

# Best Practices in Long-Term Care Homes Newsletter



Fall 2007 Edition, Volume 4

## Northwestern Ontario, Heather Woodbeck

Working collaboratively with the Long Term Care (LTC) Stroke Specialist and the two Psychogeriatric Resource Consultants for Northwestern Ontario has been a focus of the BPG Coordinator's efforts in the past few months. We identified a need to translate the Stroke and Dementia BPG's into nursing care plans (NCP) that could be used by RNs and RPNs to direct the care of residents. To date plans have been developed on: Alteration in Cognition and Perception; in Communication and in Mobility. These plans will be adapted to incorporate dementia issues, and then will be trial run in LTC homes.



On another front, Smoking Cessation BPG Work Group members are collaborating with Dr. Patricia Smith, a researcher from the Northern Ontario Medical School to document the impact of the Smoke Free Ontario Act (SFOA) on LTC homes in our region. Challenges and solutions will be identified and shared at the National Conference on Tobacco and Health in Edmonton. A report will be available later this fall.



You can reach Heather at  
[woodbeck@tbh.net](mailto:woodbeck@tbh.net)



Hydration Management in  
Older Adults  
**Josie Santos, Toronto**

Older adults are at the highest risk for dehydration, especially those with physical and/or cognitive impairments. Greater awareness is needed in preventing, recognizing, and treating dehydration. The Toronto Best Practice Implementation Steering Committee has developed a policy and procedure on Hydration Management. The content of the policy and procedure is based on various available best practice sources and it addresses the following:

- Role and responsibility of the interdisciplinary team pertaining to hydration management.
- Assessing hydration status and risk for dehydration.
- Care planning and interventions for hydration management to reduce risk for dehydration, address sick day and end of life including indications for use of hypodermoclysis.
- Documentation and evaluation of effectiveness of interventions related to adequate hydration.

The policy and procedure is to be used as a guideline at the discretion of the LTC Homes. For more information or to obtain a copy of the Hydration Management policy and procedure, contact: Josie Santos at [jsantos@nygh.on.ca](mailto:jsantos@nygh.on.ca)

## SouthWest Region, Donna Scott

Meadow Park Nursing Home in Chatham is anxious to implement the RNAO Best Practice Guideline on Oral Hygiene. In anticipation of its release, pre-implementation steps are being taken. Current oral hygiene care plans and practices are being reviewed. In addition, assessments of the current oral health status of all residents will take place during September. Staff education is being planned for October which will include an overview of best practice for oral hygiene, introduction of an oral health assessment tool and updated Oral Hygiene Policy. Donna Scott, Regional Best Practice Coordinator for the South West Region is providing assistance with this project.



To keep everyone informed and involved, an information bulletin board outlining these activities and information regarding current oral hygiene practices is currently on display at Meadow Park for residents, families and staff.

You can reach Donna at: [Donna.Scott@sjhc.london.on.ca](mailto:Donna.Scott@sjhc.london.on.ca)

### Resources for you and your staff:

If you are implementing BPGs on Pain, you might want to access the Reliever tool (right) for your frontline staff.

This tool and the accompanying 5 modules have been developed by the Halton Best Practice working group.

You can access the tool and modules by contacting:

Wendy MacDougal, Central West at [bpc@winstonpark.net](mailto:bpc@winstonpark.net).

I'm a PAIN RELIEVER

- R Reposition q2 hours and remove wrinkles
- E good Ergonomics – position in alignment
- L Lift gently, consider asking for medication first
- I Improve communication – be observant and listen well
- E padded Envelope – cushion the resident from bumps
- V Vlisten to Verbal expressions concerns
- E observe facial Expressions and other behaviours
- R Report what you observe to the Nurse

## News from Central East, Mary Dupuis

September seems like an appropriate time to focus on 'fall'... ....and for the next 4 months, the Central East BPG Initiative will be focusing on supporting our homes' implementation of the RNAO BPG 'Preventing Falls and Falls Injuries in Older Adults'.



*Pamela Rowe and Shelagh Hanna – BPG Champions at Hillsdale Terraces and Estates*

Some Central East homes are already at work in this area of significant concern to our LTC residents.

For example, over the last year, Hillsdale Terraces and Estates in Oshawa has dedicated nursing staff to develop educational resources on falls prevention and, similar to Union Villa in Unionville, has also been revising their falls prevention policy (and appreciate the policy shared by the Toronto BPG Coordinator and her working group).

