Recruitment of Volunteers to Improve Vitality in the Elderly

Alana Charron (Physiotherapist, Cairns Hospital), Madeleine Downey (Allied Health Team Leader, OPERA), Melissa Palezza (Senior Occupational Therapist, OPERA)

A/Prof Eddy Strivens (Clinical Director Older Persons Sub-acute and Rehabilitation, CHHHS)
Delirium and Dementia in Hospitals

- Poorly recognised and misdiagnosed
- Dementia prevalence in Brisbane hospitals up to 30% (Travers et al 2012)
- Up to 1 in 5 have delirium on admission
- 25% increased mortality
- 2x increased length of stay
- 7x increased risk of placement
Platform for ReViVe

• HELP – Professor Sharon Inouye
  – Delirium is preventable 30-40% cases using MDT approach + trained volunteers working with high risk patients
  – Implementation costs offset by the cost savings

• POWH - ReViVe 2007
  – 32% ↓ delirium; ↓ LOS 4days; 50% ↓ nursing home placements

‘Preventative environmental and clinical practice strategies should be incorporated into the care plan of all older people across all health care settings’
Implementation Planning
ReViVe in Cairns OPERA

- Working group
- Sourcing insurance – QGIF
- Development of volunteer training program
- Staff Education
- Documentation procedures
- Partnership with FNQ Hospital Foundation
  - Volunteer recruitment and induction
- Initial Cost: working group time; 1FTE HP3, 5 days
### Engagement & ADL Program
Re-orienting (if appropriate); supporting to engage in personal cares and leisure activities; reading and discussing current news events, encouraging contact with family and friends. *(Occupational Therapists)*

### Meal Assistance & Safety Program
Sitting with patients at meal time, cutting up food and opening packets; recording fluids and foods consumed in ReViVe booklet; encouraging patients to eat and drink. *(Speech Pathologists & Dietitian)*

### Mobilisation Program
Encouraging independently mobile patients to walk. *(Physiotherapists)*

### Social & Daily Visitor Program
Creating ‘identity flowers’ with patients; conversation and company; assisting patients to engage in any specific activities they enjoy. *(Social Workers)*

### Volunteer Guidelines
- Provide social support for patients while QLD health employees remain responsible for ALL clinical care
- Perform only tasks listed on referral
- Seek approval to take patient away from their room or off the ward
- Only Allied Health and Nursing Staff assist with feeding patients.
- Only Allied Health and Nursing Staff assist with showers and other nursing cares
- Never offer medical advice
- Ask a staff member before visiting a patient who hasn’t been referred
Implementation into practice

ReViVe Instructions

☐ Orientation
  Note: ______________________________________
  Signature/Designation: ______________________

☐ Meal and Fluid Assistance
  ☐ Check with the nurses that the patient is positioned correctly for a meal
  ☐ Place tray in appropriate place
  ☐ Open Containers, packets, bowl cover and lay out cutlery
  ☐ Cut up food
  ☐ Encourage pt to consume food
  ☐ Encourage pt to drink __________
  Note: ______________________________________
  Signature/Designation: ______________________

☐ Communication Game and Activities
  Note: ______________________________________
  Signature/Designation: ______________________

☐ Mobility
  Note: ______________________________________
  Signature/Designation: ______________________

☐ Please Also Be Aware of:
  ___________________________________________
  ___________________________________________
  ___________________________________________

ReViVe - Patient Folder
Evaluation

• Clinical observations
• Analysis of Casemix data - rates of delirium, length of stay, admissions to residential care
• Surveys – patients, carers, staff and volunteers
In Summary

• Minimal upfront investment
• Incorporated into usual care with minimal ongoing resource allocation (existing)
• Significant benefits to patients and the organisation
References and Contacts


Rizzo JA, Bogardus ST Jr, Leo-Summers L, Williams CS, Acampora D, Inouye SK. Multicomponent targeted intervention to prevent delirium in hospitalized older patients: what is the economic value? Medical Care 2001;39:740-752

Madeleine Downey (Allied Health Team Leader OPERA, Cairns Hospital) Ph: 07) 42267007
Anne-Marie Tolsma (Nurse Unit Manager OPERA, Cairns Hospital) Ph: 07) 42269535
Alanna Charron (Physiotherapist, Cairns Hospital) Alanna.Charron@health.qld.gov.au