

Applications of the Preventative Health Care Model to Wound Care: Novel Clinical Methods

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Objectives

- 1. Define 'Culture Change' and 'Resident Directed Care' as it pertains to the long term care environment
- 2. Appreciate potential adverse consequences 'resident directed care' can have on the prevention of pressure ulcers
- 3. State at least 3 ways 'culture change' in the long term care setting can reduce the risk of developing pressure ulcers

Pressure Ulcers in LTC

- Common
- Costly
- Impact on QOL
- Increased morbidity and mortality
- Liability
- Prevalence in Ohio nursing homes around 10%

Reducing Pressure Ulcers

- Utilize a preventive protocol
 - Decrease costs
 - Improved QOL
 - Decrease liability
- 

Risk Factors in LTC

- Immobility
- Incontinence
- Poor nutritional status
- Altered Mental Status
- Age
- History of pressure ulcer
- Severity of illness

Factors Associated with a Decreased Risk of Developing a Pressure Ulcer in LTC

- Nutritional Intervention
- Antidepressant usage
- Use of disposable briefs for more than 14 days
- RN time of 15 minutes or more per resident per day
- STNA time of 120 minutes or more per resident per day
- Nursing turnover of less than 25%

• The National Pressure Ulcer Long-Term Care Study: Pressure Ulcer Development in Long-Term Care Residents, J Am Geriatr Soc 52(3):359-367, 2004. © 2004 Blackwell Publishing

Evolution of LTC in the U.S.

- ❖ 60's - "depersonalization" of nursing home life.
- ❖ 70's - "custodial care"
- ❖ 80's - a gerontologist comparing homelessness and nursing home life described residents' state of "psychic despair"
- ❖ 90's - Bill Thomas, through Eden, identifies it as loneliness, boredom, and isolation.

The Culture Change Movement

❖ When did it start?

- ❖ It's probably impossible to say exactly, there have always been pioneers doing something different from the standard mold

❖ The 80s and 90s saw the growth of specific models

- ❖ Eden Alternative
- ❖ Regenerative Community
- ❖ Pioneer Network
- ❖ Wellspring
- ❖ Neighborhood Model
- ❖ Household Model

Culture Change

- ❖ The Pioneer Network defines culture change as a transformative change that is anchored in values and beliefs that return control to elders and those who work closest to them.

So what does this mean for a nursing home, in practical terms?

- ❖ Smaller living environments
- ❖ Permanent working assignments
- ❖ Decision making as close to the elders as possible
- ❖ Flattened hierarchy
- ❖ Dismantling daily routine and systems to allow freedom and choice
- ❖ Finding creative ways to deliver the same type of care

What's going on in Ohio?

- ❖ Ohio Person Centered Care Coalition (OPC3) www.centeredcare.org
- ❖ Resident Centered Care Collaborative Project
- ❖ Ohio KePRO as a source and consultant

What We Wanted to Accomplish

- ❖ Residents to have a home and be in control of their own lives
- ❖ Employees to be empowered and to have a voice
- ❖ Create a structure that supported the residents and employees decisions
- ❖ Maintain our excellent quality of care



Planning our Change Process

- ❖ Always as a team - decided how we would proceed and what we would tackle
 - ❖ Respect all opinions
 - ❖ Challenges
- ❖ For our Team, tackling items that loosened the daily schedule was the best place to start



Sleep/Wake Schedules

- ❖ Our objective was to enable the residents to revert back to their natural patterns – this was important
- ❖ No Check and change
- ❖ No mandatory get-ups
- ❖ No Meds passed while resident sleeping
- ❖ Allowing people to sleep undisturbed, to wake up on their own

Understanding Our Processes

- ❖ Identify why and when do we wake people up
- ❖ Why Check and change?
 - ❖ Dry/Comfortable
 - ❖ Reduce Skin Breakdown
 - ❖ Reduce falls related to toileting

