

**Reducing the Use of Antipsychotics
in NWO Skilled Nursing Facilities
First Quarter Progress Report to the Ohio Department of Medicaid**
Timeframe: January 1, 2017 through March 31, 2017

The first quarter has been busy and very productive. During this time period we accomplished the following:

- A. Worked collaboratively with Barbara Brock, Published Research Author of Communication Art, Inc., throughout the quarter to Create the components that put structure to the tasks to be completed according the accepted grant proposal.
- B. Worked with Ashley McMahon, a marketing consultant, to create a video promoting the project for use on the webpage.
- C. Worked with Erin Pettegrew, Ombudsman Projects Coordinator in the Office of the State Long-Term Care Ombudsman, to get this project listed as a part of the NHQI available projects.
- D. Worked with James Barnhart, Quality Improvement Project Lead from HSAG for inclusion of our project announcement in their newsletter.
- E. Contracted with Debi Huffman as the project bookkeeper.
- F. Secured agreement from Phyllis Gasper and Dawn Jacobs to serve as consultants in the data collection and analysis components when needed.
- G. Disseminated the Grant Announcement to 178 skilled facilities in 24 counties in northwestern Ohio through:
 1. Social media
 2. Email communication
 3. Website
- H. Created a webpage to explain:
 1. The grant, it's funding and it's purpose
 2. Our expectations of the facilities from the initial educational sessions through 6/30/2019.
 3. What the facilities could expect from us from the initial educational sessions through 6/30/2019.
 4. The initial two (2) day training program in detail including:
 - a. Reality Comprehension Clock Test (RCCT) certification
 - b. *Dementia Populations Gift of Purpose* brain exercises
 - c. Non-pharmacological interventions, and
 - d. Social and Communication assessment through the *I was Thinking* workbook
 5. Created an online mechanism so registrants could:
 - a. Easily communicate with us.
 - b. Express their interest through an initial registration form.
 - c. Complete and return their Letter of Agreement.

- d. Provide the names of the participants, two participants per facility as well as one alternate, that would become a part of the three year project
- I. Secured the meeting room accommodations for the initial two-day educational seminar.
- J. Secured a block of rooms for participants who were coming more than 50 miles one way to attend the seminar.
- K. Procured materials through Communication Art, Inc and Waugh Consulting, LLC, for each participant which included:
 - 1. Extensive educational materials to be utilized throughout the two day seminar
 - 2. Written materials to be taken back to the facility for use over the next 9 months
 - 3. DVDs to enable them to share the project with staff and families
- L. Received interest from 47 facilities and needed to select 40 for the project.
- M. Worked with each of the 40 facilities to assure ease in registration, participant selection, sleeping room reservations.
- N. Provided individual assistance to facilities as they looked at their needs and how the project would impact them.
- O. Provided the entire two-day initial educational seminar which included:
 - a. Barbara Brock and her staff presented the educational course entitled: "*Cognitive Tools*" which includes Reality Comprehension Clock Test certification and training in the non-pharmacological interventions contained in the "Dementia Populations Gift of Purpose " brain exercises program.
 - b. Diana Waugh presented the utilization of the workbook *I was Thinking* as a vital component in successful communication techniques and the selection of the person-centered non-pharmacological interventions. She offered approaches to educate and involve family in behavior management.
- P. Educated seventy-four(74) participants through the two day face to face seminar format. One facility had survey and couldn't attend; 4 other participants missed a portion of the two days.
- Q. Awarded a certificate of completion for 6.5 approved hours of continuing education to nurses, activity professionals, OTs and social workers in attendance for the entire two day seminar.
- R. Set-up an online make-up class for those six participants. All six have agreed that the dates will work for them and they are eager to learn the components they did not receive. As each participant completes the educational components they need, they will also receive a certificate of completion-see Q above.
- S. Contracted with three (3) independent contractors, Belinda Cytlak, Tammy Fitch and Sandy Soditch, who will serve as Memory Care Consultants along with Diana Waugh throughout the project. They received education in all aspects of the project work. They will provide email, phone and face to face support throughout the project. They will visit each facility at least once a month for face to face assessment of progress and participant assistance.

Based on their base of operation related to the location of the facilities, they have the following number of facilities:

1. Belinda Cytlak has 11 facilities
 2. Tammy Fitch has 11 facilities
 3. Sandy Soditch has 10 facilities
 4. Diana Waugh has 8 facilities.
- T. Created a form to capture facility progress.
- U. Barbara Brock from Communication Art will be the technical support person for all facilities through online, phone and internet avenues. She began assisting participants with scoring of the RCCT the day after the seminar ended!
- V. Created a list of talking points that will be utilized to review participant progress during each memory care consultant visit.

Participant and memory care consultants and technical assistance activities that will be a part of the second quarter will be the direct result of the work thus far.

The enthusiasm of the participants has been contagious. They are eager to try their new skills with the focus of improving the quality of care they are providing to their residents. Each participant has agreed to complete their homework assignments which will be discussed with the memory care consultant during the monthly visits.

Each participant will complete at least one RCCT and one *I was Thinking* workbook. They are encouraged to send their RCCT scoring to Barbara Brock who will review their work with them and discuss the implications for resident care planning.

Each memory care consultant has set up appointments and will be making their first facility visits in April. They are providing each participant with a list of Talking Points to help focus their discussion during the facility visit.

We anticipate the reduction of antipsychotics will begin to appear after they have a couple of months to become comfortable administering, scoring and utilizing the RCCT; completing and utilizing the social and communication assessments and sharing these person-centered non-pharmacological interventions with all staff and families.

We will be working with them to refuse to start these medications on newly admitted residents until they have tried non-pharmacologic interventions chosen based on the resident's cognitive functional age and their in-depth social assessment and new communication techniques and topics they have learned.