



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

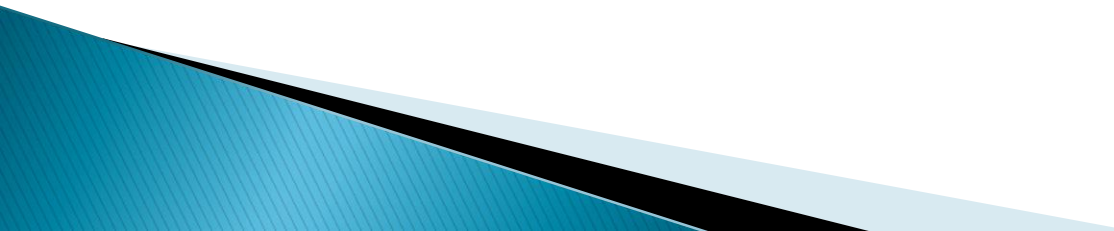
- ▶ To promote multiple senses (including visual, perceptual, intellectual), and enhance patient social connectedness and psychological wellbeing.

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



Procedure

- ▶ 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

Patient Room Number: _____

Date Requested: _____

✓	IPAD App	✓	IPAD App
	iBooks 		Mem Matches 
	You Tube 		Flow Free 
	Cornwall News 		Doodlefind 
	Radio-Canada 		Solitaire 
	CBC News 		Find Fast Animal 
	CBC Radio 		Luminosity 
	Songza 		Fit Brain 
	CBC TV 		Visual Attention 
	ICI Tou.tv 		Language Therapy 

	Dictation 		Verbally 
	Voice Dream 		myMail 
	Super note 		Skype 

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

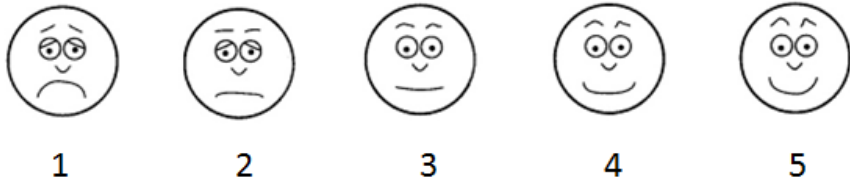
Comments

Form with 15 horizontal lines for writing comments.

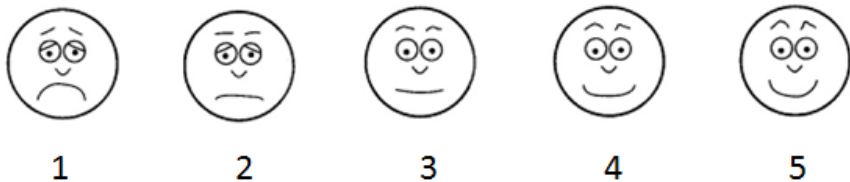
Thanks for your help! We appreciate your feedback!

IPAD Trial: Client's Perspective (GERIATRIC/ A&R)

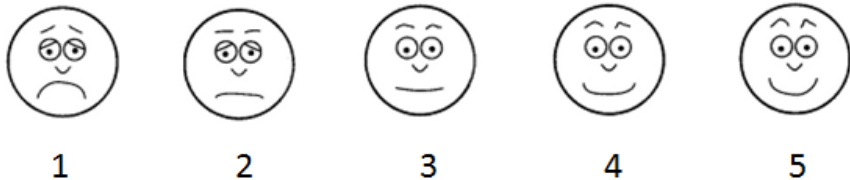
1. Do you like using the IPAD?



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



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



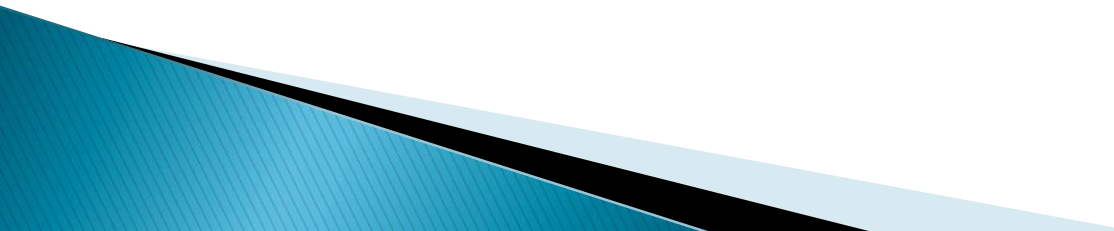
Comments

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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