Person Centered

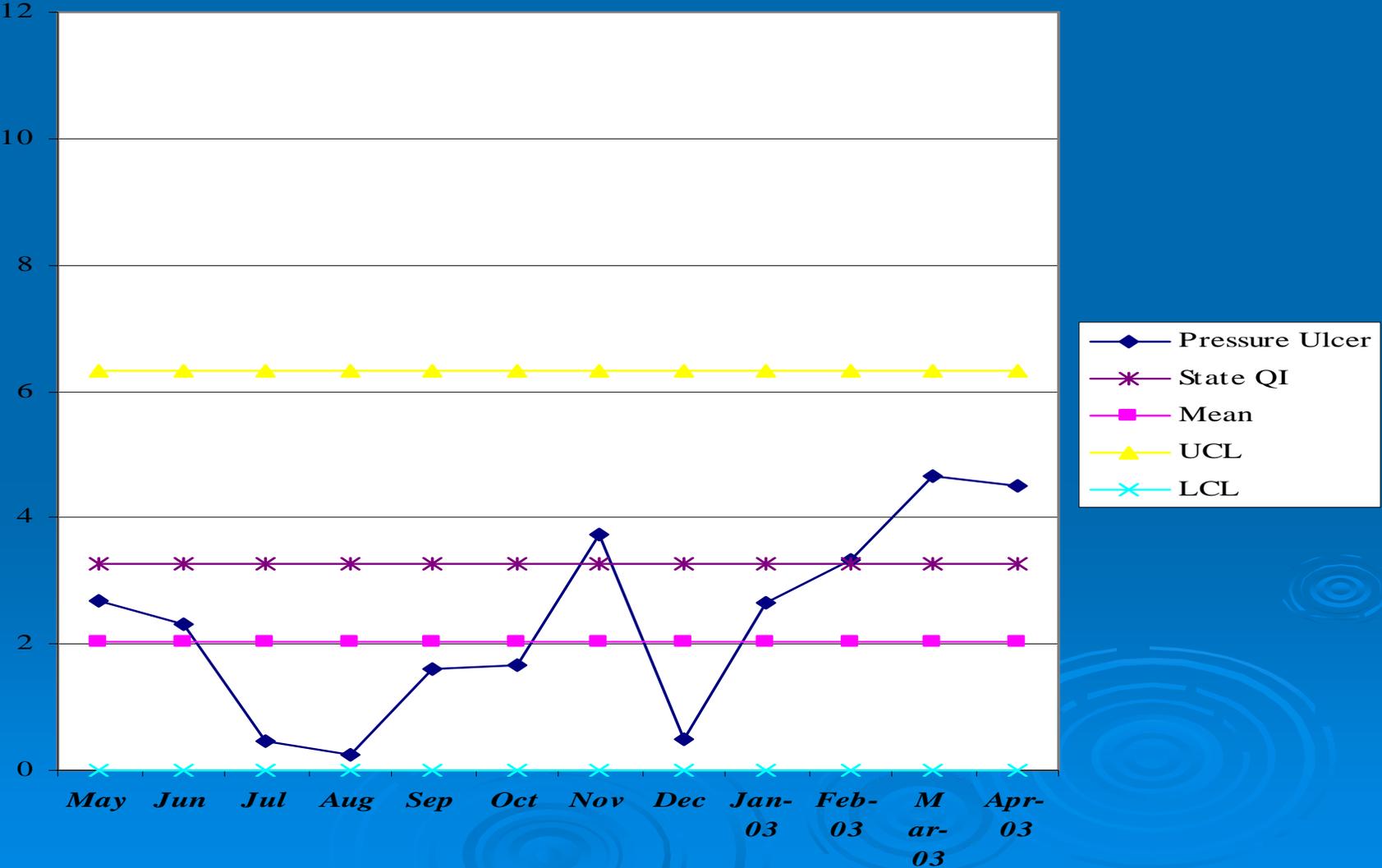
- ❖ We identified what was needed to meet the goal for each resident
 - ❖ Products that wicked urine away from the body
 - ❖ Staff awareness when residents are at risk for skin breakdown and falls
 - ❖ Communication



