



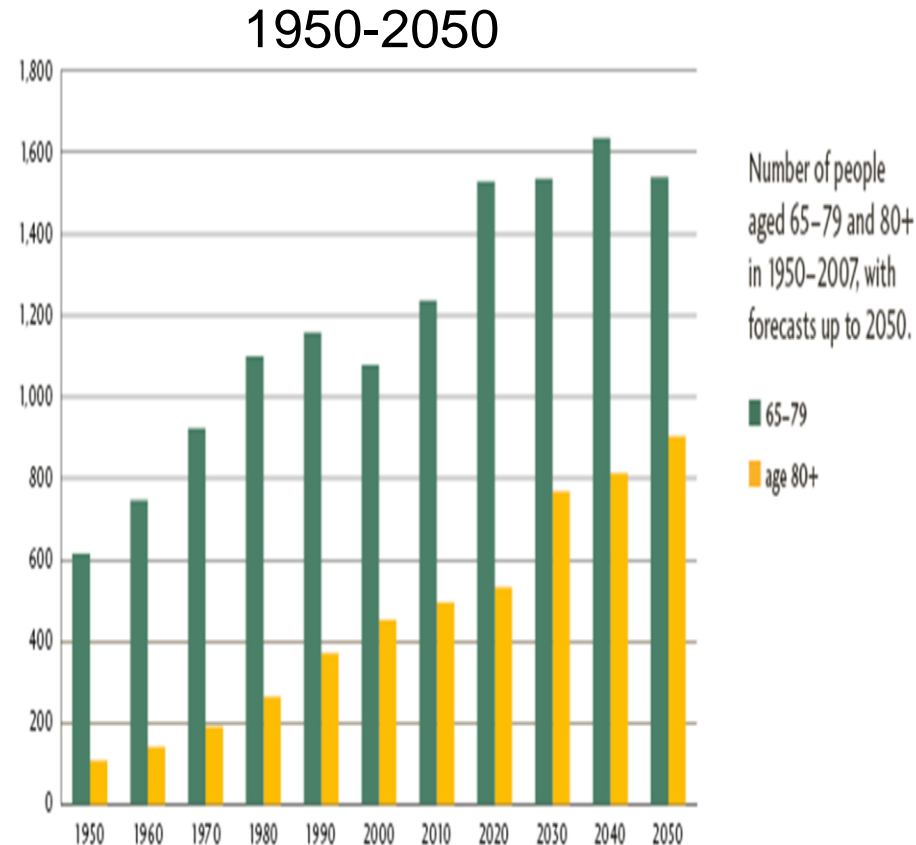
Senior alert

- Care prevention of the elderly
and a Swedish national quality registry

Susanne Lundblad, susanne.lundblad@rjl.se Improvement leader

Demographic challenges

- 9 million inhabitants
- Life expectancy: women 83 years and men 79 years
- Increasing number of elderly people
2011: 17% – 2020: 25%
- Elderly care and care of the disabled account for about 30 % of municipalities' budgets
- New expectations and demands
- Limited resources



Prevention for 65 +!



Preventive care from the individual viewpoint - no harm!

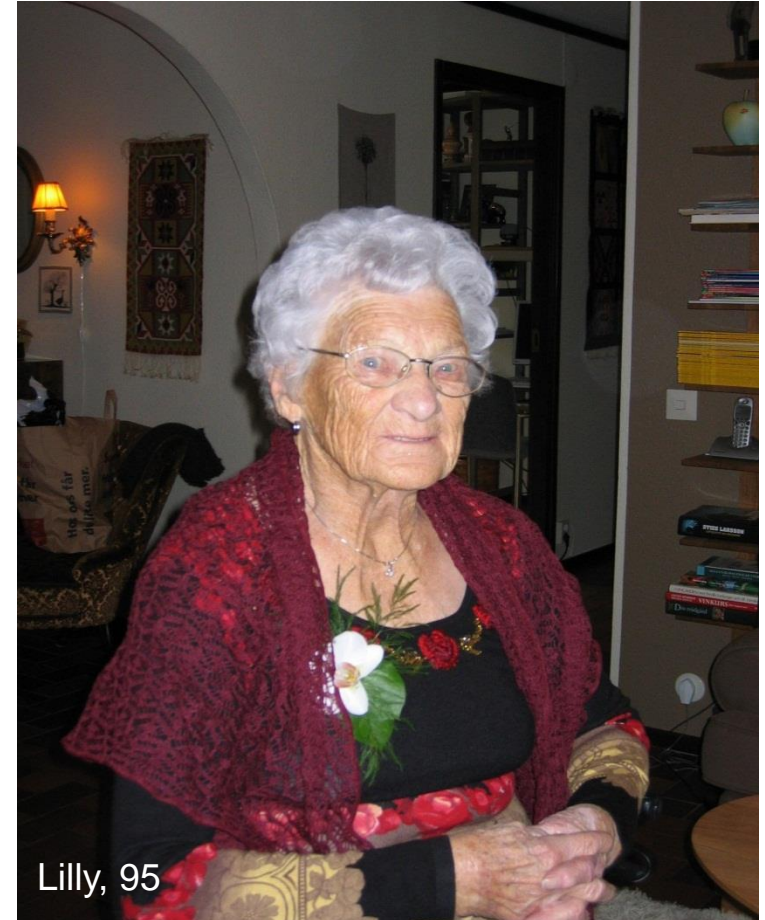
The person **and** the staff:

know if there are any risks of falling, pressure ulcers, malnutrition, bad oral health or incontinence

make preventive actions

will **follow it up** and know that the actions are making difference

Always ask – What matters to you?



Lilly, 95

Senior alert

- A national quality register since 2008.
- Measures and follows care prevention online.
 - The care preventive process
 - Outcome

National Quality registries in Sweden

Vision

National Quality Registers are used in an **integrated** and active way for

**continuous learning,
improvement,
research
and management**

to create the best possible health and care together with the individual.

National Quality registries in Sweden

- 100 national registries that receive national funding in Sweden.
- It is annually monitored and approved for financial support by an Executive Committee.
- A national quality registry contains individualized data concerning patient problems, medical interventions, and outcomes after treatment; within all healthcare production.

