

Assessment Data and Program Development

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COLLAGE Process



- Community Health Assessment (CHA) is completed prior to the residents annual exam
- Chart review is completed at this time
- Healthy Aging Plan (HAP) is printed out and reviewed with resident
- Blank hard copy of the Wellness Assessment form is given to the resident to take home and fill out

Sample Healthy Aging Plan (HAP)

At A Glance Healthy Aging Plan
Prepared on 8/19/2009 9:41:55 AM
by Terri Lanham

My Healthy Aging Plan has indentified the following areas where improvement might be possible. I will work with my health care professionals in the coming year to look for ways to improve those areas that have been marked 'Yes':

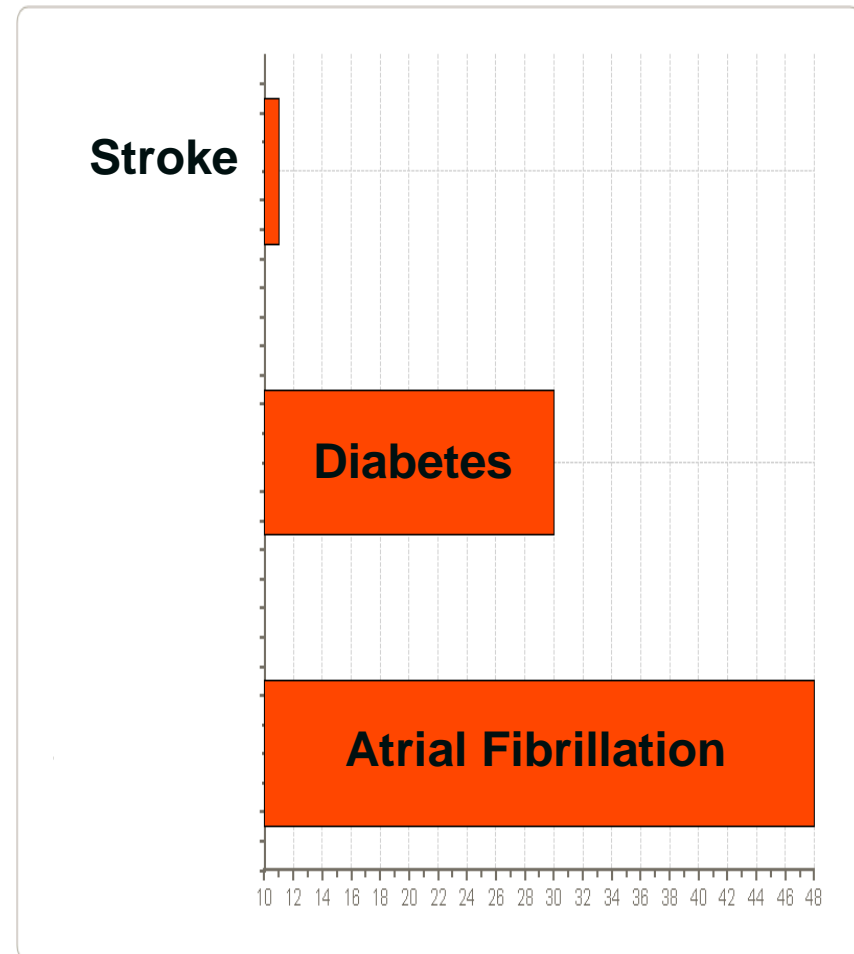
Possible Areas for Improvement	Yes	No	Comments
Falls and Balance			Will refer to P.T for a Balance Master evaluation. Handout on falls prevention. MOB class
You have not had the following preventative procedures and treatments within the recommended time period			
Preventive Treatments and Procedures	Yes	No	Comments
Hearing exam in last year			Schedule with Audiologist at next Kendal visit
Clinical Assessment Protocols (CAPs)	Yes	No	Comments
Physical activity promotion			Will talk to Dianne after Wellness form completed
Social relationships			Talk with Social Service team to find a caregivers support group
Other	Yes	No	Comments
Bladder issues			Handout on incontinence. Bladder issues seminar
Insomnia			Handout on insomnia. Talk with CNP
Low fluid intake			Handout on Dehydration

Utilizing COLLAGE Data

- Health Care Quality Management Committee which members include board members (on and off campus) residents, Medical Director, DON, NP and the Chief Health Services Officer
- This committee works on quality indicators
- Meeting every other month to discuss community issues/concerns

- How many residents with diagnosis? (graph)
- Additional questions
 - How many are female or male?
 - Are they on medication for diagnosis?

