PRIME

A Health Centre for Seniors

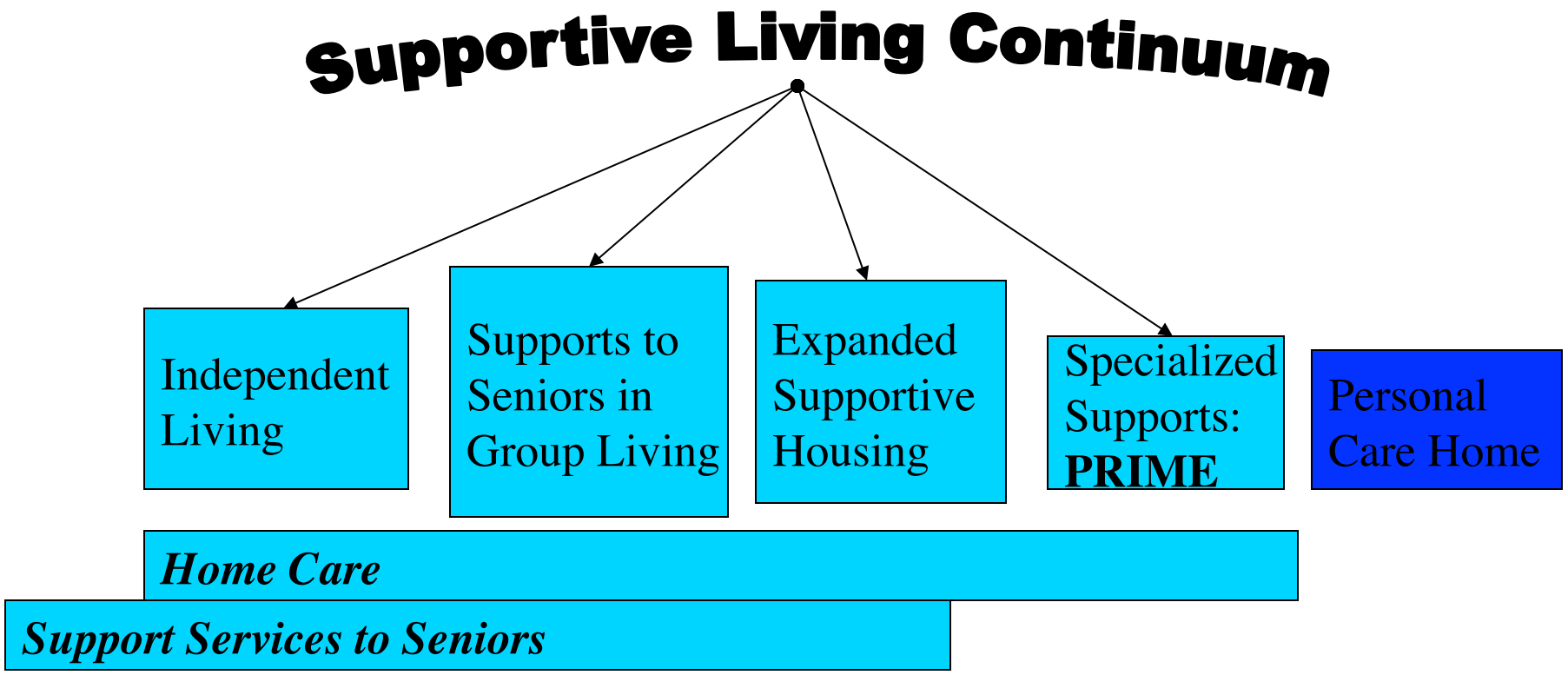
Jo-Ann Lapointe McKenzie
Chief Nursing Officer, Deer Lodge Centre
&
Judy Ahrens-Townsend
Manager, PRIME

Winnipeg Regional Health Authority
Deer Lodge Centre Site

Manitoba's Long Term Care Strategy

- Aging in Place
- Affordable housing options with supports
- Promote independence in daily living
- Maximize overall health and wellbeing

Long Term Care Continuum



Origins

PACE – USA

CHOICE – Edmonton

Virtual Tour
Deer Lodge Centre

WHO comes to PRIME?

Socio-Demographics

	PRIME Participant (n=145)	PRIME Referral (n=116)	Home Care Client (n=13,877)
Age Group (%)			
65-74	21.4	17.2	15.1
75-84	42.8	31.9	39.6
85+	35.9	50.9	45.3
Sex (%)			
Male	46.2	38.8	31.0
Female	53.8	61.2	69.0
Marital Status (%)			
Never Married	6.2	6.0	6.1
Married	44.8	47.4	32.4
Widowed	43.5	41.4	52.6
Separated	2.1	0.0	1.6
Divorced	2.8	5.2	6.1
Other	0.7	0.0	1.1
Education (%)			
Grade 8 or Less	22.8	24.1	22.9
9-11 Grades	24.8	25.0	24.5
High School	15.9	16.4	15.8
Greater than High School	28.3	21.6	22.5
Unknown	8.3	12.9	14.3

Socio-Demographics

		PRIME	HOME CARE
Age:	65-74	21%	15%
	75-84	43%	40%
	85+	36%	45%
Sex:	Male	46%	31%
	Female	54%	69%
Marital Status:			
	Married	45%	32%
	Widowed	44%	53%
Education:			
	Greater than HS	28%	23%

