

Awakenings TM, Humanness and Alzheimer's Care

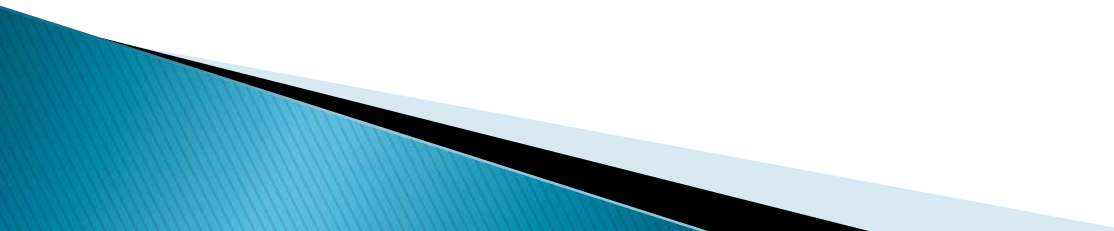
**How Integrative Approaches
Can Improve Quality of Life
and Decrease Cost**

Awakenings – Overview

Goals of the Awakenings program include:

- ▶ Improvement of quality of life of Ecumen facility residents.
- ▶ Reduction in the use of unnecessary medications
- ▶ Improvement in quality of care by facilitating a culture change

The pilot phase

- Ecumen collaborative of 15 SNFs (1219 beds) received a MN DHS Performance-based Incentive Payment Program (PIPP) grant for 3 years starting October 2010
 - Goals: 20% improvement over 3 years in MN QI: “Antipsychotic use without dx of psychosis”
 - 6% improvement over 3 years on MN Quality of Life Survey (2 domains)
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Awakenings

Improved Resident Quality of Life

Culture Change

- Interventions:
- Behavioral
 - Reduce meds
 - Exercise
 - Activities, etc.

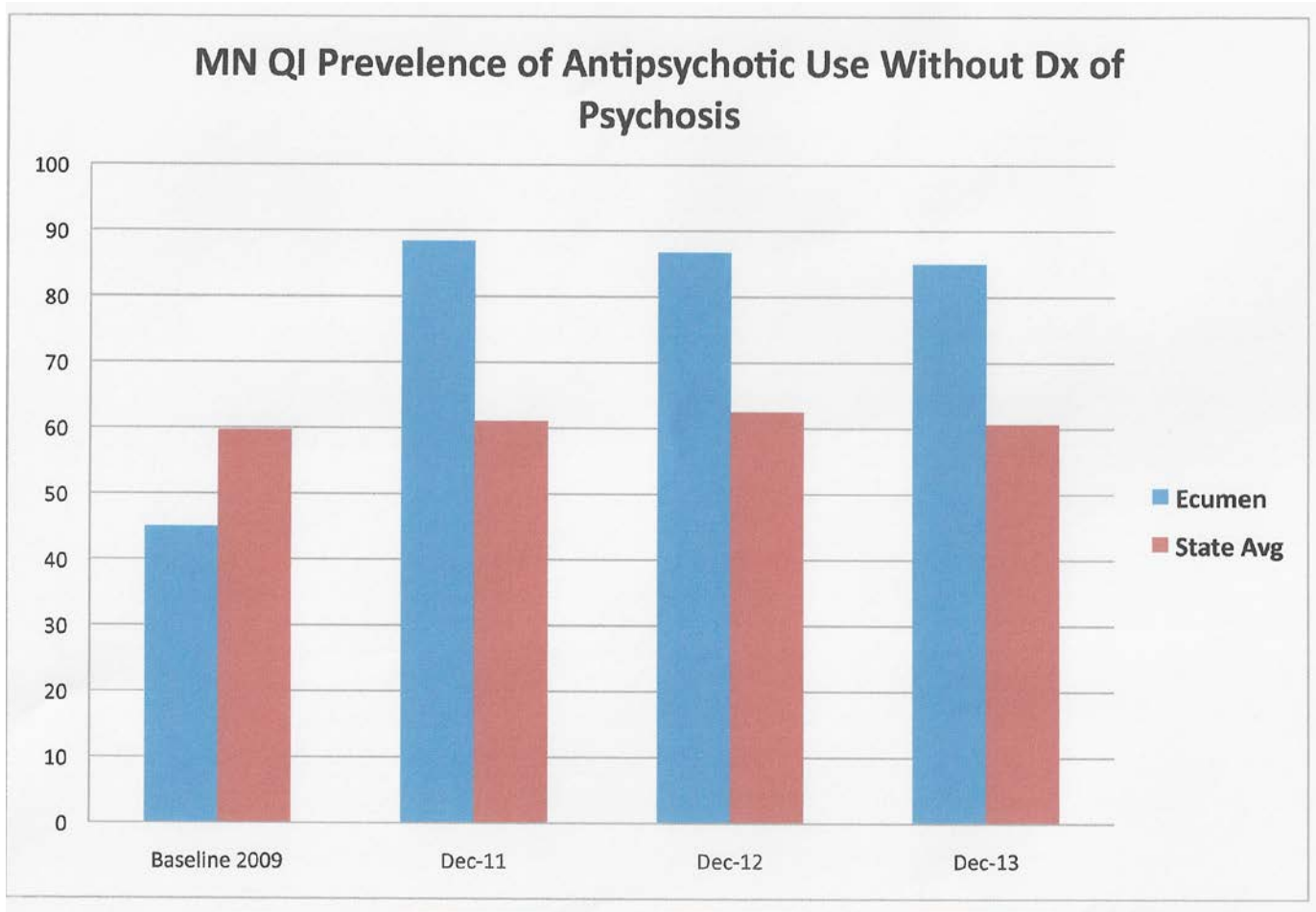
- Staff Buy-in
- Staff Training
- Implement protocols