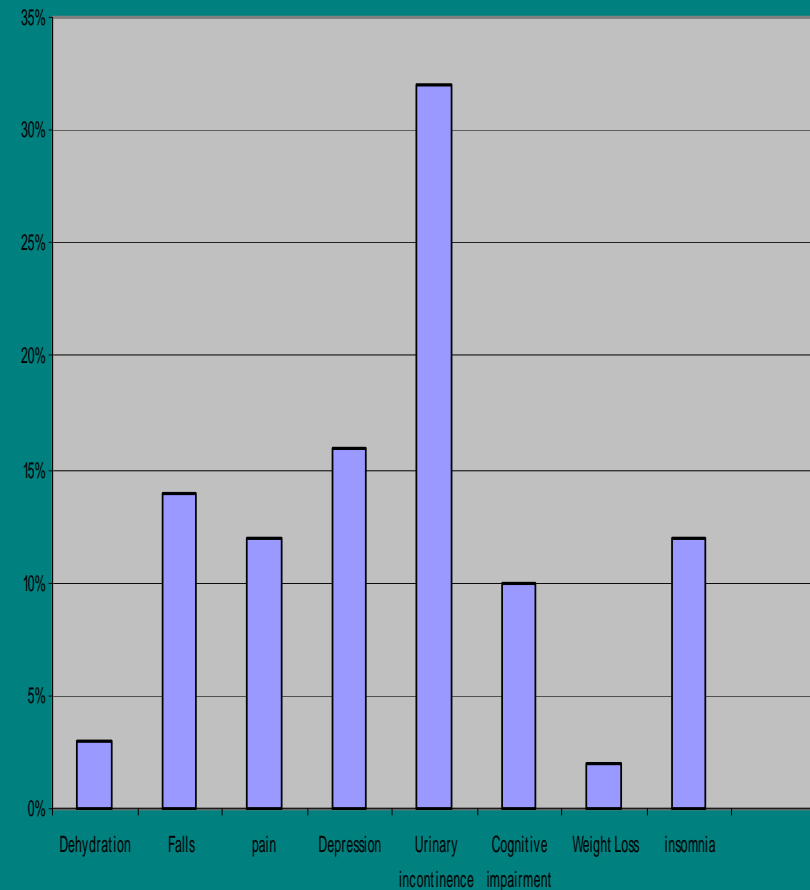
Aggregate Report - CHA Diseases (Based on 310 current assessments)



Report generated 8/19/2009 2:46:00 PM

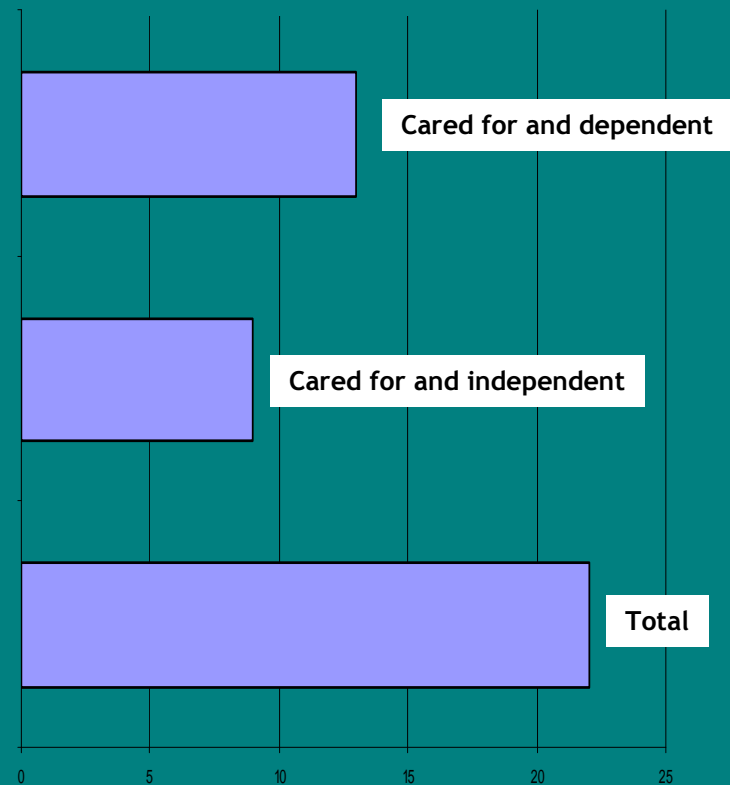
Utilizing COLLAGE Data (cont')

- Teamed up with the First Thursday Lecture chair person
- Printed out graph of community issues
- Checked repository reports for percentages from previous years
- Have had speakers come in on depression, pain, incontinence & dementia
- Matter of Balance class



Utilizing COLLAGE Data (cont')

- Social service asked for information for upcoming caregivers support group
- Who are the residents who live in our community with dementia?
- Who has care given at home but are still independent?
- Who is dependent on a caregiver in the home?



Utilizing COLLAGE Data (cont')

- Partnering with the Health Center to create a day program for our independent residents who have dementia issues.
- Providing respite for spouse and/or caregiver.
- Providing vocational, educational, recreational, and socialization opportunities.

Bladder Health/Biofeedback

- COLLAGE data showed high incidence of bladder challenges
- Our program includes:
 - Complete history and physical
 - Bladder diary
 - Instruction on “pelvic” floor exercises (“Kegel” and “Beyond Kegels”)
 - Bladder exam/Bladder scan
 - Bladder training
 - Pharmaceutical interventions, as necessary

Bladder Health/Biofeedback

(cont')

- 30 residents involved
- Up to bathroom less times at night
- Longer times in between bathroom visits
- Less incontinence (and use of incontinence products)
- A billable service
(KOA has generated \$3000 already)

