

The image shows the cover of a spiral-bound notebook. The cover is a light beige or tan color with a fine, woven texture. A silver metal spiral binding is visible along the left edge. The notebook is set against a solid brown background. The title 'Aggregate Reports in COLLAGE' is printed in a large, black, serif font across the middle of the cover. Below the title, the subtitle 'Using What you Have' and the authors' names 'Kathy Hauser' and 'Carolina Meadows' are printed in a smaller, black, serif font.

Aggregate Reports in COLLAGE

Using What you Have

Kathy Hauser

Carolina Meadows

Initial Objectives

- Collect Data
 - CQI and accreditation
 - Program Development
- Develop individualized care plans
 - Interview-opportunity for intervention
 - Referral to existing programs and resources

One Year Later

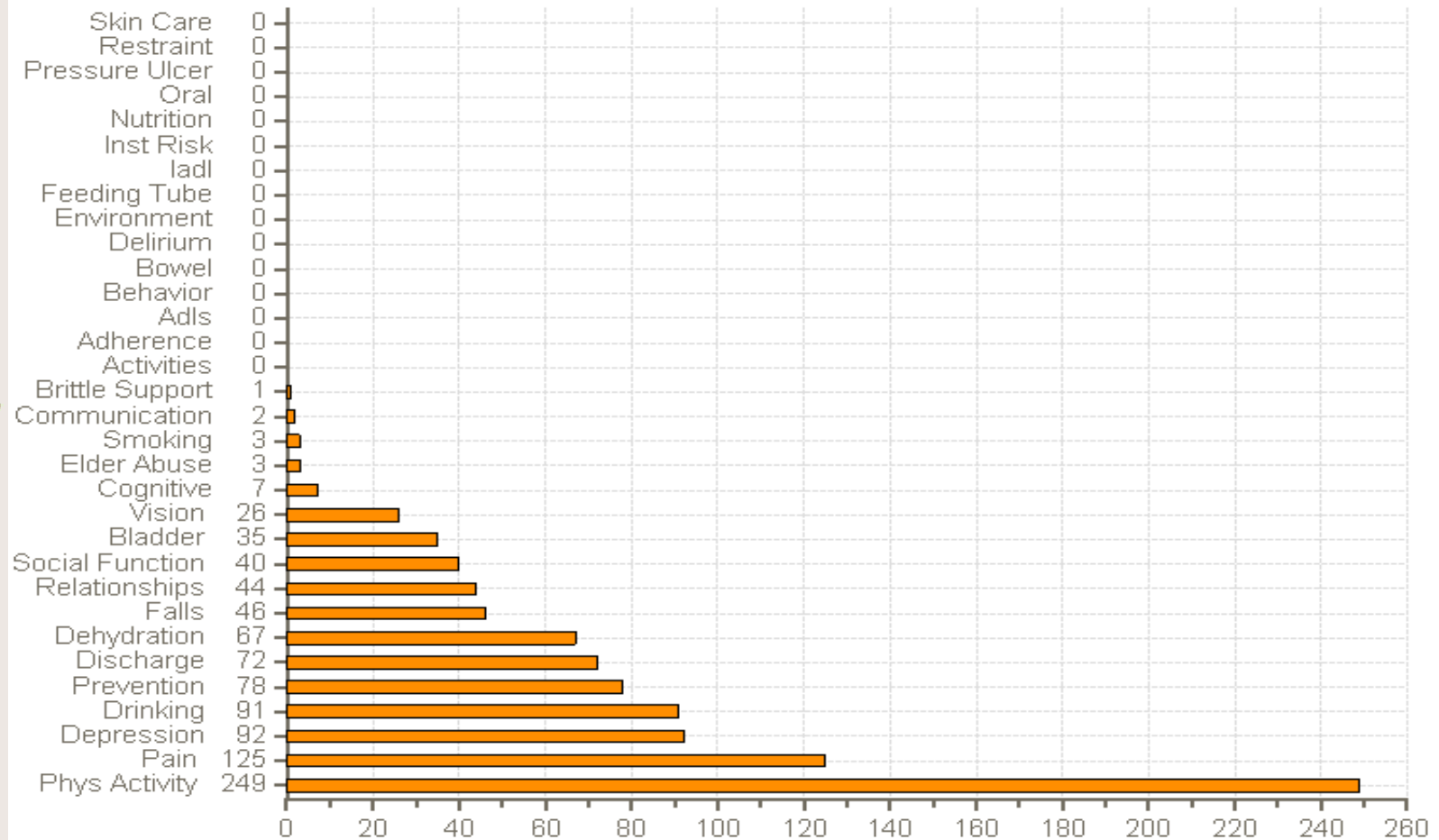
- Identified top 5 CAPS
- Reviewed current practices
- What else can we be doing?
- Review data quarterly