Identify root causes of behavior:
develop care plan

- Strengthen staff-resident relationships
- Physician & Family Outreach

- Resident Assessments
- Consults from Geriatric Psychiatrist, Pharmacist

Awakenings Results



Overview

▶ Domain: Meaningful Activity

- Are there things to do here that you enjoy?
- Are there things to do on the weekend that you enjoy?
- Do you help other people?
- Can you do hobbies that you enjoy here? (*Probe: Reading, knitting, puzzles, playing cards, building or fixing things*)

(Possible Responses: Generally **YES**;
Generally **NO**; **DK/NA/NR**)

Overview

▶ Domain: Relationships

- Do the people who work here ever stop by just to talk?
- Do you consider anybody who works here to be your friend?
- Can you get help when you need it?

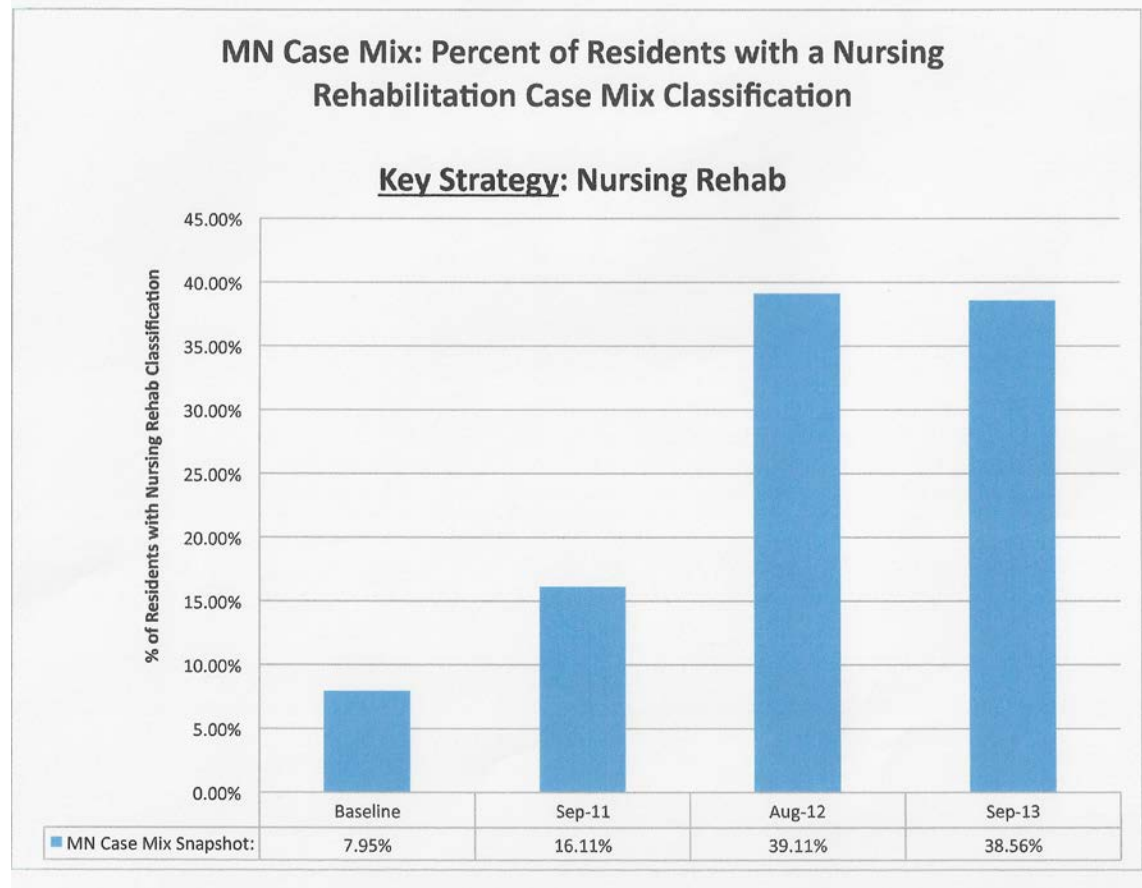
Quality of Life Survey

% Change from 2009 Baseline

Survey Item	Year One	Year Two	Year Three
Activities Domain	2.50%	2.36%	4.04%
Relationships Domain	1.88%	2.14%	1.94%