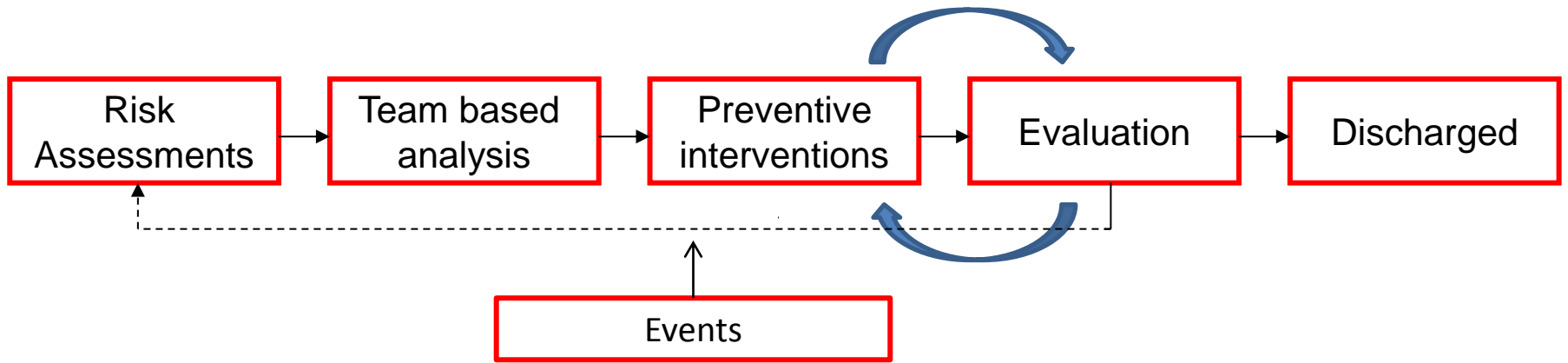
Senior alert...

supports a systematic method for care prevention amongst elderly in hospitals, community care, primary care

- falls
- pressure ulcers
- malnutrition
- oral health
- Incontinence

- prevalence measurement: health care associated infections (oct 2015)
- rehabilitation (spring 2016)
- mental health (2016)

The care preventive process of Senior alert



Follow the process to be sure it makes difference, Reflect results and do improvement work



Risk assessments

Malnutrition

Mini nutritional assessment, MNA

(Rubenstein LZ 2001; Barone, Milosavljevic et al. 2003; Guigoz 2006).

Pressure ulcer

Modified Norton Scale

(Flanagan 1993; Gunningberg, Lindholm et al. 2000; Pancorbo-Hidalgo, Garcia-Fernandez et al. 2006)

Fall

Downton fall risk index, DFRI

(Rosendahl, Lundin-Olsson et al. 2003)

Oral Health

Revised Oral Assessment Guide, ROAG

(Andersson P. 2004; Hassel AJ et al. 2008)

Incontinence

Swedish network Nikola

(www.nikola.nu, 2014)



Plan and execute preventive actions

- Team based analysis of the causes behind discovered risks
- Suggested preventive interventions
- Follow up



- Possibility to register falls, pressure ulcers and weight changes

From some to everyone 2010-2015

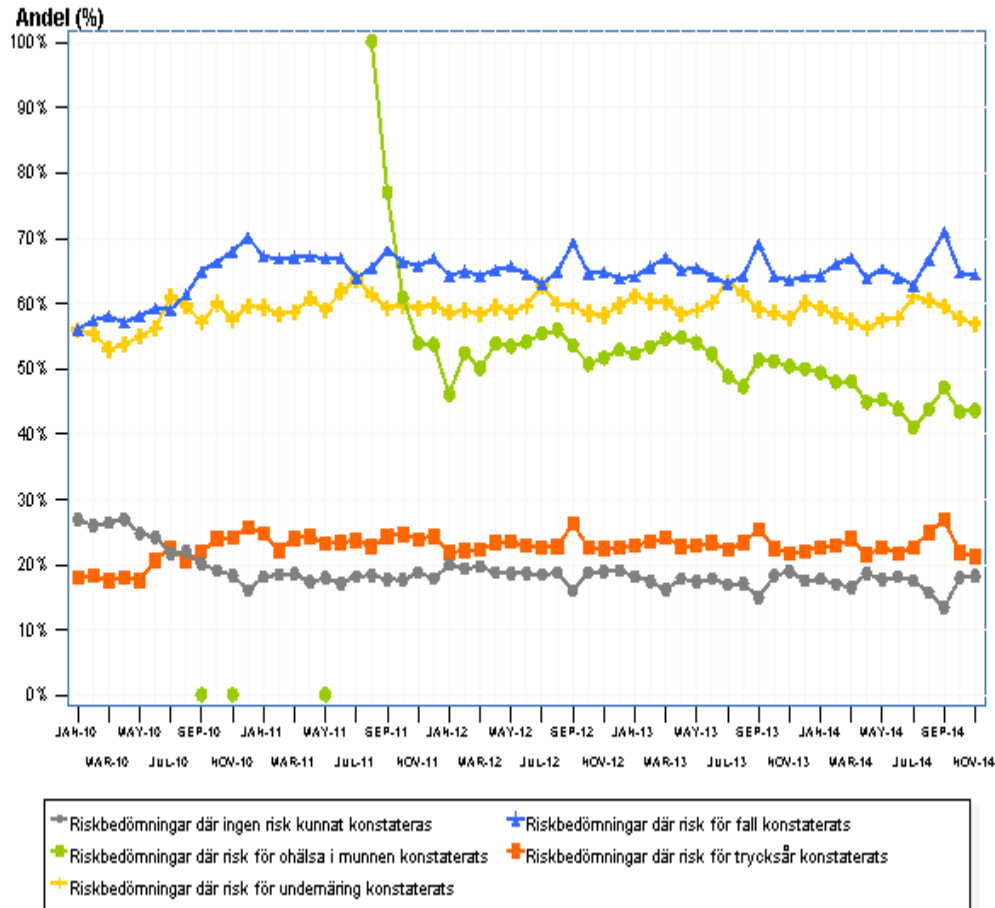
Municipalities



County councils/
Regions



Risk of fall, pressure ulcers, malnutrition, bad oral health (+ 65 yrs) (n= 1 500 000)



