

Western Zone (WZ) Diabetes Quality Initiative Guidelines for Frail Elderly Patients in TC/ALC and Vets Units

Sept. 2017
Volume 3, Issue 1

LTC Project Update

Things are moving along very nicely! Over the summer months, we worked on analyzing the surveys and planned for moving the project into its final phase.

- Participant evaluations from the education sessions held in June have been reviewed and compiled.
- Further analysis was completed on the May Pre-Education Survey, based on direction given by the Advisory Committee.
- Findings from the chart audits have been compiled and themes identified.
- We are working to see what additional tools are required to help promote and support practice change. Supports include guidance for chart documentation, review/revision of admission orders, a brochure for families, etc.

INSIDE THIS ISSUE:

- WZ LTC Project Update 1
- Education Sessions – Evaluations 1-2
- Follow-Up Survey 2
- Time Line 2
- Contact Information 2

Education Session Evaluations

During the month of June, 31 education sessions on the *Diabetes Guidelines for Frail Elderly Residing or Awaiting Long-Term Care* (phases 1 and 2) were offered in the TC, ALC, and Vets Units at Soldiers' Memorial Hospital (SMH) and Yarmouth Regional Hospital (YRH). In total, 84 staff from varying professions attended these sessions. Attendees were invited to complete an evaluation at the end of each session, and we received 64 evaluations for a response rate of 76%!

Participants rated the sessions very positively. Using a 5-point scale, where 5 was excellent and 1 was poor:

- 100% (all participants) rated the sessions as very good/excellent (overall rating 4.7 out of 5)
- 97% of participants felt very strongly that the session contributed new knowledge to their understanding of diabetes care for frail elderly (overall rating 4.6 out of 5)
- 94% felt very strongly that the learning was applicable to their practice (overall rating of 4.5 out of 5)
- 94% stated they would likely use the learning from the session in practice (overall rating of 4.5 out of 5)

When asked about areas of major learning, participants noted:

- Increased ability to recognize signs/symptoms of hypoglycemia & hyperglycemia in the elderly.
- Better understanding of how to properly interpret blood glucose readings and A1C results.
- Increased awareness of appropriate frequency for capillary blood glucose monitoring.

Many staff also reported that, as an outcome to their learning, they would be less restrictive with snack/food choices offered to frail elderly clients with diabetes.

Although several barriers to putting the guidelines into practice were identified, many participants stated they would share their learning from the session with colleagues and advocate for the DCPNS Guidelines to be adopted into practice.

SPECIAL POINTS OF INTEREST:

- Participant's Evaluations of the Education Sessions have been reviewed
- Pre – education Practice Survey & chart audits data have been compiled & analyzed.
- Post-Education Surveys and chart audits will soon begin to assess change in knowledge & practice.



Site co-leads:

- **Yarmouth:**
 - Lisa Gaudet: 902-742-3542, Ext. 1192
 - Linda Wilson: 902-742-3542, Ext. 1576
- **Soldiers:**
 - Jennifer McNeil: 902-825-6160, Ext. 1762228
 - Julie Sutherland-Jotcham: 902-825-6160, Ext. 1762229
- **Central Coordination/Project Coordinator**
 - Crystal MacNeil PDt CDE 902-742-3542, Ext. 1246
Crystal.macneil@nshealth.ca

Evaluations continued

Barriers identified, included among others:

- Resistance of change from the care team.
- Lack of client/family education on rationale for relaxed diabetes targets.

Recommendations by participants for facilitating the adoption of the *DCPNS Diabetes Guidelines for Frail Elderly* into practice included:

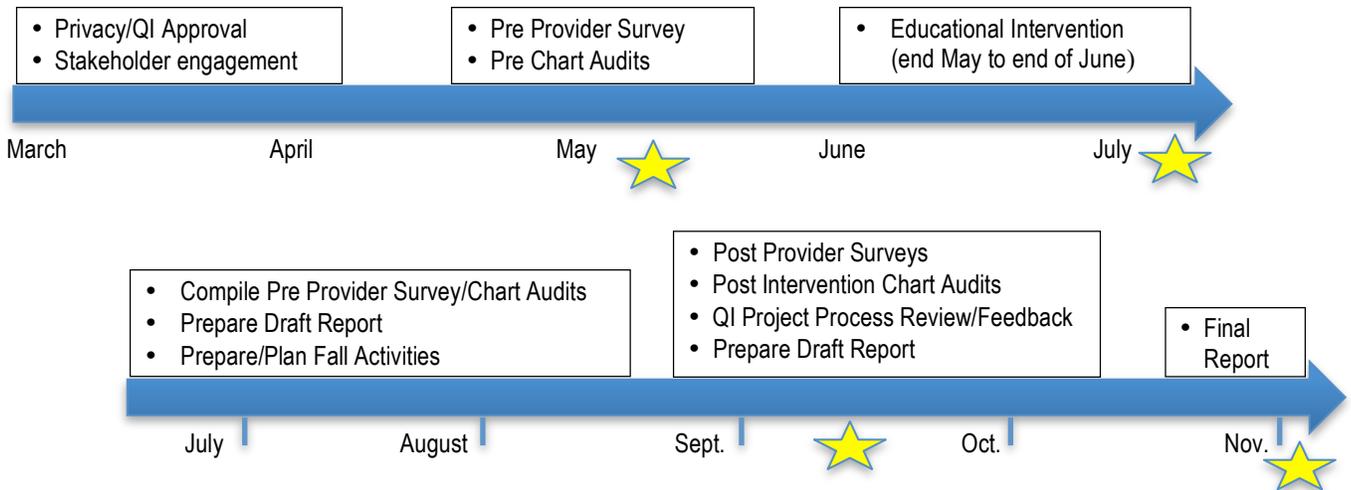
- Creating standing orders and policies that reflect the recommendations in the guidelines.
- More education for physicians, staff, clients, families, and even hospital volunteers.

FOLLOW-UP SURVEY

We have started to promote the Follow-Up Survey!

- The Surveys will be available Sept. 25 to Oct. 6, 2017.
- Care staffs on our target units are encouraged to complete the survey (Physicians, RNs, LPNs, CCAs and Allied Health Professionals).
- Please complete the survey whether or not you completed the Pre-Education survey or participated in the education sessions.
- The Follow-Up Survey will help us determine change in knowledge, either directly from attending an education session or indirectly (perhaps peer learning that occurred from colleagues who did attend a session).
- Surveys will be available on the VETS, TC & ALC units. An electronic survey can be requested by contacting the project's team.
- **Please help us to Promote the Follow-Up Survey!**

PROJECT TIME LINE



★ = Newsletter/Bulletin

It is about safety and quality of life.