QOL Survey

Restorative Nursing



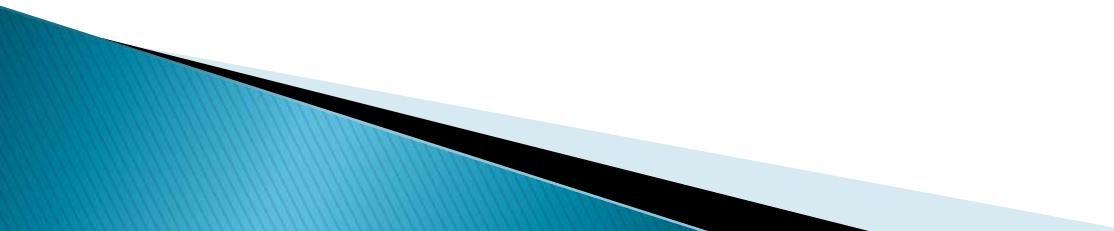
Nursing Rehab

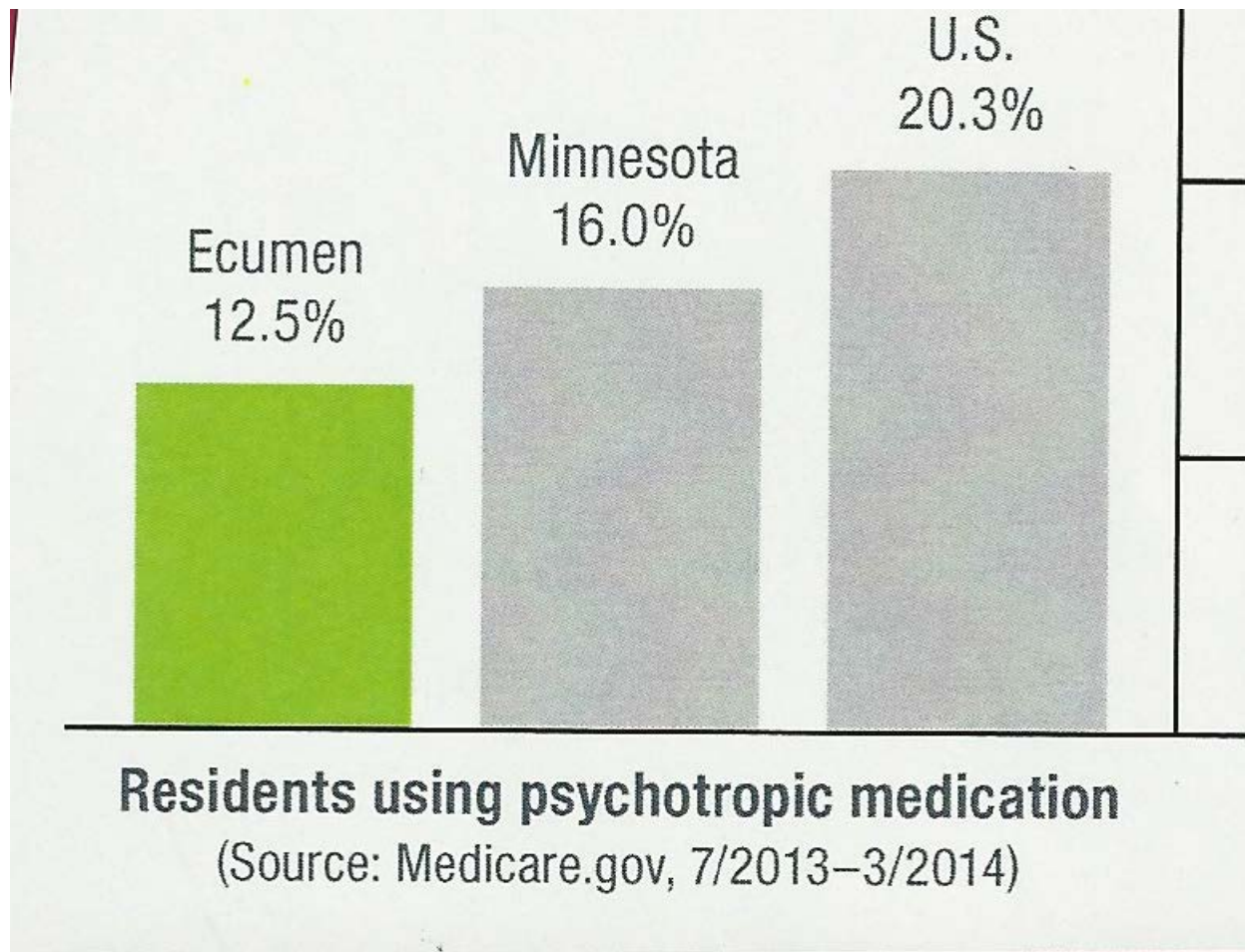
Cost Savings?

The self-reported data from Ecumen sites submitted for 6/30/11, 9/30/11, 12/31/11, and 3/31/12 showed a cumulative of 689 psych meds decreased or discontinued. As of 6/30/12, staff reported 800 medication decreases or discontinuations 6/30/11–6/30/12.

- Atypical Antipsychotics, one of the primary types of drug we are working on eliminating, have an average monthly prescription cost of \$250–475.00/month (or more)—x 800 reductions we've already achieved =
 - \$200,000.00–\$380,000.00 a Month in savings for the client or Medicaid/Medicare alone.

Choosing Wisely Campaign

- ▶ Am Board of Int Med, list of 130+ questionable tests and medical treatments
 - ▶ Sept. 2013, APA list of common uses of antipsychotics that are potentially unnecessary and could cause harm
 - ▶ Elderly with dementia, children without a psychotic disorder, insomnia, behavioral control
- 



Strategic Planning

- ▶ The person who says it cannot be done should not interrupt the person doing it.
 - Chinese proverb