Risk of fall 66%

Risk of malnutrition 59%

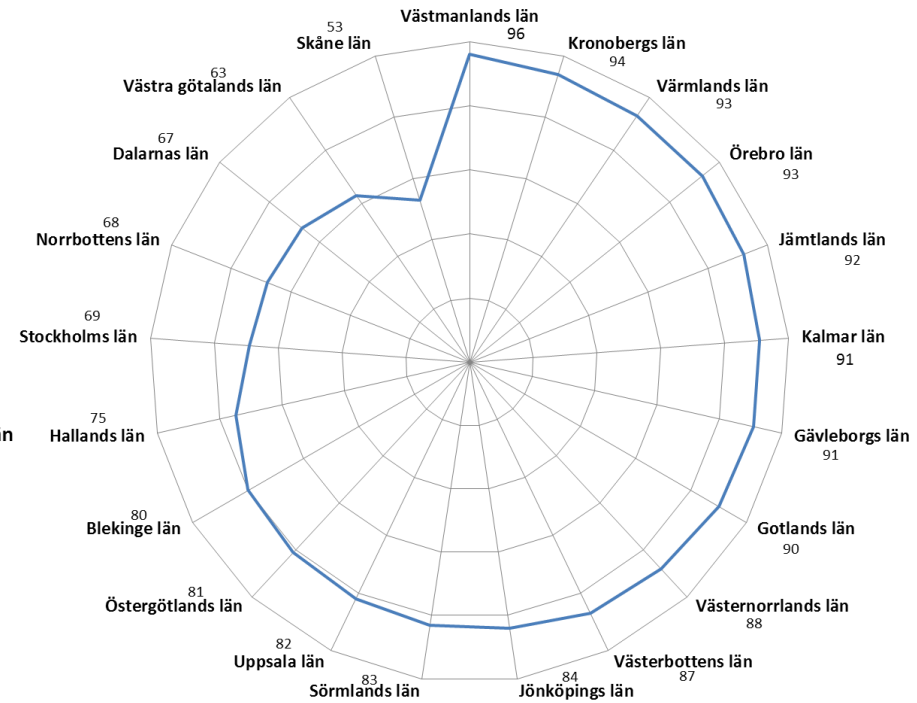
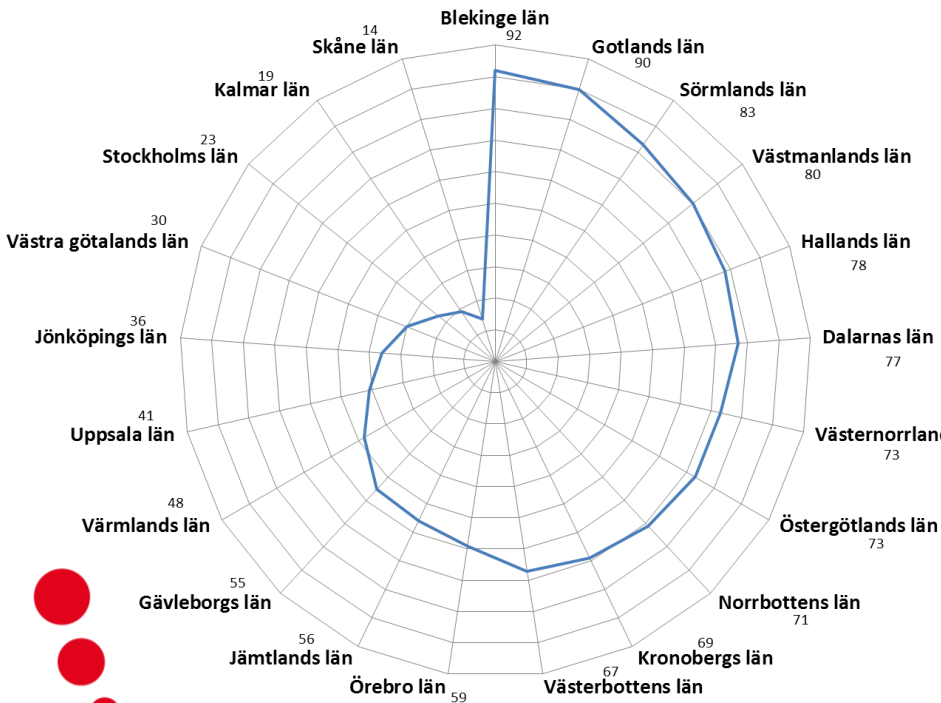
Risk of bad oral health 48%