Top 5 CAPS

- Physical Activity---64%
- Pain---32.7%
- Drinking---24.2%
- Depression---23.1%
- Dehydration---18.6%

2007-2008 Aggregate CAP

Based on 386 residents





Review current intervention

- Physical Activity
 - Review current physical activity
 - Develop exercise plan
 - Connect to goals
 - Refer to PT, personal trainer, exercise classes, equipment orientations, etc.

Current interventions

- Pain
 - Review current pain control
 - Discuss alternative interventions
 - Refer to MD, pain clinic, acupuncture, massage, PT, self-hypnosis

Current Interventions

- Dehydration
 - Review intake
 - Review how to increase based on routine
 - Use of water bottles
 - Pitcher on counter
 - Associate with current symptoms
 - Discuss influence of heat, exercise, illness, and medications

Current Interventions

- Drinking
 - Define moderate intake
 - Associate alcohol intake with fall risk, BP, weight gain, sleep problems
 - Use CAGE if appropriate and ok with resident
 - Refer to MD, counseling, AA, social worker

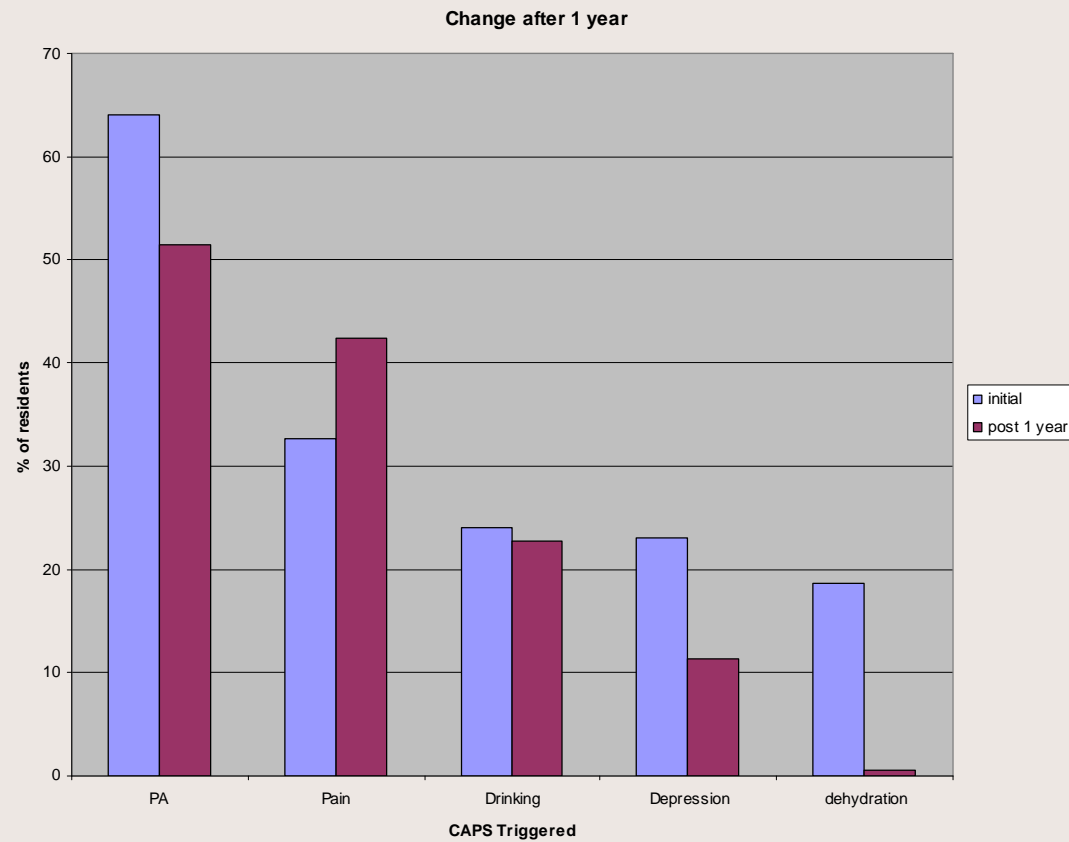
Current Interventions

- Depression
 - Review Symptoms
 - Utilize GDS if necessary
 - Discuss non pharmacological interventions
 - Refer to MD, therapist, social worker

What Else Can We be Doing?