HGMH Therapeutic Garden

- ▶ 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



Therapeutic Garden

- ▶ 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)

Patient Quotes

- ▶ “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

Changary Plezoria Hospital
Hospital Changary Plezoria

Patient's Name: [REDACTED]
Attending Physician: Dr. Kucherepa
Assessment Date: Jan 14/2015


MINIMUM ASSISTANCE TRANSFER
Will Need Physical Help

Transfer Belt at Bedside

Weight Bear Status: equal full

Mobility: One Person Two People
 Special Needs

Aids: Cane Standard Walker 2 Wheeled Walker
 4 Wheeled Walker


Fall Risk: Side Rails Up one two
 Bed Restraint Chair Restraint Lap Belt
 Broda Chair Bed Alarm

Security aid # _____

AFTER

Dr. Kucherepa


TRANSFER



MEALS ALIMENTATION


Set-Up
Mise En Place

MOBILITY AID
AIDE A LA MARCHÉ



NOTES

Home Phone
8-613- [REDACTED]

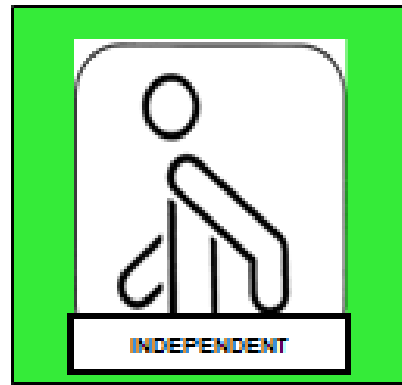
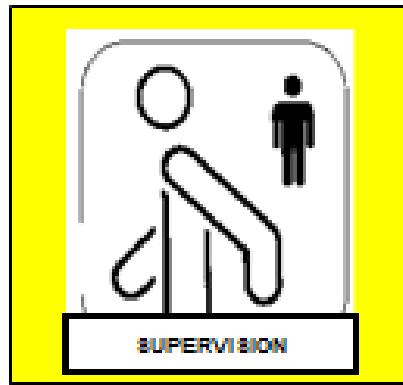
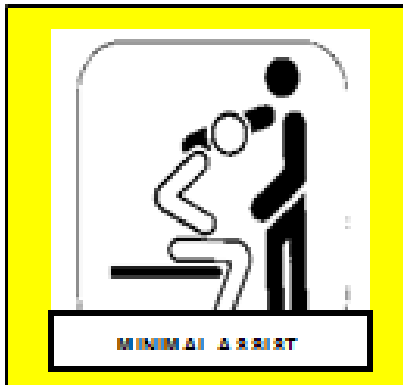
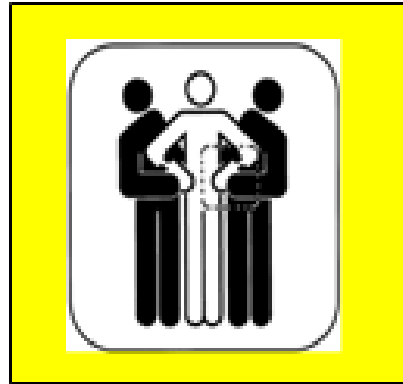


Dentures Glasses

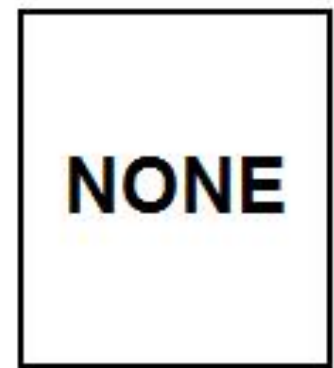
Dec 19/14



Patient Transfer Logo



Patient Mobility Aid Logo





Patient Eating Aid Logo

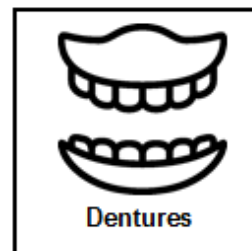
Assistance

Supervision

Set-Up
Mise-En-Place

Independent

Patient “Additional Icons”



Goal #4 “Up for Lunch”

B= Bed
C=Chair
V= Vacant Bed

Lunch Time Tracking Tool:

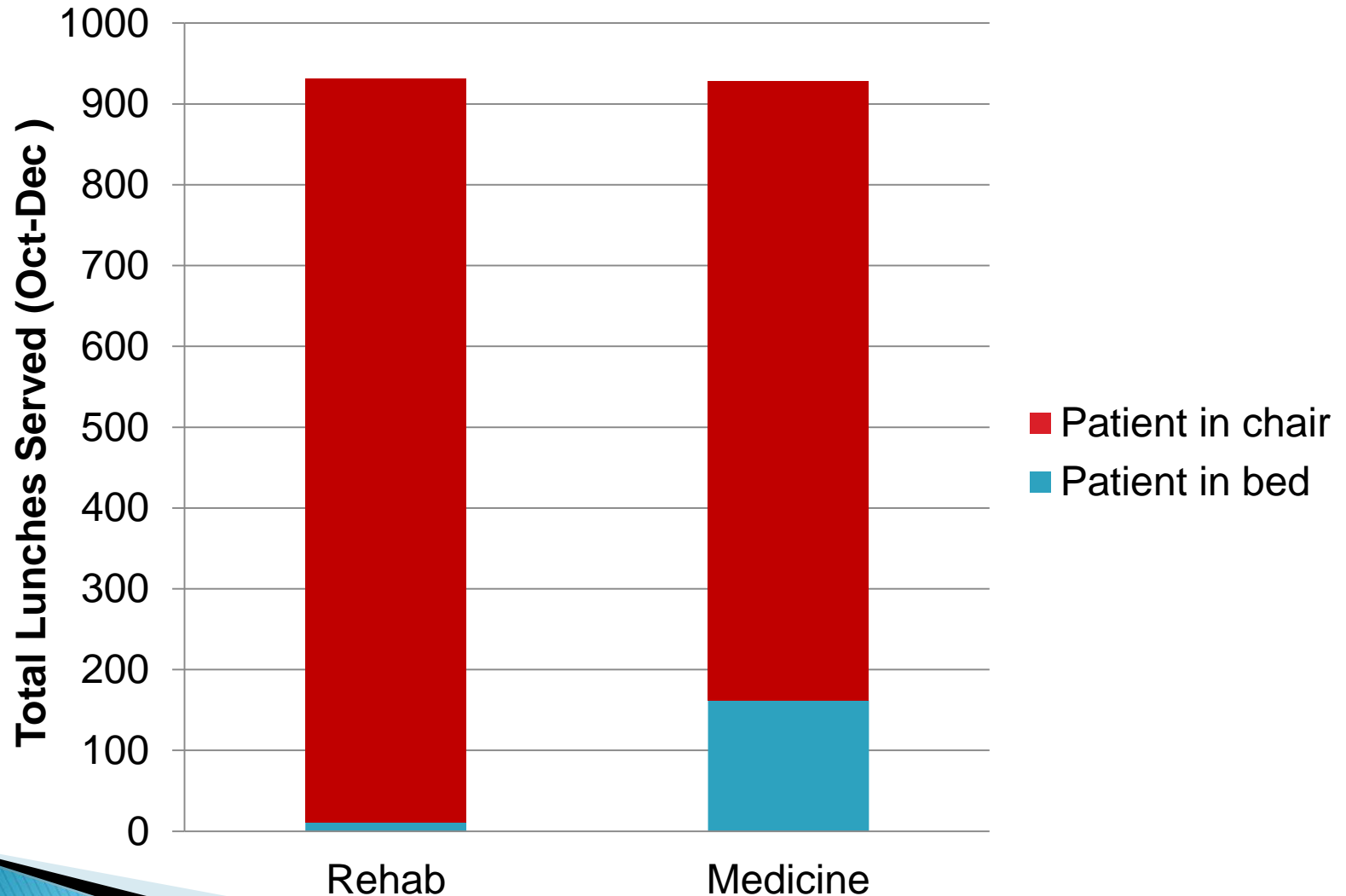
Room Number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Bed 1							
1 Bed 2							
1 Bed 3							
2 Bed 1							
3 Bed 1							
3 Bed 2							
4 Bed 1							
4 Bed 2							
4 Bed 3							
4 Bed 4							
5 Bed 1							
6 Bed 1							
6 Bed 2							
7 Bed 1							
7 Bed 2							
8 Bed 1							
8 Bed 2							
8 Bed 3							
8 Bed 4							
9 Bed 1							
10 Bed 1							