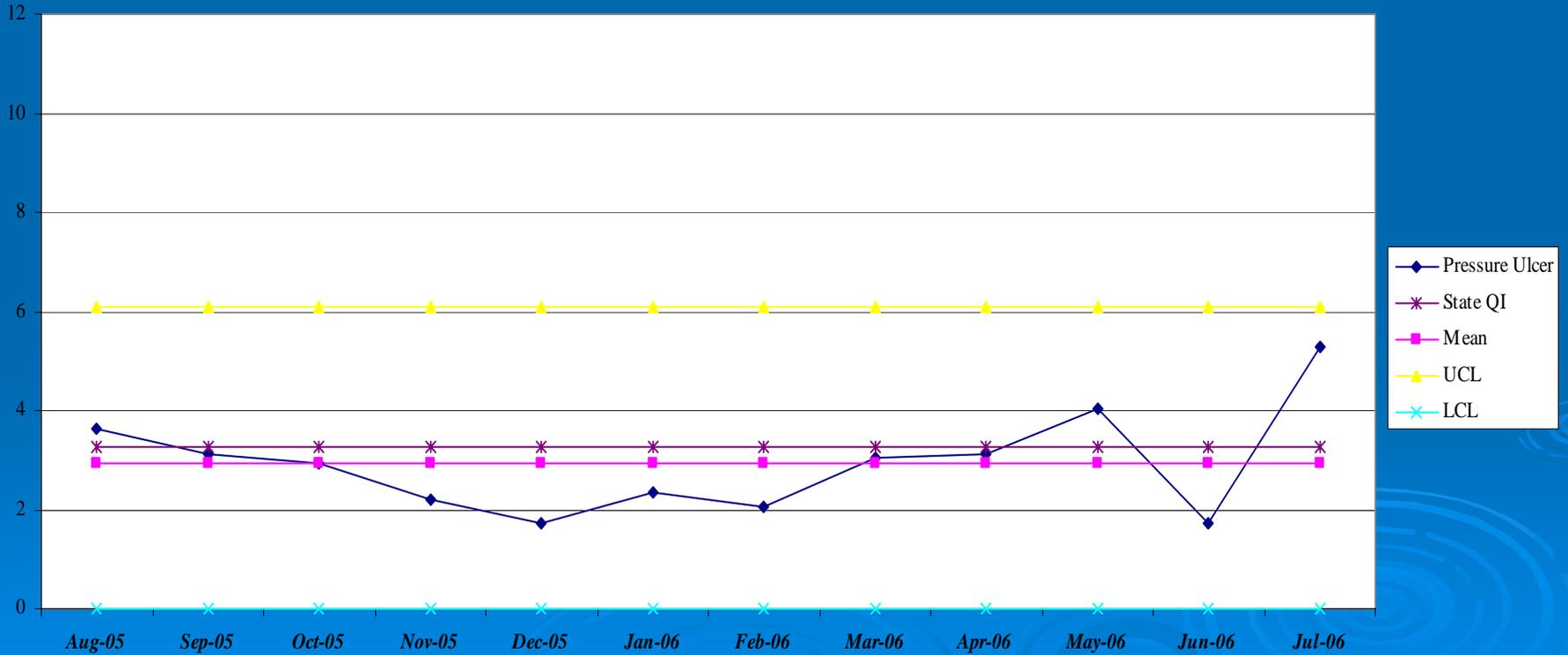
Staff Turnover in LTC

- National average exceeds 80%
- Eliza Jennings turnover was 35% in 2004
- Currently, it is less than 25%

*Eliza Jennings
Pressure Ulcer Rate
Per 1000 Resident Days*



Eliza Jennings
Pressure Ulcer Rate
Per 1000 Resident Days



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Culture Change's Potential Impact on Pressure Ulcer Reduction

- Permanent assignments, happier and empowered staff
- Improved staffing ratios by flattening management hierarchy
- Less oppressive environment