

Rhythm of the Day©

Quarterly Progress Report to the Ohio Department of Medicaid

(October 1 – December 31; Fourth Quarter 2020)

In the first quarter of year two of the project, during the fourth quarter of 2020, the initiative to launch a natural, holistic approach to the daily lives of the staff, residents and families living with Alzheimer's/Dementia continued with a systematic approach to project management with expansion into additional facilities. Details of our progress and accomplishments with the program are as follows:

Project Administration:

- I. Continued recruiting efforts through direct contact with eligible facilities.
- II. The Rhythm of the Day Program continues to evolve to comply with guidelines in place due to COVID-19 restrictions. These core elements include the limitations of resident needing social distancing, restructuring of any group activities, visitor limitations and periods of COVID-19 outbreaks requiring facility wide isolation restrictions. Rhythm of the Day© is a dynamic and fluid program based upon individual resident and facility needs, previous experiential successes promoted the development of the virtual model under COVID-19 limitations and requirements based upon proven outcomes.
- III. Training sessions, all held via Zoom to abide by COVID-19 restrictions were provided. An effective, smaller section phase-in system virtual implementation has now been developed and effectively implemented as evidenced by the comparable outcomes seen in the in-person implementation system. To effectively accommodate this virtual implementation the project was granted an extension of 8 months to the initial grant duration with no change in approved funds to service the total of 30 facilities during the length of the grant, extending the completion date to June 30, 2023.

Project Progress Summary:

Completing the first year of this grant project presented a previously unexplored path of challenges resulting from the pandemic with its numerous effects on the long term care industry. At this point, the core flexibility and individualization of the Rhythm of the Day© program has proven to provide the solid foundation to build the facility programs virtually and achieve desired resident outcomes. Currently there are three fully implemented programs effectively in

operation generating the results listed below. These programs have significantly increased the number of participating residents, worked at stabilizing staff, continue to serve their residents and produce desired outcomes.

Tobin’s Town Hall format highlighted Erin Davis COTA/L Dementia Life Enrichment Coordinator at the first fully virtual implementation facility of Rhythm of the Day© under this grant. The interview highlighted the successes and challenges they faced during their four-and-a-half-month virtual implementation and a one-month COVID-19 outbreak. This Town Hall can be seen at:

["Changing Memory Care to Increase Pandemic Survivability"](#)

During this quarter we have added five facilities into the initial phase of training progressing through the phase system toward full program implementation. During this phase, their baseline data has been collected, individualized programs developed, and training implemented. Their program outcomes will be reported in next quarters report.

Additionally, there are five facilities awaiting their entrance to the initial phase in following the progression of the current five facilities above. The granted program time extension allows for the softer, slower paced virtual implementation schedule.

Overview of Program Outcomes:

Current (October 1 – December 31, 2020) Quarter:

MDS Measurement	Initial	Current	Overall Reduction %
MDS N0410A Antipsychotic Medication	4	3	25%
MDS I2300 UTIs in last 30 days	12	9	25%
MDS J1800 Falls since Admission readmission	26	21	20%
MDS J1900 number of falls	23	18	22%
MDS E0200A Physical behaviors w/others	26	19	26%
MDS E0200B Verbal Behaviors w/others	37	28	25%
MDS E0200C Other behaviors not directed @ others	35	28	20%

Previous through Current Aggregate (two quarters) totals:

MDS N0410A - number of days the resident received antipsychotic medication during the last 7 days or since admission/entry or reentry if less than 7 days. Reduced 12.5%

MDS I2300 – Number of UTI’s in last 30 days. Reduced 19%

MDS J1800 - Any falls since admission/entry or prior assessment. Reduced 17%

MDS J1900 - Number of falls since admission/entry or prior assessment. Reduced 18%

MDS E0200A – Physical behavioral symptoms directed toward others. Reduced 20%

MDS E0200B – Verbal behavioral symptoms directed toward others. Reduced 18%

MDS 0200C– Other behavioral symptoms not directed toward others. Reduced 19%

Anecdotal Feedback from Staff Through Program implementation:

Facility personnel who work in healthcare are usually very acutely aware of moon cycles resulting in increased negative behaviors with the full moon. Our facilities commented how they realized Halloween had fallen on a full moon after the fact and there were no associated increases in negative behaviors. This reinforced their success is overall behavior stabilization.

Participating facilities report residents have been demonstrating increased brain development demonstrated in their abilities to complete increased complexity tasks (i.e. able to independently complete 24 -36 piece puzzles, when previously perplexed by 10 piece puzzles; some residents have been able to actively participate in self-feeding again).

One facility had utilized Rhythm of the Day© techniques to curtail significant exiting behaviors by one resident. When they admitted a second resident demonstrating the same exiting type behaviors to the program, they immediately began the same techniques and were able to curtail these exiting behaviors in less time.

One facility with wide full blown 30-day COVID outbreak; resulted in program residents being necessarily relocated and isolated to different rooms throughout the facility (some multiple times). This situation presented significant challenges for both residents and staff. When the surviving recovering residents were able to return to their original rooms, their assessments reflected only an approximate 50% reduction (50% improvement from pre-program baseline) in overall success from their previous levels in the program. Upon returning to the general area one resident looked around and stated, “I am supposed to be doing something”. This situation exemplifies the effectiveness of the development of new brain cells and the value of purposeful philosophy of the Rhythm of the Day© program.

Project Financial:

There are no travel expenses associated with the third quarter of the Rhythm of the Day© memory care program.

Program Summary and Projection:

Based upon effective virtual development resulting in excellent initial participant outcomes, increased facility interest in virtual implementation, the trainers are confident moving the program forward through this pandemic. Residents of our Ohio nursing facilities will continue to benefit from the Rhythm of the Day© program.

Looking forward based upon the increased industry willingness to participate in virtual training and implementation we see no significant barriers to serving all 30 Ohio facilities by June 30, 2023.