

Home Visiting for Healthy Aging: An Interprofessional Community-Based Initiative

2017 Future of Nursing Annual Summit

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MEDICINE *of* THE HIGHEST ORDER



Acknowledgements

- Sponsor
 - National Center for Interprofessional Practice and Education (National Center)
- Supporters
 - Robert Wood Johnson Foundation
 - The John A. Hartford Foundation
 - Josiah Macy Jr. Foundation
 - Gordon and Betty Moore Foundation
- Project Partners
 - University of Rochester (UR) School of Nursing
 - UR School of Medicine and Dentistry
 - The College at Brockport, State University of New York
 - Lifespan (Aging Services Agency, Rochester, NY)

Learning Objectives

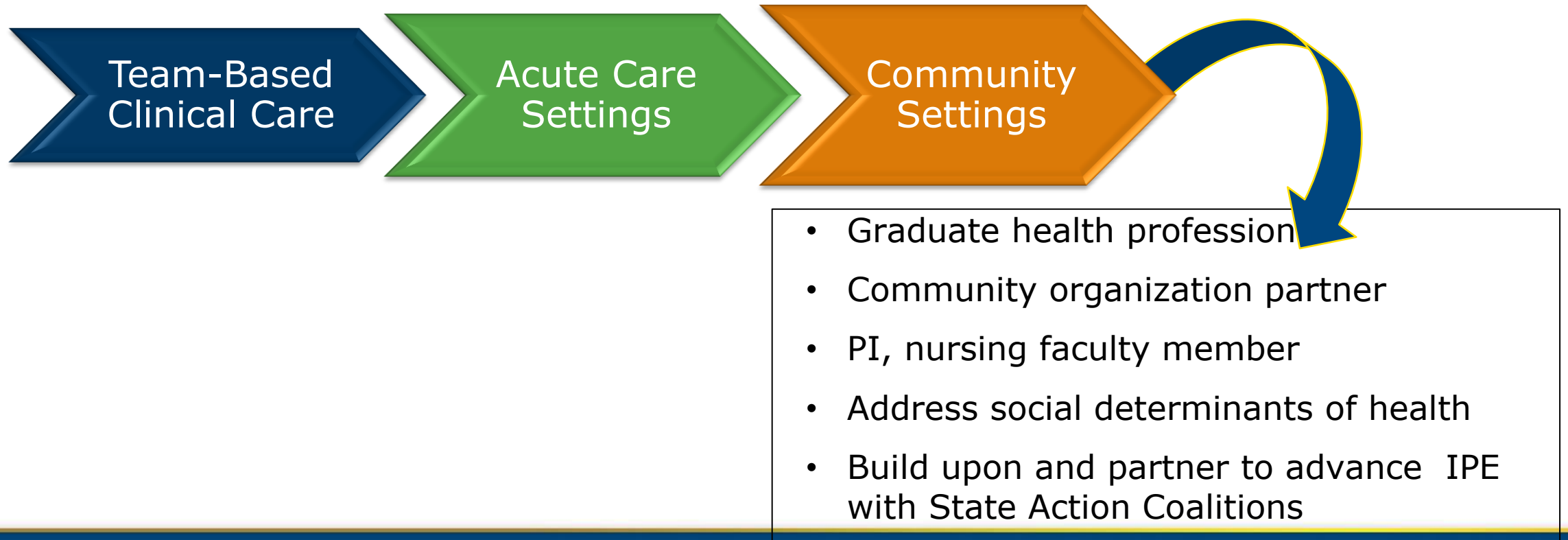
By the end of this session, participants will be able to:

- Explain the National Center's support for the state action coalitions
- Relate the importance of an interprofessional team approach to assessing older adults' emotional well-being
- Discuss challenges and strategies for preparing interprofessional teams to integrate emotional health and primary care for homebound older adults

National Center & State Action Coalition

IOM Future of Nursing Report (2011, 2016)

Accelerate Interprofessional Community-Based Education and Practice



Background – The Future is Now

- Older adults, 65 years and older
 - 2 million homebound
 - 5 million have difficulty leaving home, without help
 - 7.5 million face mental health problems, by 2030, 15 million
- Workforce
 - Insufficient number of APRNs, physicians, and social workers prepared in geriatric psychiatry
 - 12% of homebound older adults receive primary care at home
 - Limited community-based team care, poor communication and integration of services