Top 10 Disease Diagnoses by Client Group

PRIME Participants	%
Hypertension	64.1
Arthritis	51.7
Diabetes	28.3
Psychiatric Diagnosis	24.8
CVA (stroke)	24.1
Alzheimer's or Other Dementia	24.1
Emphysema/COPD/ Asthma	18.6
Coronary Artery Disease	17.9
Cataract	17.9
Congestive Heart Failure	17.2
* (Thyroid disease)	17.2

PRIME Referral	%
Hypertension	64.7
Arthritis	59.5
Emphysema/COPD/ Asthma	30.2
Psychiatric Diagnosis	29.3
Diabetes	28.5
Osteoporosis	26.7
Thyroid disease	26.7
Alzheimer's or Other Dementia	25.9
CVA (stroke)	24.1
Coronary Artery Disease	19.0

Home Care Client	%
Hypertension	62.8
Arthritis	56.9
Alzheimer's or Other Dementia	23.6
Diabetes	21.9
Coronary Artery Disease	18.8
Thyroid disease	18.7
Emphysema/COPD/ Asthma	18.5
Osteoporosis	17.6
CVA (stroke)	17.1
Congestive Heart Failure	15.2

Top Disease Diagnoses

- Hypertension: 60% both groups
- Psychiatric Diagnosis: 4th prevalent for PRIME
- Alzheimer's: 24% both groups
- Median # of Diagnoses: 4.0 for both groups

Priority Levels & Risk for Institutionalization

	PRIME Participants	Home Care Client
MAPLe Score: Priority Level for Care (%)		
1 - Low	3.5	22.5
2 - Mild	6.9	13.9
3 - Moderate	43.5	28.2
4 - High	36.6	26.2
5 - Very High	9.7	9.2
New Institutional Risk CAP (2008) (%)		
At Risk for LTC Institutionalization	61.4	36.7

PRIME

The All Inclusive Journey

PRIME
‘Umbrella of Care’

- Case Manager
- Day Centre
- Primary Health Clinic
- After Hours Support

Case Manager

- From Referral to Discharge
- Partnership
- Build responsive service package
- Home Care Case coordination

Day Centre

Monday - Friday

- Transportation
- Interdisciplinary team
- Personal care/ grooming/ personal laundry
- Recreational and social activities
- Rehabilitation /exercises
- Health promotion activities
- Lunch meal

Primary Health Clinic

Monday - Friday

- Transfer of care to PRIME physician
- Coordination of on-site & off-site appointments
- Medications distributed weekly

After Hours Support
‘You can call any time’

- Evening and weekend nurse (weekdays **4:30–8:30 PM**; weekends & stats **9 AM–5:15 PM**)
- Home visits and telephone response
- Provincial Health Contact Centre - nights

PRIME Financing

- Insured services with MB Health
- Nominal Co-payment
- Pharmacy benefits

PRIME Evaluation

PRIME – August 2013

- Opened January 2009
- First clients enrolled in March 2009
- Capacity: 90
- Evaluation: January 2009 to March 2011

Evaluation

- Satisfaction – participant, family and staff
- Characterization of participants
- Clinical indicators
- Health service utilization

Satisfaction

Satisfaction
Program Domains

Responses re:

- Program impact
- PRIME services
- Communication
- Program improvements

Satisfaction
Summary of Responses

- Positive impact on participants' lives
- Positive impact on care givers
- Participants feel well taken care of
- Would recommend PRIME
- PRIME helped reduce ED visits
- Without PRIME participant would have been placed in personal care home

Quotes

‘Overwhelming empathy’

‘I trust her’

‘Whatever he needs it is always there’

‘Problems dealt with immediately’

‘My mother is happy’

Quotes

What is important to them about PRIME

- Competency of staff
- Evening and weekend staff
- Doctors and nurses on site
- Everything works together as a team, under one roof
- They are listening and taking the problems seriously
- Holistic approach

Quotes

What is important to them about PRIME

- Mental and physical stimulation
- Regular monitoring of medical needs
- Do not feel isolated as caregivers
- Allows participants to remain in the community
- In all honesty, without PRIME, I don't know if I could continue
- I am accepted here

Characterization

PRIME Participants vs Home Care clients

- Higher number live with primary care giver
- Higher number require increased informal support
- Care giver distress is highest amongst PRIME participants
- Higher numbers with mild cognitive impairment

Characterization cont…

- Required more extensive assistance with ADL's and IADL's
- High risk for depression, falls and bladder incontinence
- Higher health instability
- Psychiatric diagnosis is the 4th most prevalent diagnosis

Characterization

Overall…

- For PRIME participants there was greater complexity and care needs identified as compared to the Home Care clients