Risk of pressure ulcers 23%

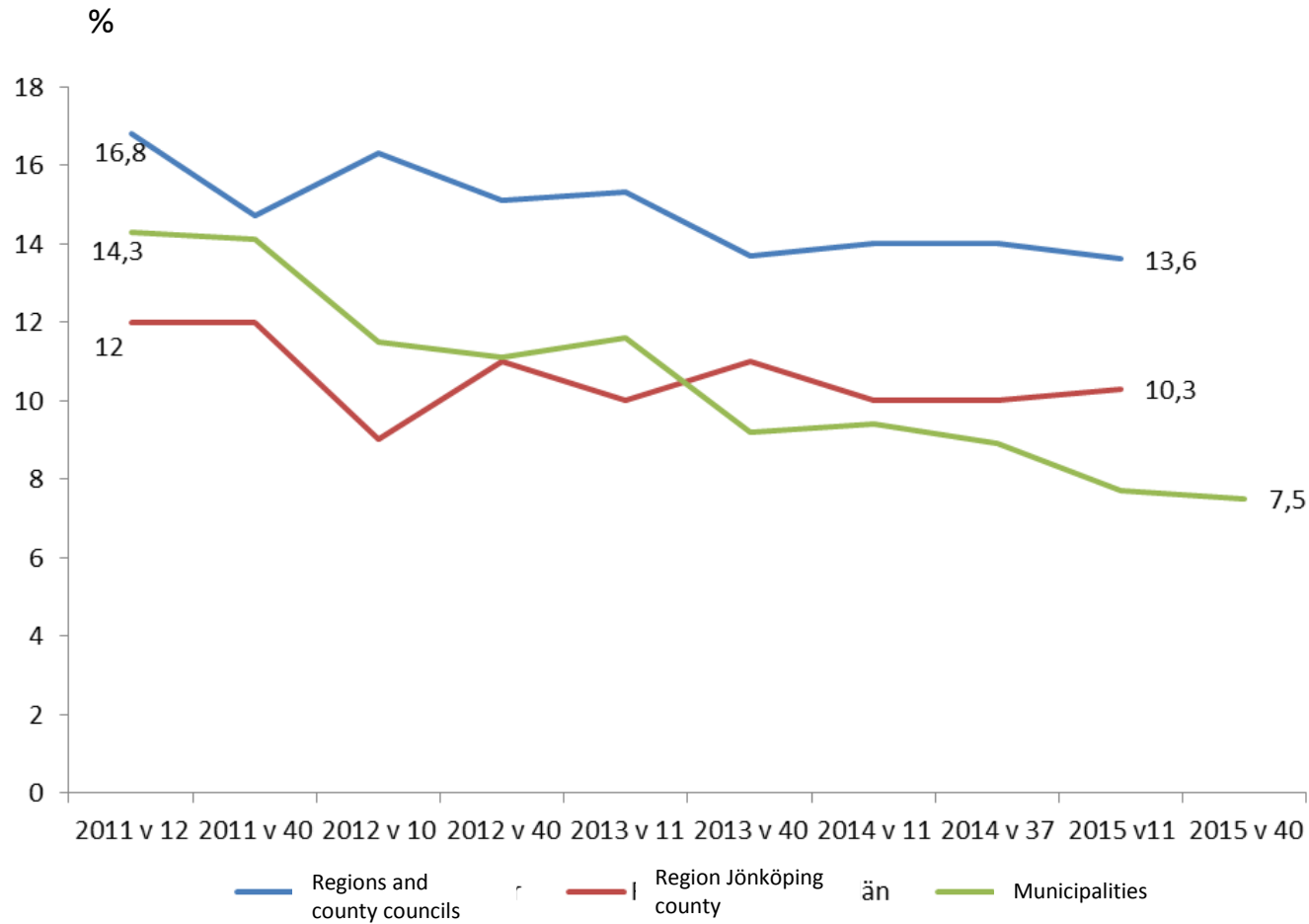
No risk 17%

2011-2015

Percentage systematic care prevention in nursing homes, municipalities of Sweden



Pressure ulcers are reduced

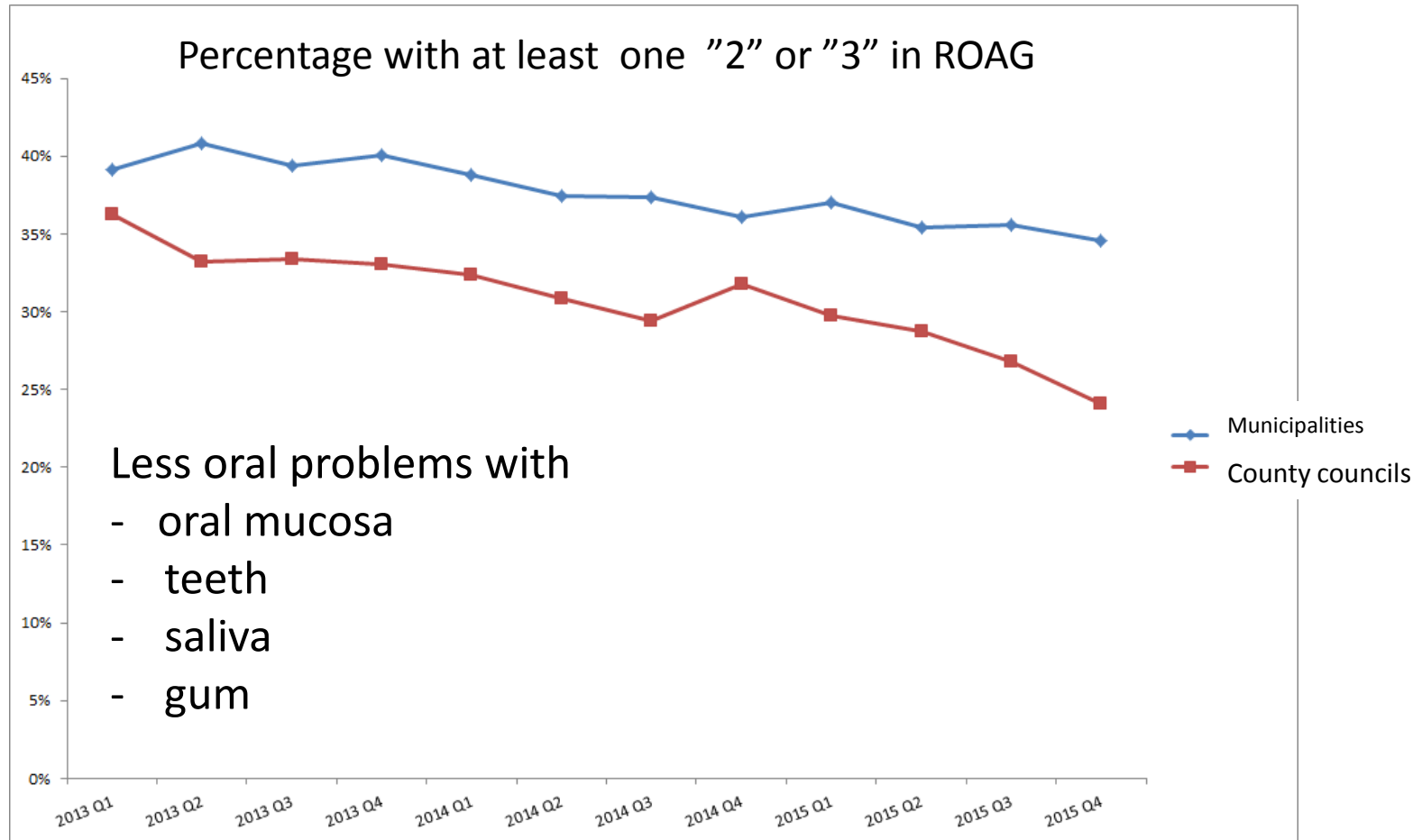


Weightlosses >5% are reduced 2011-2015

- Municipalities: 14% → 12%
- County councils: 5% → 4%



Better oral health



The falls??



