Assessment and Prevention of Geriatric Functional Decline

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Purpose

Identify hospitalized geriatric patients at risk for functional decline & reduce the incidence of further decline

Background & Organizational Info

◆ Patients experience additional functional decline while hospitalized
◆ There is a deficiency in methods to identify patients at risk for functional decline

Significance & Evidence

◆ Increased geriatric population
◆ 30-60% of older patients experience functional decline at and following hospitalization
◆ Katz Independence of Daily Living has an established reliability of 0.94-0.97

Implementation

◆ Creation and implementation of a Katz form with interventions for patients in the Acute Care for Elders (ACE) Unit
◆ Education for nurses to complete assessment for:
  ➢ 3 months before admission
  ➢ On admission
  ➢ At discharge

Katz Data Results (N=31)

<table>
<thead>
<tr>
<th>Assessment for:</th>
<th>Past 3 Months before admission</th>
<th>Initial Admit to ACE Unit</th>
<th>Discharge</th>
</tr>
</thead>
<tbody>
<tr>
<td>bathing</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>dressing</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>toileting</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>transferring</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>continence</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>feeding</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>total score</td>
<td>6</td>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>

Healthcare Provider Interventions

(if not contraindicated by licensed care provider orders)

Score of 6-5

- Ensure patient ambulates at least twice daily.
- Ensure patient is up to chair for meals.

Score of 4 or less

- Ensure patient is up to chair for meals.
- Assist with ambulation in hallway if patient is capable.
- Ensure physical therapy screens are ordered and communicated with licensed care provider if patient will benefit from a physical therapy consult.

Outcomes

Prior to admit: 4.35
Admission: 2.9
Discharge: 3.68

Patients:

➢ Had a significant decrease in function on admission when compared to prior to admission levels
➢ Had a significant increase in function on discharge
➢ Did not achieve their previous higher score for the months prior to admission upon discharge

Conclusion

Katz assessment is effective to identify patients at risk for functional decline. The defined interventions reduced the occurrence of further functional decline in the hospitalized geriatric patient

References