Clinical Indicators

Clinical Indicators

Summary

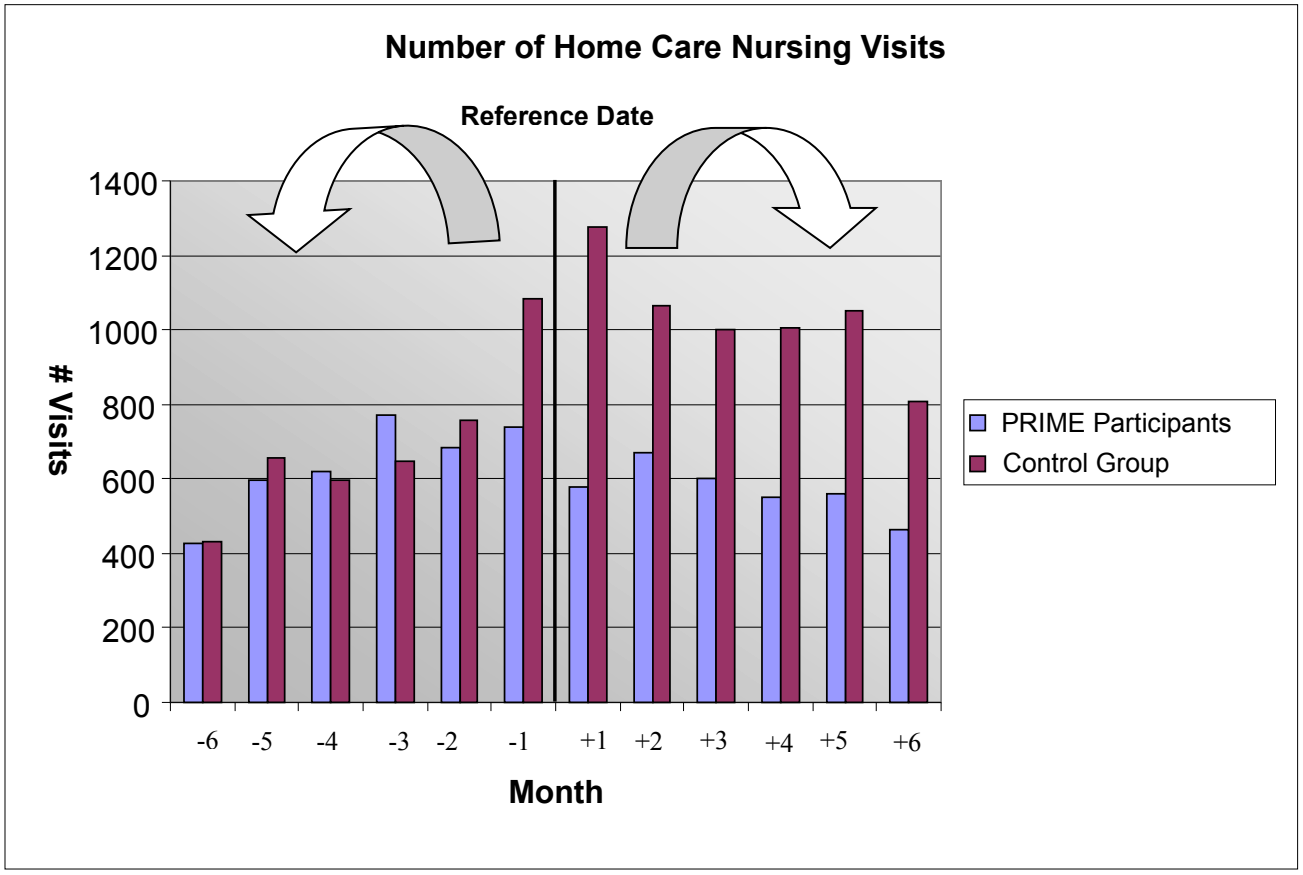
- Diabetics – receiving ongoing, complex care including foot care, wound and skin care and monitoring, A1C monitoring
- Calcium and vitamin D supplements
- Influenza and pneumovax shots
- Up to date advance care plan
- Regular monitoring of BP and INR