****Need innovative team strategies to provide primary and mental health care for older adults****

(Bartels et al, 2013; Commonwealth Fund, 2017; FLHSA, 2016; IOM, 2012; John A Hartford Foundation, 2011; RWJ, 2011)

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Home Visiting for Healthy Aging Initiative

- Home visit to conduct an **integrated health screening**
- **Interprofessional team** - NP students, MD students, Community Social Workers
- **Interprofessional faculty mentorship** - experts in aging, emotional health, and interprofessional team collaboration
- **Technology-enhanced learning:** iPads, Black Board, Zoom, and Box for secure file sharing
- **Mixed-method evaluation** of the project, including several short online surveys

Home Visit Activity

40 teams, 4-week clerkship cycle

Lifespan clients, homebound older adults with emotional health issues

Feedback loop to client's primary care provider

Learning Activities

- 1) Online modules
 - **Older adult emotional health and wellness**
 - **Anatomy of a home visit**
 - **Why community-based teams matter**
- 2) Home Visit - SW, NP student, MD student
- 3) Write-Up – NP student, MD student
- 4) Follow-Up with Team Members
- 5) Small Group Debriefing
 - **Clinical**
 - **Team**

What Can be Learned from One Home Visit?

- Sharpen observation skills
- Communication and more personal connection with an older adult in their home
- Information gathering and screening as a friendly conversation
- Taking time to hear an older adult's story
- See first hand the challenges older adults face living the in community
- Art and science of caring for older adults with multiple complex chronic illnesses (patience, empathy

(Kaiser, 2017; Olsan et al, 2017)

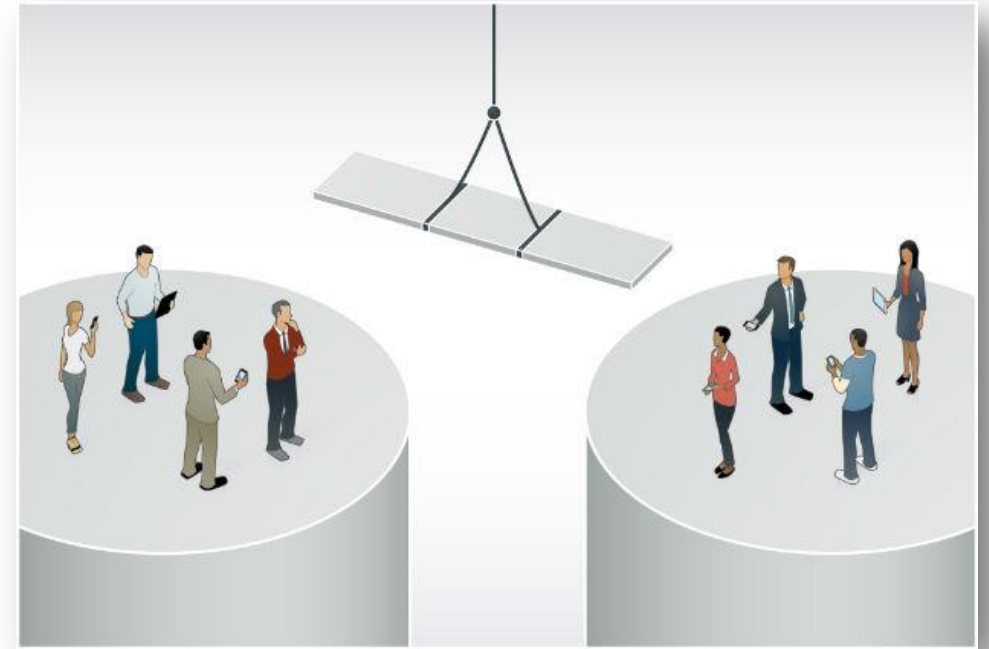
Challenges – Interprofessional Community Based Teams

- Identifying stakeholders, shared interests, and opportunities
- Organizational leadership support
- Learning about each other
 - Mission, values, norms, workplace culture, competing priorities
- Tensions and synergies between education and practice
- Committing time, resources, energy
- Scheduling, work hours, academic calendars, meetings, home visits
- Contracts

Strategies for Successful Community-Based Team Collaboration

Guiding Theme:
Embrace and find ways to simplify complexity

- Willing, committed, dedicated, trusted partners
- Shared problems, desire to improve, clear purpose
- Work across professional and organizational silos
- Complementary skills
- Time together for designing, doing, & assessment
- Learning about and from each other each other
- Focus on collective effort
- Mutual accountability
- Coordination and flexibility
- Open communication, authentic feedback



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