- ▶ 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)

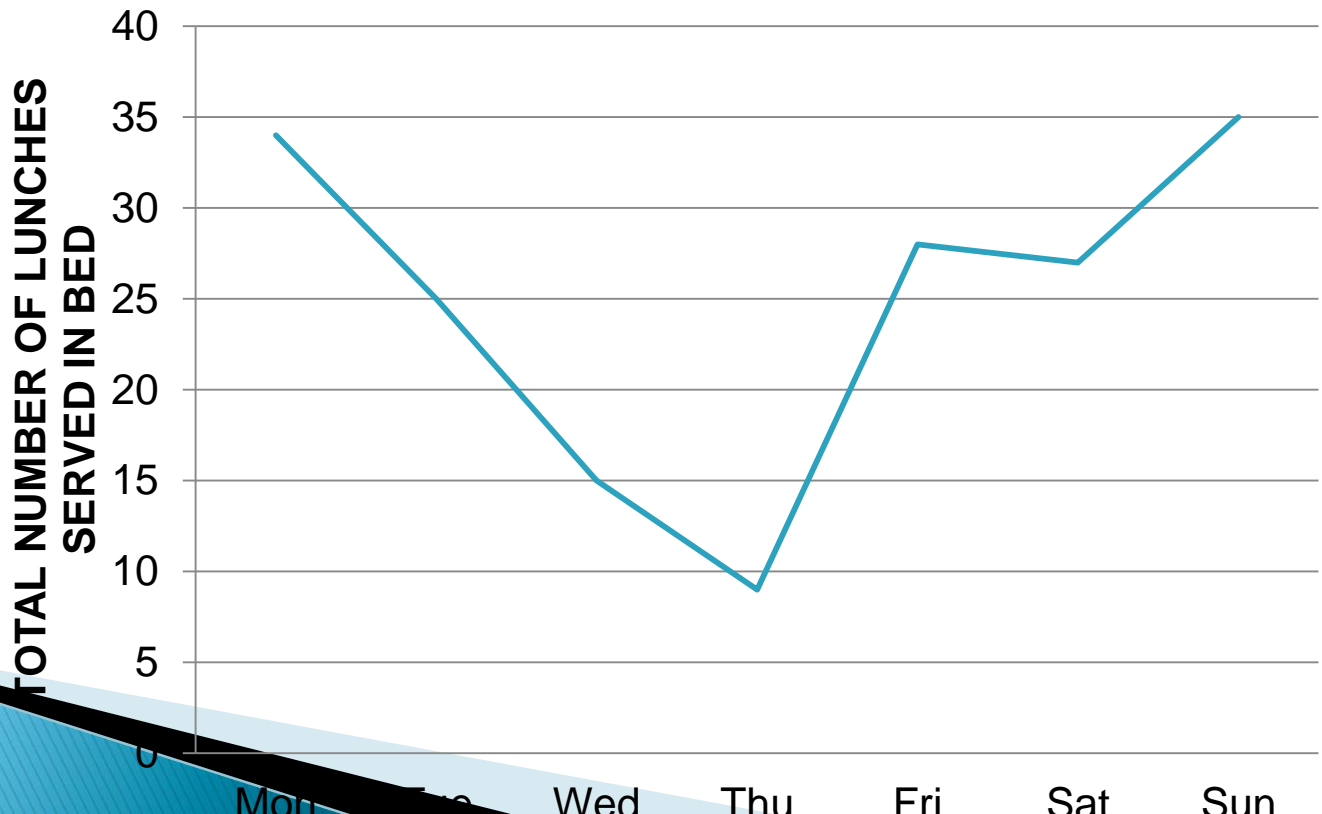
MEDICINE	OCT	NOV	DEC	SUM	%
CHAIR	241	306	219	766	82.5%
BED	42	63	57	162	17.5%
TOTAL	283	369	276	928	100.00%
REHAB					
CHAIR	245	354	322	921	98.8%
BED	6	2	3	11	1.2%
TOTAL	251	356	325	861	100.00%

How many of our Patient Lunches are Served in Bed vs. Chair?



When are Lunches Served in Bed? Quarter #3 (Oct-Dec)

OCT-DEC	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
MEDICINE	33	24	15	9	27	23	31	162
REHAB	1	1	0	0	1	4	4	11



THANK YOU!

QUESTIONS?

