Super note</td>
<td>Skype</td>
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</tbody>
</table>

**Comments**
**IPAD Checklist**

- **Before use:**
  - Clean IPAD with disinfecting wipe
  - Select language for user (FR/EN)
  - Teach brightness/volume adjustments
  - Teach how to activate/exit sleep mode
  - App orientation x 15-20min

- **Upon return:**
  - Answer usage questions
  - Provide Feedback Survey
  - Clean with disinfecting wipe
  - Delete Skype contacts
  - Sign out of email app
  - Delete all notes (Dragon & SuperNote)
  - Collect survey
  - Document hardware/usage issues
IPAD Trial: Client’s Perspective (STROKE)

1. Do you like using the IPAD?

| 1 | 2 | 3 | 4 | 5 |

2. Does using the IPAD help you feel more connected to the outside world?

| 1 | 2 | 3 | 4 | 5 |

3. Does using the IPAD help you keep busy during the “off hours” i.e. a night and on weekends?

| 1 | 2 | 3 | 4 | 5 |

4. Have you learned more about your stroke using the IPAD?

| 1 | 2 | 3 | 4 | 5 |

Thanks for your help! We appreciate your feedback!

Rehab Team
1. Do you like using the IPAD?

1 2 3 4 5

2. Does using the IPAD help you feel more connected to the outside world?

1 2 3 4 5

3. Does using the IPAD help you keep busy during the “off hours” i.e. at night and on weekends?

1 2 3 4 5

Thanks for your help! We appreciate your feedback!

Rehab Team
Patient Thoughts

“I think it would be a super idea to have an IPAD for the rehab unit. I went and bought myself one just before I left rehab. I feel it would be a huge success for working on memory for the patients because it helped me very much.”

“Because of the computer age, I feel an IPAD would be a very valuable addition to the unit”
Goal #2: HGMH Therapeutic Garden

- **Project SOIL**: is a feasibility study that explores the on-site food production for public institutions (Wilfrid Laurier University)
- 5 pilot initiatives including HGMH (only hospital setting)
- Goal is to encourage patients to participate in
  - Planting the garden and greenhouse
  - Maintaining/Weeding
  - Cultivation
  - Healthy Meal Preparation
  - Healthy Eating
4 Wheelchair accessible raised garden beds were installed in 2011 to benefit hospital patients as part of the “Stretch Your Limbs, Grow Your Food, Lift Your Spirits” initiative sponsored by the Hôpital Glengarry Memorial Foundation and the Healthy Communities Fund. Produce from the garden is used in seasonal cooking workshops for the Rehabilitation programs and in the salad bar in the cafeteria.
The garden expanded to having some planting area around the raised beds and a greenhouse.

Wilfrid Laurier University are expanding their research program by looking into SPIN farming (Small Plot Intensive Farming) which could see the garden expand to 1 to 1 ½ acres.
Benefits of Therapeutic Gardens

- Enhance cognitive functioning & problem solving (Lee et al., 2008)
- Improve concentration (Taylor et al., 2001)
- Stimulate memory (Lee et al., 2008)
- Improve attentional capacity (Taylor et al., 2001)
- Improve quality of life (Davies, 2014)
- Increase self-esteem (Pothukuchi et al., 2001; Gurski, 2004)
- Improve participation in ADLs (Brown et al, 2004)
- Reduce stress & Improve mood (Wichrowski et al., 2005)
- Increase & Improve social integration (Perrin-Margalis et al., 2000)
- Decrease heart rate (Wichrowski et al., 2005)
- Improve physical health (Rodiek, 2002)
- Improve fine & gross motor skills & hand-eye coordination (Wichrowski et al., 2005; Park et al., 2009)
- Improve balance, range of motion, coordination, muscular strength (Davies, 2014; D’Andrea et al. 2007)
- Increase healthy fruit and vegetable consumption (Davies, 2014; Sommerfield et al., 2010)
“I grew up on a farm, planting. But I never used raised beds so that was new and I didn’t realize that they would work so well. I was worried I would not be able to participate in a wheelchair.”

“You just have an overall good feeling, feel good about yourself doing something useful. It helped me with my endurance because it is good physical work!”

“My left hand has improved from 100% before the stroke to 0% when I came here, now it is 70%. I love working in the garden because I had to use my hand to water the vegetables and use my strength and my two fingers for pulling the weeds.”
HGMH Therapeutic Garden
Goal #3 Patient Care Board

BEFORE

AFTER
Patient Transfer Logo

- Minimal Assist
- Supervision
- Independent
Patient Mobility Aid Logo
Patient Eating Aid Logo

- Assistance
- Supervision
- Set-Up Mise-En-Place
- Independent
Patient “Additional Icons”

- W/C Tray Table
- Sling
- Hemi Sling
- Anti-spastic Splint
- Resting Splint
- AFO
- Glasses
- Dentures
- Hearing Aids
Goal #4 “Up for Lunch”

Options include:
- BED
- CHAIR (patient room chair OR wheelchair)
- VACANT

PSW track daily on both Medicine & Rehab units

Statistics are collected monthly
# Quarter #3 Results (Oct–Dec 2014)

<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
<th>SUM</th>
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<tbody>
<tr>
<td>CHAIR</td>
<td>241</td>
<td>306</td>
<td>219</td>
<td>766</td>
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<tr>
<td>BED</td>
<td>42</td>
<td>63</td>
<td>57</td>
<td>162</td>
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<td>TOTAL</td>
<td>283</td>
<td>369</td>
<td>276</td>
<td>928</td>
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<table>
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<tr>
<td>CHAIR</td>
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<td>354</td>
<td>322</td>
<td>921</td>
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<tr>
<td>BED</td>
<td>6</td>
<td>2</td>
<td>3</td>
<td>11</td>
<td>1.2%</td>
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<tr>
<td>TOTAL</td>
<td>251</td>
<td>356</td>
<td>325</td>
<td>861</td>
<td>100.00%</td>
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How many of our Patient Lunches are Served in Bed vs. Chair?

<table>
<thead>
<tr>
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<th>Total Lunches Served (Oct-Dec)</th>
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<tbody>
<tr>
<td>Rehab</td>
<td><img src="image" alt="Red Bar Chart" /></td>
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<tr>
<td>Medicine</td>
<td><img src="image" alt="Red and Blue Bar Chart" /></td>
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</table>

- **Rehab**: Total lunches served in bed vs. chair.
- **Medicine**: Total lunches served in bed vs. chair.

Legend:
- Patient in chair
- Patient in bed
When are Lunches Served in Bed? Quarter #3 (Oct–Dec)

<table>
<thead>
<tr>
<th>OCT-DEC</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
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<td>24</td>
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<td>9</td>
<td>27</td>
<td>23</td>
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<td>162</td>
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<tr>
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<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>4</td>
<td>4</td>
<td>11</td>
</tr>
</tbody>
</table>

![Graph showing the total number of lunches served in bed over the week from Oct-Dec.](graph.png)
THANK YOU!

QUESTIONS?