Health Service Utilization

Health Service Utilization

- Home Care
- Emergency Department
- Hospitalization
- Personal care home

Home Care Nursing Visits



Home Care Nursing Visits

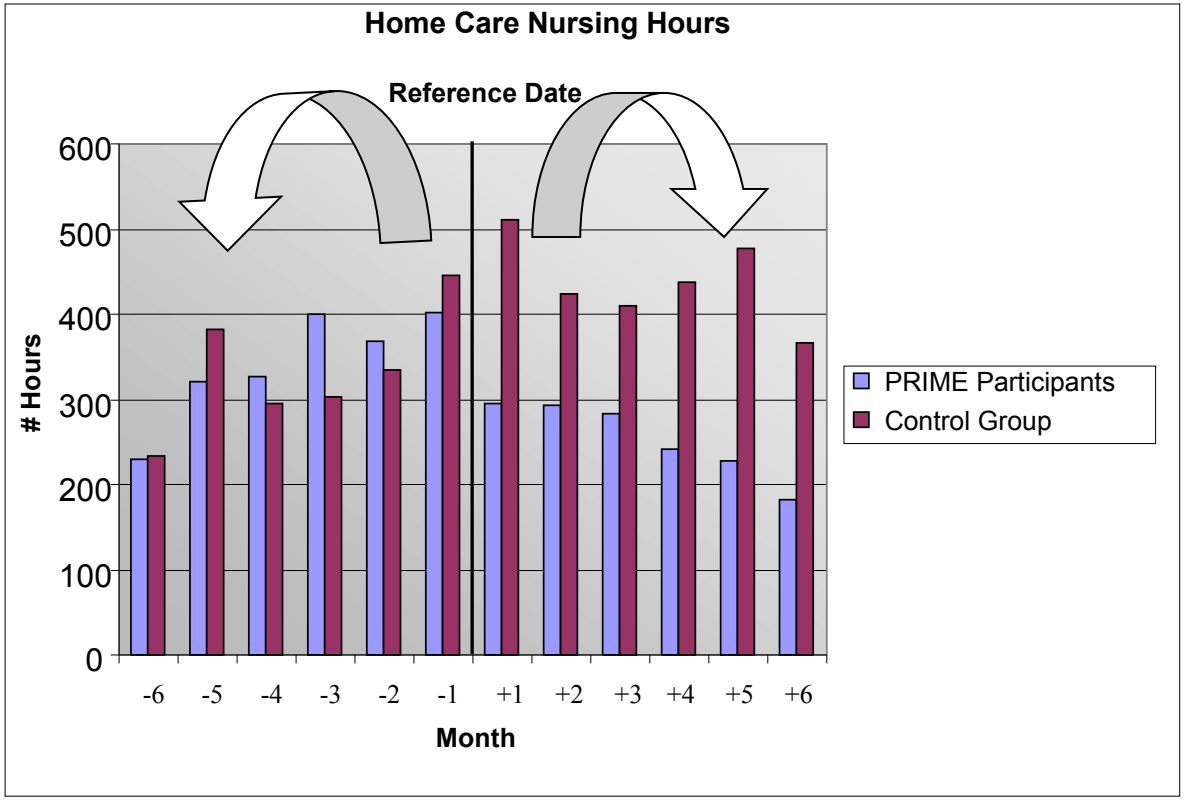
PRIME

-10.8%

Control Group

+48.4%

