Building a Culture of Geriatric Excellence: One Hospital’s Experience

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Objectives

• To understand the *relevance* of providing senior services
• Discuss the journey to excellence through nursing education and geriatric initiatives
• To understand the importance of interprofessional collaboration in providing quality care to older adults
Relevance Defined

- Relationship to the matter at hand, practical and especially social applicability
Statistics

- Fastest growing segment of the population
- The highest percentage of increase is the over 85 years age group
- Only 5% of the over 65 are in Long Term Care Facilities (LTAC’s)
- 15% live in CCRC’s (Continuous Care Retirement Communities)
- Currently 1 in 7 are over the age of 65
- By 2030 1 in 5 will be over the age of 65
Older Adults

- Young-Old 65 - 75
- Middle-Old 76 - 84
- Old-Old 85 – 99
- Elite-Old Centenarians

United States: Top 12 states with 62% of the over 65 population

California
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Texas
New York
Pennsylvania
Ohio
Michigan
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Georgia
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Global Aging

• Life Expectancy
  ▫ USA 79
  ▫ Japan 83
  ▫ Australia 82
  ▫ Belgium 80
  ▫ Canada 81
  ▫ Brazil 74
  ▫ France 82
  ▫ Philippines 69
  ▫ United Arab Emirates 77
  ▫ Saudi Arabia 76

Afghan 61
Angola 52
Nigeria 52
Botswana 47
Haiti 60
Mozambique 50
Sierra Leone 46
Somalia 55
Swaziland 49
Sudan 62
Riddle Hospital’s Story

• The Turning Point was in 2009
• 68% of the average daily census over age 65
• 54% of those over 64 were 85 or older

- NICHE
- GNLA
- Gerontological Certification
- Education Initiatives
- Nursing Leadership on Committees and Task Forces
STTI Geriatric Nursing Leadership Academy (GNLA)

- 2010 – 2011
  - QuEST Project

- 2012 – 2013
  - Early Mobility Initiative
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DON'T MISS THE SEPTEMBER 19 JOB FAIR IN BALTIMORE
See inside for details

HOLISTIC NURSING
The key to improving the patient experience

advance for.
09/09/2013 • VOL. 15 • NO. 14* mid-atlantic & lower great lakes

NURSES

EARLY RISERS
A nurse at Riddle Hospital, Media, Pa., initiated an early mobility program that helps geriatric patients improve overall health

MARK YOUR CALENDAR:
October 16 is the Online Education Fair
See inside for details
NICHE (Nurses Improving Care for Healthsystem Elders)
Certified Gerontological Nurses
## Certification

### Riddle Hospital Gerontological Certified Nurses

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Certified Nurses</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>23</td>
</tr>
<tr>
<td>2011</td>
<td>39</td>
</tr>
<tr>
<td>2012</td>
<td>53</td>
</tr>
<tr>
<td>2013</td>
<td>60</td>
</tr>
<tr>
<td>2014</td>
<td>71</td>
</tr>
</tbody>
</table>

[Diagram showing the number of certified nurses from 2010 to 2014]
Ongoing Initiatives

- Geriatric Assessment Tools
- Electronic Health Record (EHR) revisions and additions
- Environment of Care
- Onsite Gerontology review courses
- Geriatric Resource Nurse (GRN) Education
- Geriatric Patient Care Assistant (GPCA) Education
- NICHE membership with System inclusion.
Ongoing Initiatives cont

- Monthly Lunch and Learns or Inservices
- Monthly Webinars
- Securing Funding
- Community involvement through Community Health Services Department
  - Matter of Balance
  - Health Screenings
  - Bring Your Brown Bag Day
  - Senior Suppers
  - Aging Awareness Day Fair
Diabetes and Pain and Palliative Care Education / Equipment Trials
Focused Education: Emergency Department

- Environment
- Equipment
- Providers
- Discharge Planning
- Prevention
- Geriatric Emergency Nursing Education (GENE)
Collaboration: Senior Resource Center
Continuing the Journey

- Monthly meetings with the Geriatric Certified Nurses
- Equipment
- NICHE System
- Environment
  - Signage
  - Lighting
  - Clocks
  - Discharge instructions
  - Follow-up phone calls
Goal: Senior Friendly Hospital

SENIORS
I'M SPEEDING BECAUSE I HAVE TO GET TO WHERE I'M GOING BEFORE I FORGET WHERE I'M GOING

I still get carded (when I ask for my senior citizen discount).

KEEP CALM AND FOCUS ON SENIOR CITIZENS
Questions

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Thank You !!