Urinary incontinence (nursing homes) 2014-2015

- 10 000 basic assessments of incontinence
- 82 % had incontinence
- 28% had further diagnosis and tests

Are we doing the right things?

The most common preventive actions

Fall

Alert/extra supervision

Assistance in moving

Assistance with personal care (get dressed, showering etc)

Walking exercise

Go through drug list with a doctor

Malnutrition

Extra meal

Nutritional drink

Reduce overnight fast

Weigh every three months

Encouragement and warnings

Pressure ulcers

Skin control

Extra meal

Decubitus equipment

A good position in the chair and bed

Reduce overnight fast

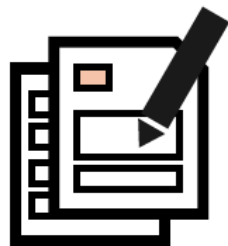
Oral health

Assistance during toothbrushing

Lubricate the lips

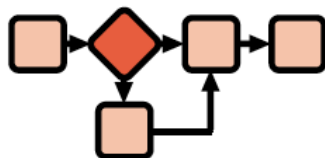
Moisten the oral mucosal membranes

Register in Senior alert

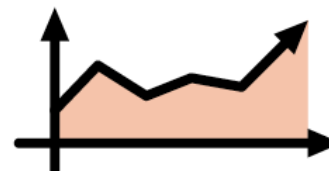


Improvement work

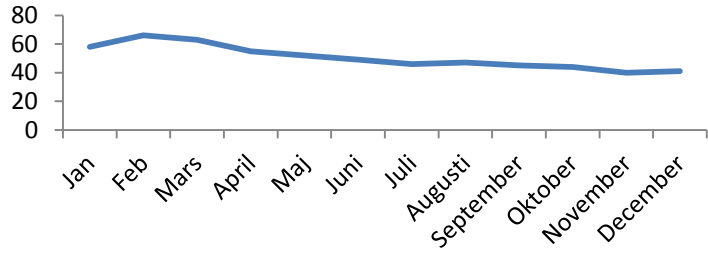
Systematic work process



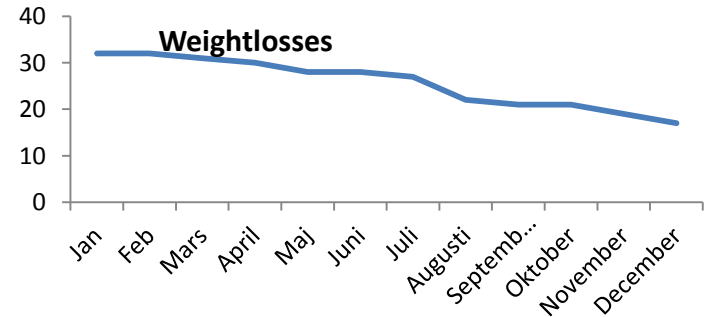
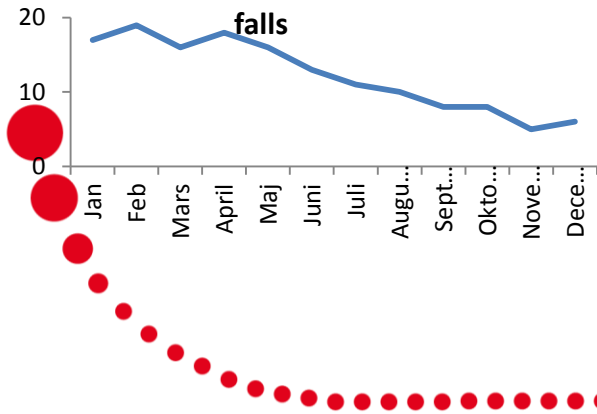
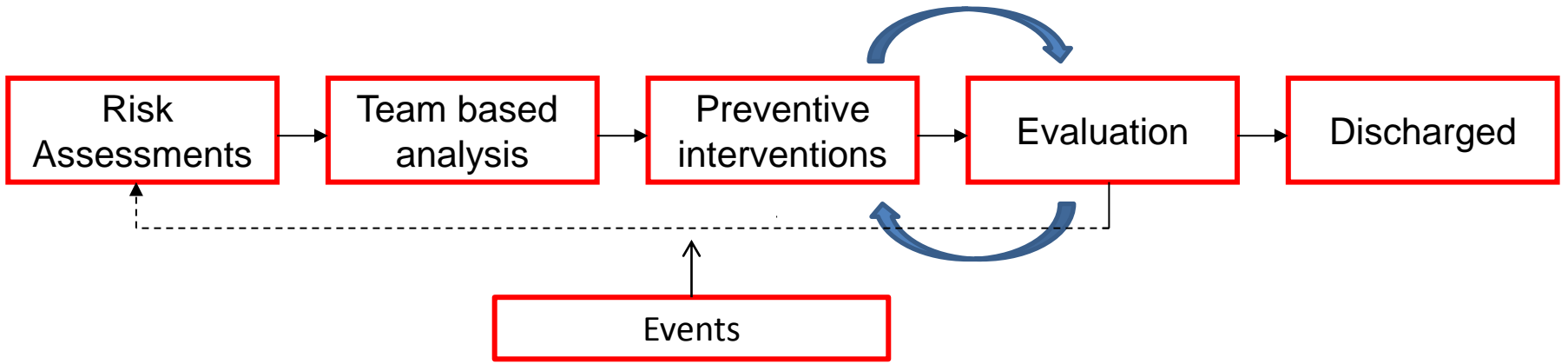
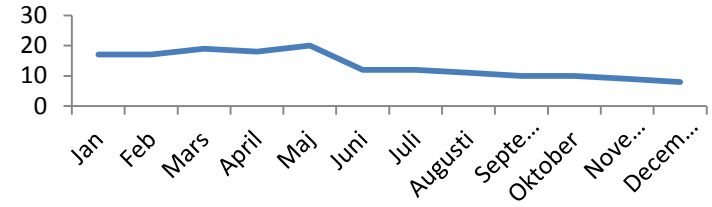
Analyze and reflect results