Home Care Nursing Hours



Home Care Nursing Hours

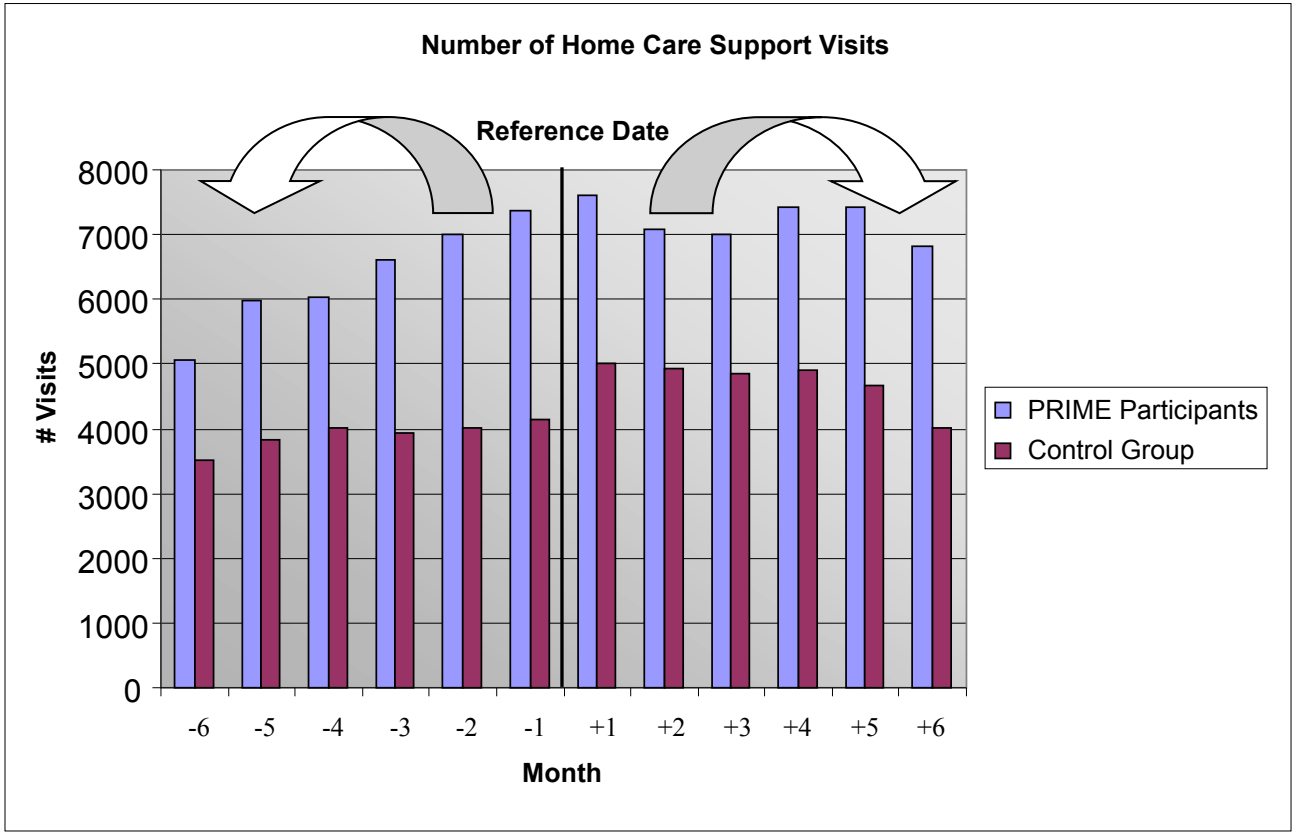
PRIME

-25.3%

Control Group

+31.6

Home Care Support Visits



Home Care Home Support Visits

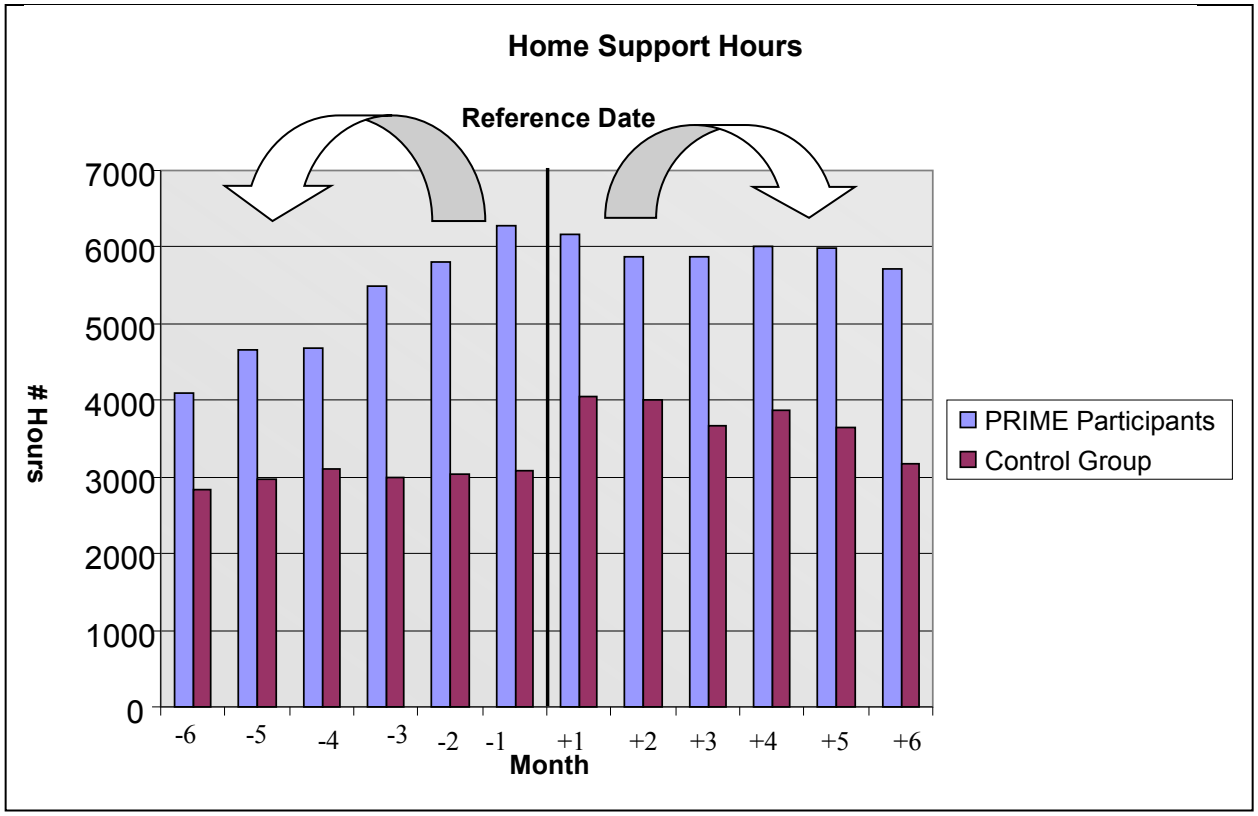
PRIME

+13.9%

Control Group

+21.2%