- Data from 2nd year not available yet
- Continued current interventions
- Common sense additions
 - Follow up on personal trainer referrals
 - 3 mo follow up
 - Reminder posters to drink water
- Various speakers
 - Pain
 - Depression
 - Drinking
 - Acupuncture demo

Change post intervention

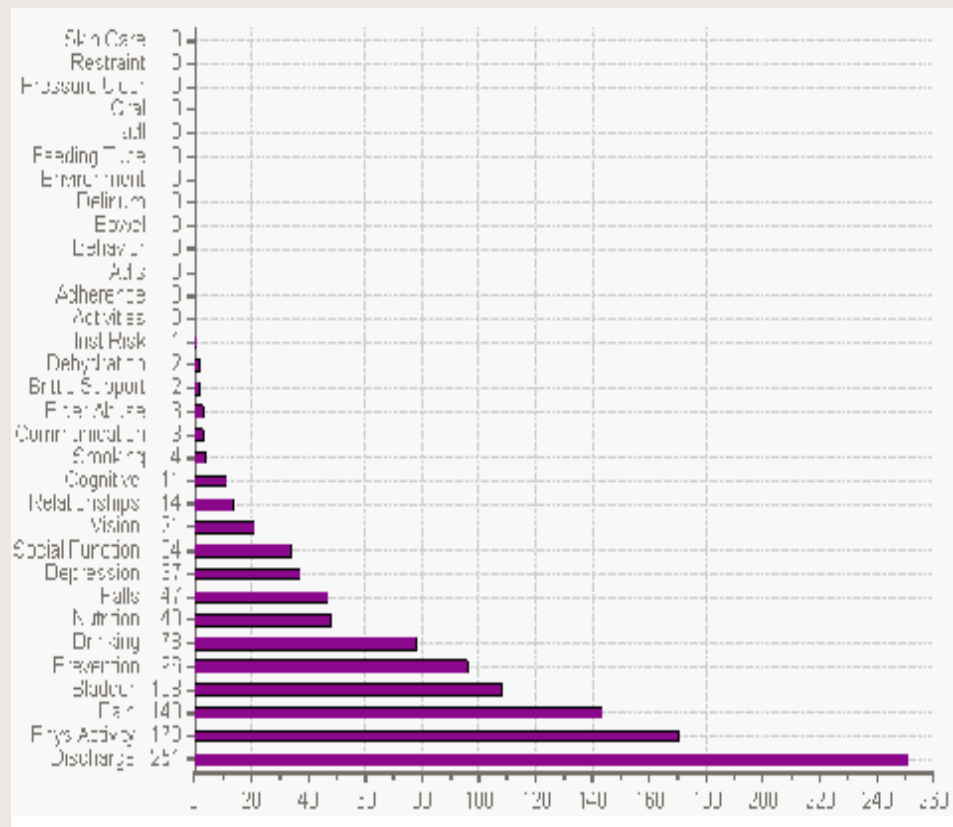


Pain CAP

- 143 residents triggered
- Pain control (based on 336 assessments)
 - Answered 4 or 5 (inadequate control)-48
 - Answered 0 (no issue of pain)-171
 - Answered 1 (pain intensity acceptable)-53
 - Answered 2 (controlled adequately)-60
 - Answered 3 (controlled when therapeutic regime followed but not always followed)-0
 - Blank-5

2008-2009 Aggregate CAPS

Based on 336 assessments



What Next?

- Focus on Pain, Bladder, and Prevention
- Review current interventions
- Compare to National Repository
- Drill down to see how individual CHA questions were answered
 - Using aggregate data reports (criteria builder)
 - Connection to Database
- Base programs on above findings