Oral health



Pressure ulcers

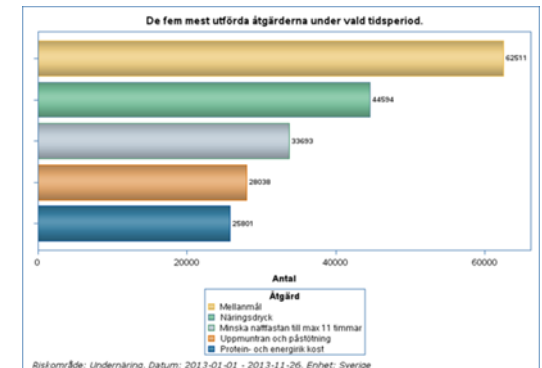
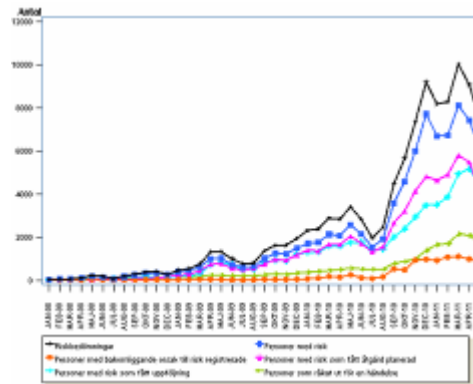
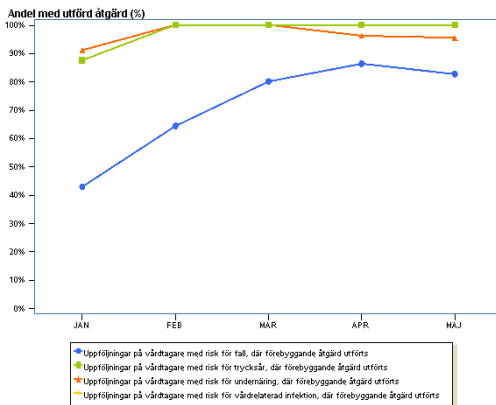
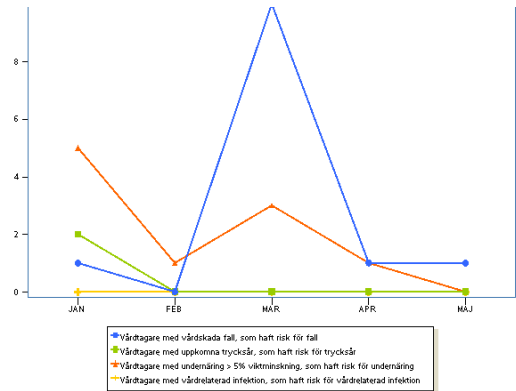
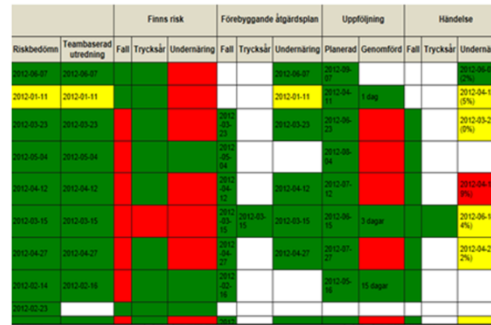
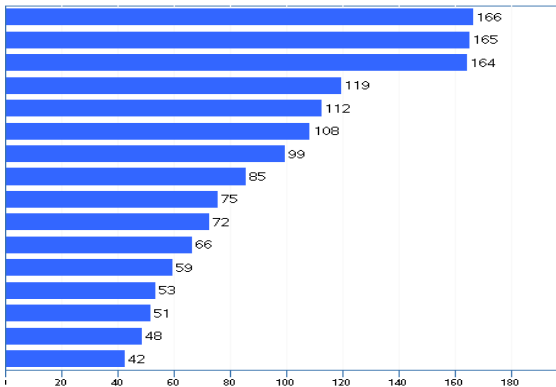


Follow the preventive care online

Get started

Follow the process

The outcome



Only 1 pressure ulcer in the nursing homes in the municipality of Lycksele

Koll på läget
Datum: 2013-05-14

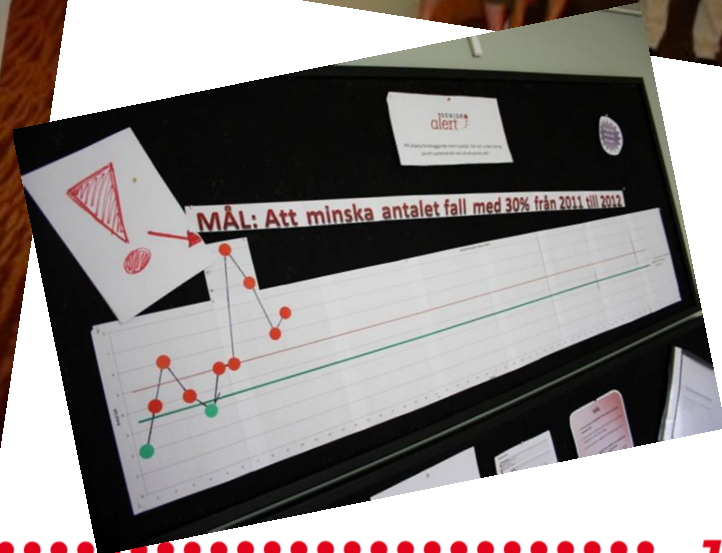
Lycksele Hjärtats gruppböende			Finns risk				Förebyggande åtgärdsplan				Uppföljning		Händelse			
	Person	Riskbedömn	Teambaserad utredning	Fall	Trycksår	Udernäring	Munhälsa	Fall	Trycksår	Udernäring	Munhälsa	Planerad	Genomförd	Fall	Trycksår	Udernäring
49165	2013-03-06	2013-03-06										2013-09-02				
57384	2013-01-17	2013-01-17						2013-01-17	2013-01-17			2013-05-15				2013-03-11 (0%)
58401	2013-04-17	2013-04-17							2013-04-17			2013-10-01				2013-04-17 (-2%)
58402	2013-01-17	2013-01-18						2013-01-18				2013-05-15				
58405	2013-04-17	2013-04-17						2013-04-17	2013-04-17			2013-10-01				2013-04-17 (-2%)
58407	2013-01-17	2013-01-18						2013-01-18	2013-01-18			2013-03-13	1 dag			2013-03-14 (-8%)
68142	2013-04-17	2013-04-17						2013-04-17	2013-04-17			2013-10-02				2013-04-17 (-2%)