Home Care Home Support Hours



Home Care Home Support Hours

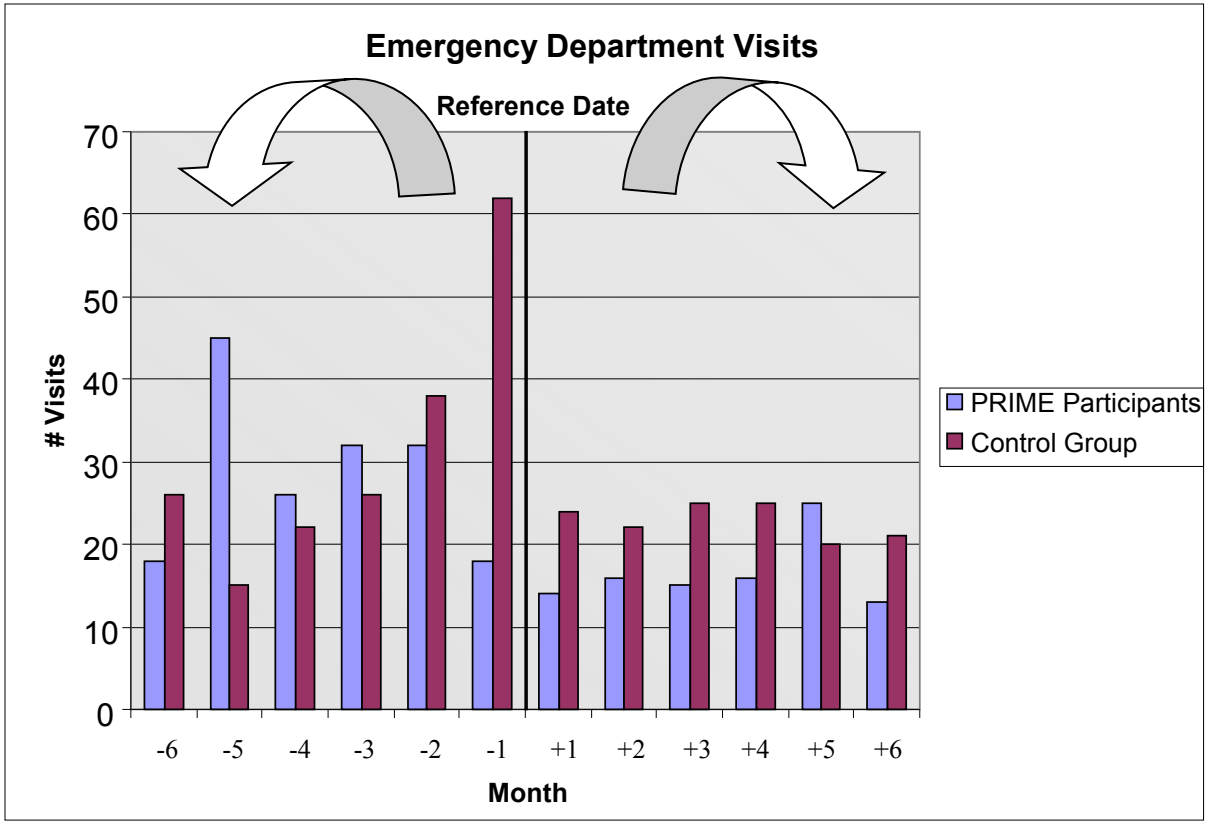
PRIME

+15.0%

Control Group

+24.3%

Emergency Department Visits



Emergency Department Visits

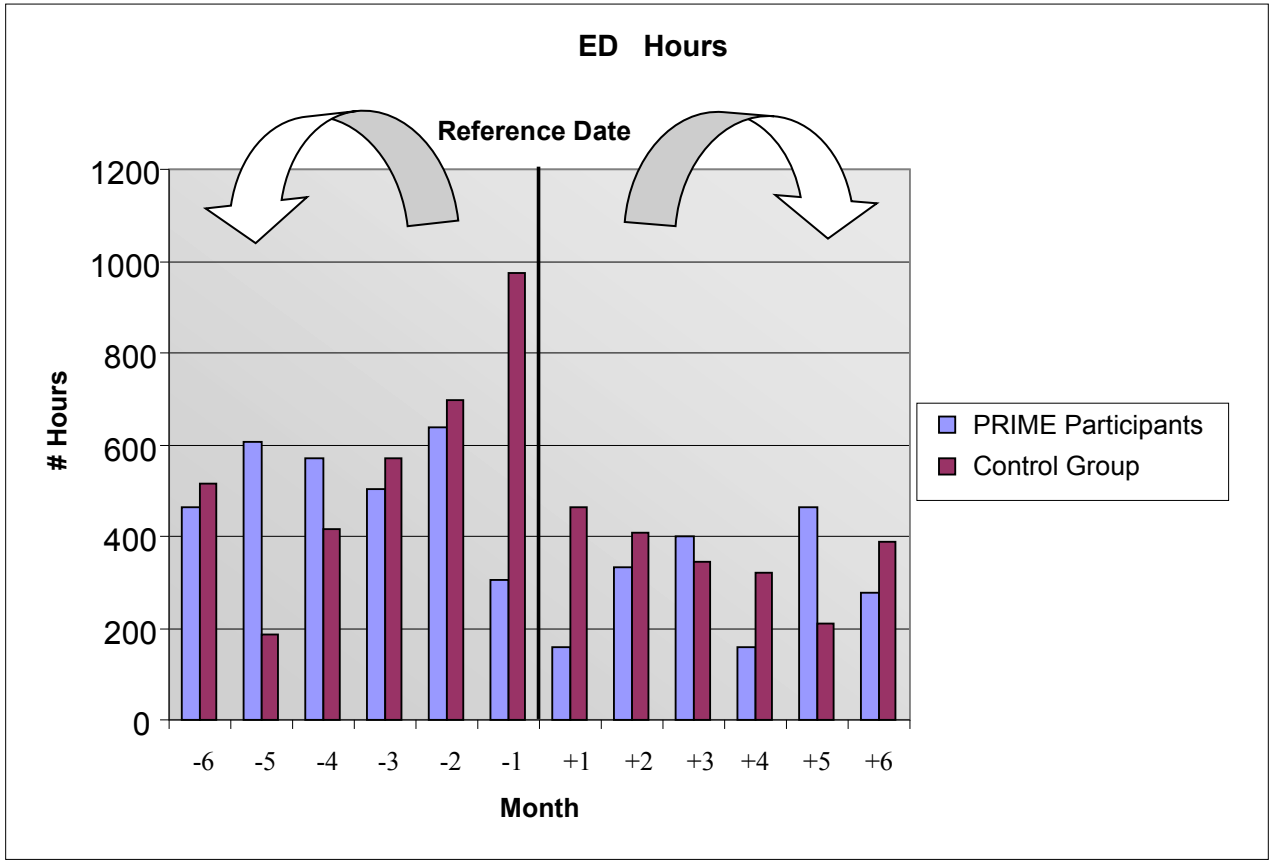
PRIME

-42.9%

