Research Evidence Informs Change in Nursing Homes: An Integrated Knowledge Translation Approach

Janice Keefe, Nova Scotia Centre on Aging, Mount Saint Vincent University
Debra Boudreau, Tideview Terrace
Marian Casey, Shannex
Ann McInnis, Nova Scotia Community College

Presentation at Our Future Is Aging Conference: Current Research on Knowledge Policy and Practice, Halifax, NS, June 16, 2016
Presentation Outline

• Care and Construction project

• iKT model

• Examples of research to practice

• Summary - factors supporting research to practice
CARE AND CONSTRUCTION – RESULTS

Janice Keefe
Research Question

To what extent and in what ways do differences in the nursing home model of care impact resident quality of life?
Research Approach

Residents
- Surveys
- In-depth interviews

Family Members
- Surveys
- Focus groups

Staff
- Focus groups
- Surveys with all staff
- Surveys with senior administration

Nursing Home Context
- Profiles

Case Study
- Care constellations
- In-depth interviews
- Participant observation
- Activity monitoring
- Data collection over time
What Influences Quality of Life?

**RESIDENT**
- Marital status
- Health scale
- Homelikeness
- Personal relationships
- Staff-Resident bonding

**FAMILY**
- Resident cognitive status
- Homelikeness
- Family – Staff relationships
- Resident – Resident relationships

**STAFF**
- New-Full-scope
- Homelikeness
- Resident-staff relationships
- Role clarity
- Skill use
- Transformation leadership
- Resident challenging
- Job influence

Resident Quality of Life
Three key results

**RELATIONSHIPS**
- Positive relationships support resident QOL

**HOMELIKENESS**
- Sense of homelikeness supports resident QOL

**WORKING ENVIRONMENT**
- Elements of the working environment support positive staff perceptions of resident QOL
Integrated Knowledge Translation

IDEA and DEVELOPMENT

Northwood hosted “research day” May 2008

Application to CIHR Nov 2010

NSCA planning workshop & NSHRF funded Building Alliance June 2009 – Mar 2011

Care & Construction Project launched Apr 2011

 Implemented

INTERPRETATION and DISSEMINATION

NSCA planning workshop & NSHRF funded Building Alliance June 2009 – Mar 2011

Care & Construction Project launched Apr 2011

Working Groups Apr 2011 – Fall 2013

Workshop with sector representatives Nov 2013

Application to CIHR Nov 2010

Brochures created Winter 2014

Instrument development

Researchers and sector representatives

Methodology for collection

Delegation activities

Integration of findings

Workshop with sector representatives Nov 2013
KNOWLEDGE USER PARTICIPATION – FROM IDEA THROUGH TO DISSEMINATION

Ann McInnis, NS Community College
KU Participation – From Idea through to Dissemination
Engage the sector

Workshop in collaboration with HANS

• Close to 70 representatives
  • Government/Nursing home/Education
• Designed with sector input
  • Model: What, So What, Now What
  • Format: Findings, reflection, panel, group work

Sampling of Other activities
- HR Reports on staff survey by facility
- Hosted Human resource workshop as a follow-up
- Host Café Scientifique to share with Public
Areas for Action - Relationships

**POLICY**
- Develop communication strategies
- Consult all perspectives

**EDUCATION**
- Share training resources
- Train in these areas:
  - Conflict management
  - Resident-centred care
  - Cultural diversity
  - Mentorship

**PRACTICE**
- Support resident-resident relationships
- Initiate family ambassador program
- Provide modeling & coaching
- Ensure staff have right fit
Areas for Action - Homelikeness

**POLICY**
- Develop a clear definition
- Incorporate into licensing & regulations
- Promote collaboration between departments

**EDUCATION**
- Encourage staff creativity
- Involve staff in changes

**PRACTICE**
- Consult residents and family
- Balance risks
- Engage in the surrounding community
- Adjust physical space
Areas for Action - Working environment

**POLICY**
- Align measures to be consistent with outcomes
- Review funding to meet resident-focused outcomes
- Review funding to support uptake of education

**EDUCATION**
- Provide ongoing education in resident-centred care
- Support public awareness

**PRACTICE**
- Adopt collaborative practice model
- Provide consistent staffing assignments
- Engage all partners in changes
VIEW FROM THE FACILITY

Debbie Boudeau – Tideview terrace
With input from
Josie Ryan, Northwood
Marion Casey, Shannex
Outcomes at the facility level

- **Research Shared Through:**
  - Client & Family Councils
  - Newsletters & Magazines
  - Internal Memos

- Researchers returned to give updates and provided promotional material on the outcomes

- Focus Groups with Clients, families, Volunteers and Staff to review results and identify changes
How Research Shaped

...understand the power of working towards building more positive and supportive relationships.

- Catalyst to Re-focus attention on how Core Values affect QOL
- Internal Validation of the Meaning of 3 Themes
- Identified and implemented core behaviours/expectation that would support improvements in 3 Themes
How Research Shaped Practice

Homelikeness
Building Renovations;

It helped in our renovations to open to more common space and visual pleasing

Relationships
Staff Performance Appraisals;

Working Environment
Consistent Staffing for Neighbourhood;
Cross Training by Point of Care Staff
Factors supporting research to practice

• Idea originated from the sector
• Sector representatives involved in planning/designing of study
• Respected Researchers & Knowledge Users
• Sector team members saw relevance and value of the project’s outcomes
• Widespread dissemination including sector representatives sharing in the messaging
• Open and collegial working environment
In the words of one of our partners....

This project married research in a practical and meaningful manner that will affect the quality of life in nursing homes for years to come.
Acknowledgements

Funders

[Logos of CIHR, Nova Scotia Health Research Foundation, and other funders]

Researchers

[Logos of Mount Saint Vincent University, Dalhousie University, UPEI, Saint Mary's University, and other researchers]

Project Partners

[Logos of Northwood, Shannex, Nova Scotia, Health Association Nova Scotia, Alderwood Rest Home, Harbourview Lodge, and other project partners]