- Risk assessments of everyone
- Everyone with a risk get preventive assessments
- Everyone are followed up
- The assessments are adjusted when needed
- Teamwork
- Follow results and do improvement work

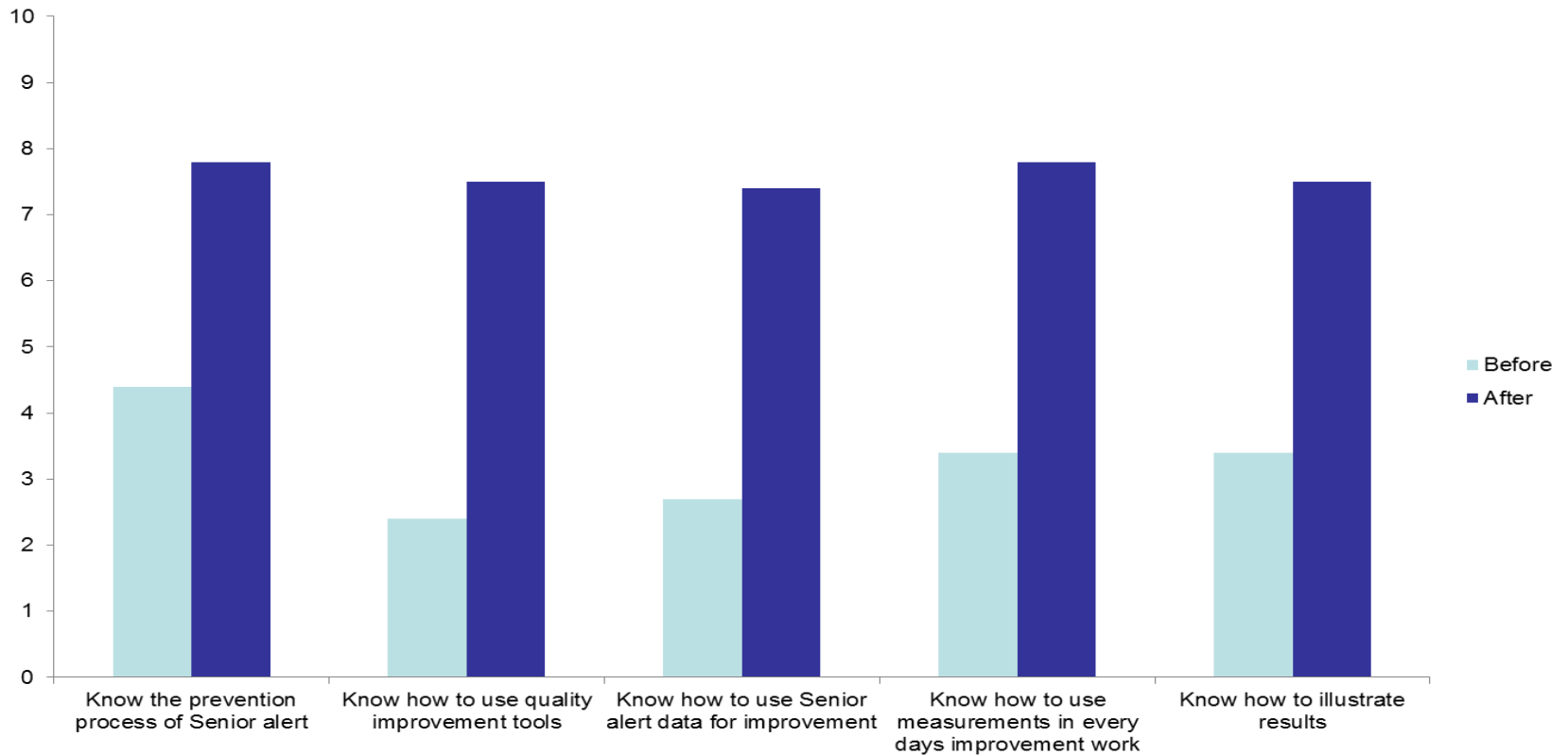
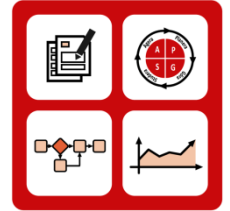
Team work



Improvement collaboratives



Learning goals collaboratives



1= rated lowest knowledge 10= rated highest knowledge

Large scale spread 2010 →

- Part of a national program 2010-2014 – *Better life for sick elderly*
- Staff in Qulturum
- 25 hired coaches 2010-2011, 10 hired coaches 2012 and fw
- 1200 region koordinators all around Sweden
- 5000 in Basic education
- 900 improvement teams in micro study circles
- 250 Webinars: over 2500 participants
for example: To register, the preventiv process, measure, improvement work, good examples, oral health,
- 2000 in inspirations days
- Daily support by phone and e-mail
- www.senioralert.se
- Social medias