Control Group

-23.5%

Emergency Department Hours



Emergency Department Hours

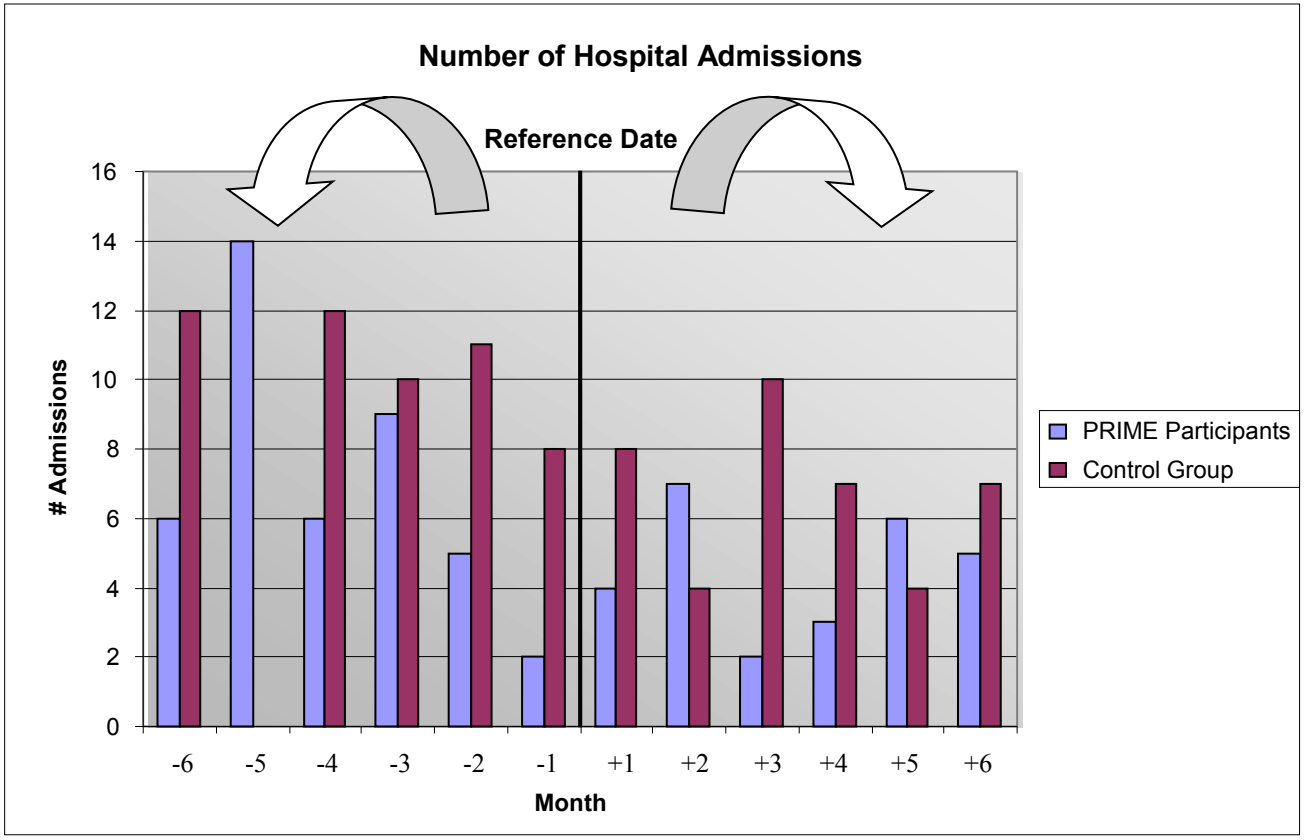
PRIME

-42.0%

Control Group

-36.4%

Hospital Admissions



Hospital Admissions

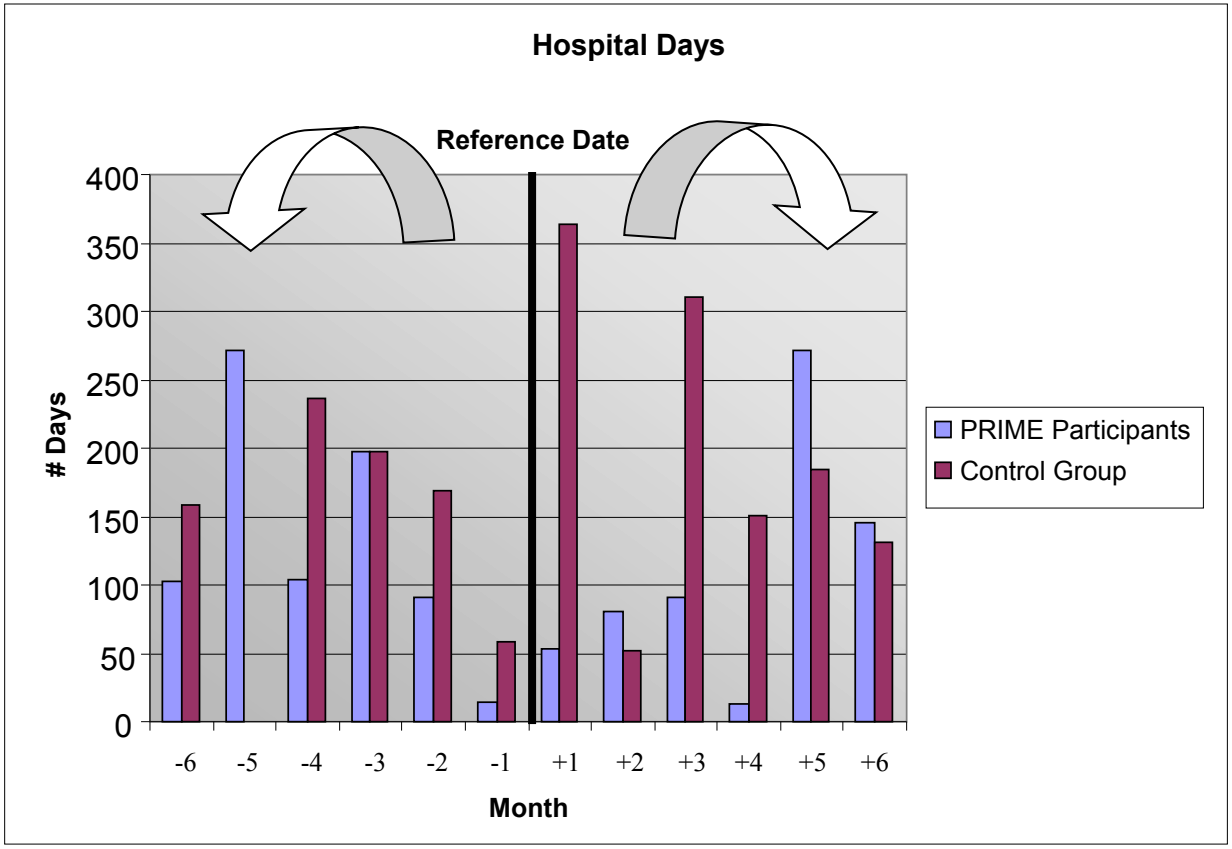
PRIME

-33.3%

Control Group