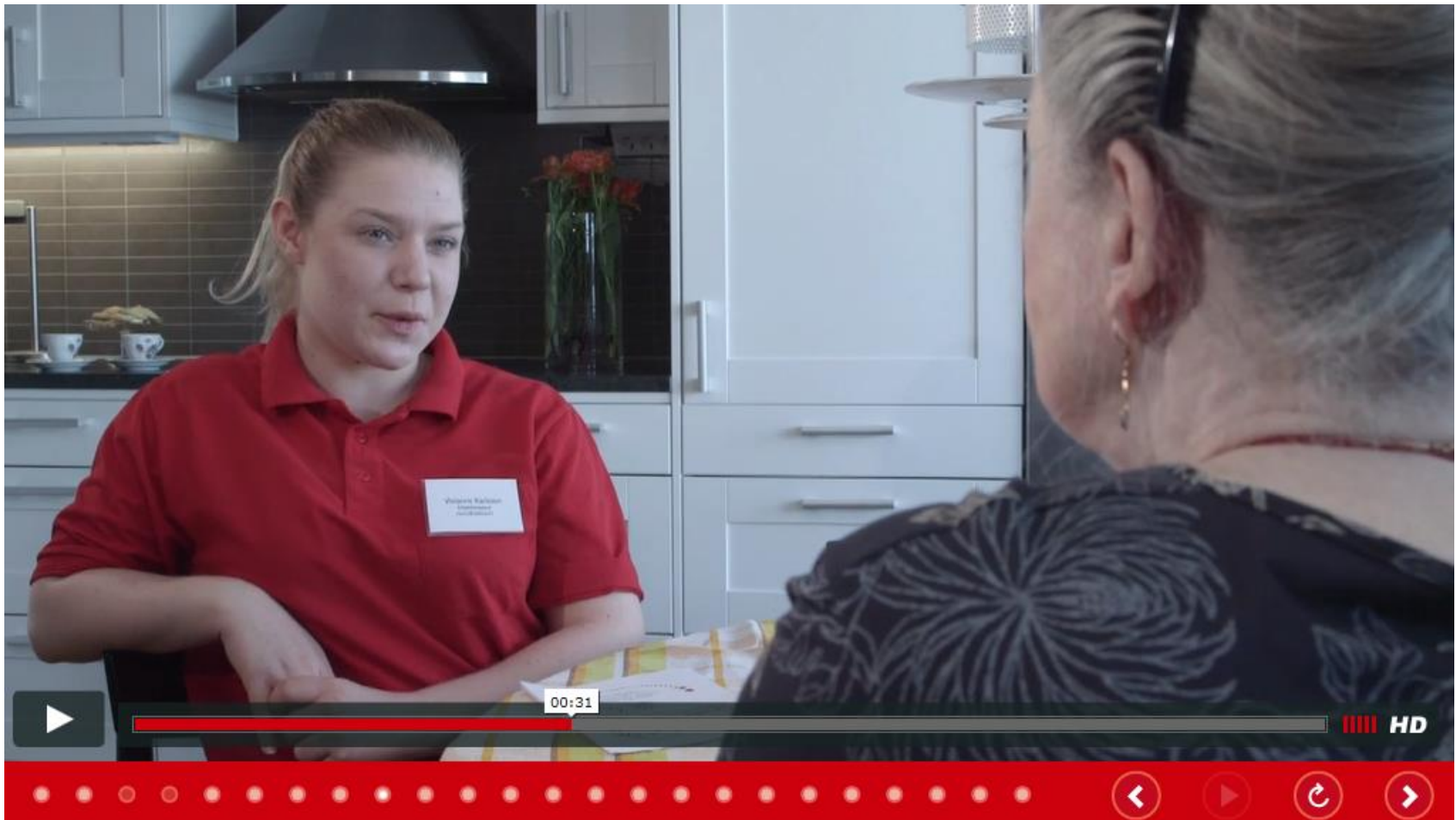
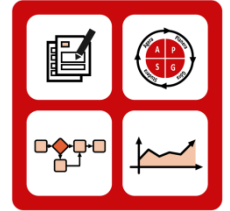
Spread and learn from good examples

- The cake of the month
- Good examples in all training
- Networking
- Webinars
- Folders, webbsite
- Social medias
- Meeting places



Care prevention web course

Introduction – care prevention – improvement work



Senior alert 2.0

- Total make over 2016

Enhetens startsida – en överblick över alla personer på enheten

senior alert Solskensvägen 16 Gläntan Personnummer: yyyyymmdd-xxxx Visa Erik Eriksson Logga ut

Trycksår Undermärning Fall Munhålsa Bilsdyfunktion Koll på läget

Antal personer med: Trycksår 9 BMS-22 12 Otillig viktminskning 9 Fall 2 Ohälsa i munnen, grad 2&3 4

Solskensvägen 16 Gläntan Filter Aktuella nu Aktuella inom 2 veckor Påbörjade

Namn	Personnummer	Risikbedömning	Orsaker	Aktuella nu	Uppföljning	Ny RB
Andersson, Anna	19220912-1442	>1år	Trycksår, Undermärning, Fall, Munhålsa	T U F U		Påbörja ny
Dufva, Lufberan Axel Nils Sven-Gunnar	19121012-1228	>1år	Trycksår, Undermärning, Fall, Munhålsa	T U F U	2015-09-24	2015-12-01
Ekgren, Fabian	19320323-1535	>1år	Trycksår, Undermärning, Fall, Munhålsa	T U		
Fagerlöf, Selma	19371119-1757	>1år	Trycksår, Undermärning, Fall, Munhålsa	T U F U	2015-04-24	2015-10-27
Fransén, Göran	19121012-1228	>1år	Trycksår, Undermärning, Fall, Munhålsa	T U		2015-08-12†
Gråbörn, Vera	19121012-1228	>1år	Trycksår, Undermärning, Fall, Munhålsa			
Jansson, Signe	19121012-1228	>1år	Trycksår, Undermärning, Fall, Munhålsa	T U	M	2015-05-24†
Jönsson, Mårten	19121012-1228	>1år	Trycksår, Undermärning, Fall, Munhålsa	U F M	2015-10-15	2015-11-12
Mann, Fredrik	19121012-1228	>1år	Trycksår, Undermärning, Fall, Munhålsa	T		

Teckenförklaring

- Aktiviteten är klar
- Trycksår
- Risk finns
- >1år Riskbedömningen är äldre än 1 år (ej aktuell) Ny riskbedömning behövs!
- Påbörjad, ej klar
- Undermärning
- Åtgärd planerad
- >6m Riskbedömningen är äldre än 6 månader. Dags att påbörja ny riskbedömning
- Möjlig att påbörja
- Fall
- Åtgärd saknas
- Ej möjlig att påbörja
- Munhålsa
- 2014-04-21† Planerat datum passerat

“Giving systematic attention to risks rather than to injuries has been a revelation for me and my colleagues”

“Now we can see what a difference a preventive way of work makes to the elderly, and to ourselves”

Nurse and occupational therapist



Success factors



- Knowledge – care prevention is important
- A quality registry with on-line data
- As usual – senior leadership must be interested and follow the results
- Person centred care and teamwork
- Improvement work
- Being a part of a national program
- Persistence

www.senioralert.se

facebook

Facebook.se/senioralert

twitter 

@senior_alert