-20.0%

Hospital Days



Hospital Days

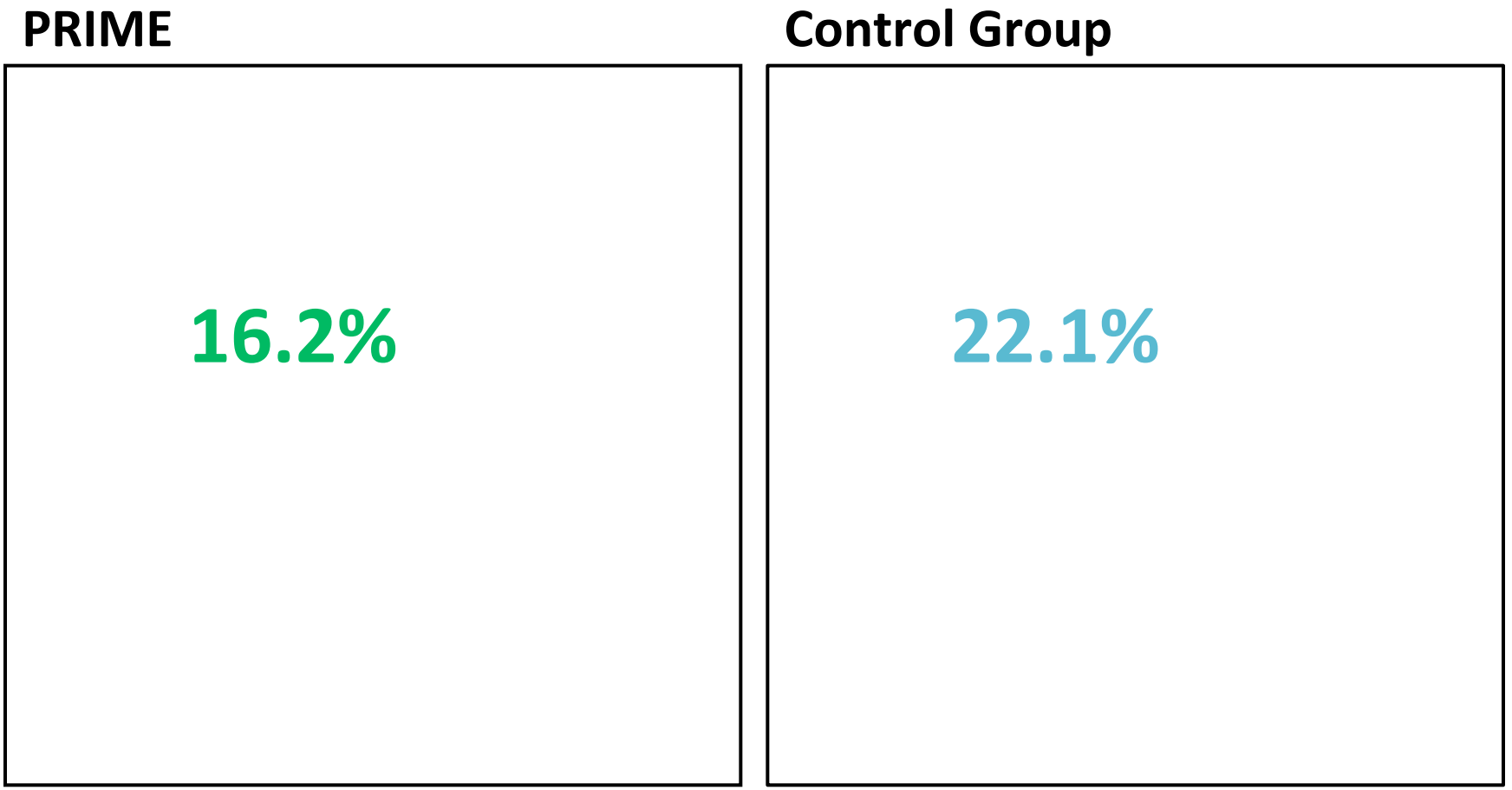
PRIME

-16.1%

Control Group

+45.3%

Admissions to Personal Care Home within 12 months



QUESTIONS?

jlapointemckenzie@deerlodge.mb.ca
jahrens@deerlodge.mb.ca
www.deerlodge.mb.ca