As part of our Central East activities, we have developed a new resource specifically for PSWs - the second in our series of '**BPGs to the Bedside: A Handbook for PSWs**'. To receive a copy, or schedule a presentation on the BPG 'Preventing Falls and Falls Injuries in Older Adults', contact Mary Dupuis ([mary.dupuis@yeehong.com](mailto:mary.dupuis@yeehong.com)).

## Sexuality and Intimacy in Long-Term Care Eastern Ontario, Deb Jenkins

It was an exciting month in eastern Ontario in the areas of Lanark, Leeds and Grenville (LL & G) when the working group on Sexuality and Intimacy released their final draft of the guidelines for Long-Term Care Homes. It is the hope that this resource will help front-line staff better assess their residents on admission in terms of their sexual preferences and history and as well be armed with the policy and procedures necessary and the steps to follow, should an untoward event take place that is of a sexual nature. The PIECES framework has been touched on in our resource in dealing with issues that arise around intimacy and sexuality and the working group has conferred with individuals from legal, psychiatric and enforcement (Ministry of Health) standpoint as well as the police department on crisis intervention. Homes in the LL & G area are presently piloting the tools and feedback is being gathered continuously by the working group from all stakeholders with the plan to update the guideline on a yearly to two-yearly basis, taking into consideration the feedback and the current best available evidence.



Debbie Steele and Kim Schryburt-Brown, at the launch of the Sexuality and Intimacy in Long-Term Care guidelines.

You can reach Deb at: [williamstown@sympatico.ca](mailto:williamstown@sympatico.ca)

**From the frontlines:** Implementing Best Practice Guidelines in a Long Term Care Facility,  
Lynn Winnett, RN BHSc(N), ADOC Extendicare Brampton  
Central West region



Nurses of the Pain Committee, Extendicare Brampton (L-R)

Afua Bonsu RPN, Lynn Winnett RN BHSc(N) DOC  
Jocelyn Crocker RPN, Hyacinth Barrett RN  
Elise Stevenson RN, Bibi Rahaman RPN  
Veronica Cromie RPN, Tejinder Virk RN  
Neelima Saini RPN, Margaret Boorman RN  
Charmaine Clemmings RN, Christine Kozlowski RPN

As I reflect over the past two years during the implementation of the RNAO Best Practice Guideline for Pain Management at Extendicare Brampton several key moments stand out. The first moment was the excitement that one of the registered staff showed when she stepped up and approached the doctor to adjust a resident's pain medication based on the education she had just received and she received a positive result. The second moment came after the completion of pain assessments for all of the residents when the pain champion made this statement, "I learned there are a lot of lonely people living here who want some one just to sit down and talk with them". But the most outstanding moments are when I see a resident participating in activities, walking, smiling and laughing with his family because his pain is now under control. There is nothing to replace the sense of pride and confidence that the registered staff expressed when they were asked to reflect on their skills and approach to pain management after the implementation of Best Practices in comparison to when we began. It is these moments and more that support the need for more implementation of Best Practice Guidelines in Long Term Care. Lynn W.

**Central South, Mary-Lou van der Horst ([mvanderhorst@oakwoodretirement.com](mailto:mvanderhorst@oakwoodretirement.com))**

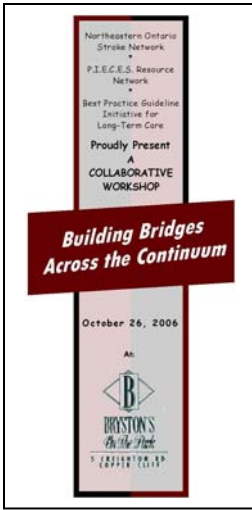
Oral Care 15-minute DVD – Home made in Ontario! Education Resource for Staff

All Long-Term Care Homes should have received in the summer their complimentary copy of a new DVD called "Oral Care for Residents with Dementia" It was a great day of fun as it was filmed in Hamilton with staff and residents from the Village of Wentworth Heights. The Registered Nurse Association of Ontario (RNAO) co-produced the DVD with the Halton Public Health Department along with collaborative assistance from The Village of Wentworth Heights, Regional Best Practice LTC Initiative and the Alzheimer's Society of Hamilton and Halton. The 15-minute DVD highlights key oral care techniques that staff can use to accomplish oral care for residents with early, mid and later stages of dementia. If you haven't received your copy, contact Julie Burris- Best Practice Guideline Sales RNAO at **416.907.7965** or at [www.rnao.org/bestpractices](http://www.rnao.org/bestpractices) Extra copies: \$15CDN



Village of Wentworth Heights Staff and Residents from Oral Care DVD celebrating its RNAO launch, Hamilton

**“Build Bridges Across the Continuum”  
Lisa Quenelle, North East Region**

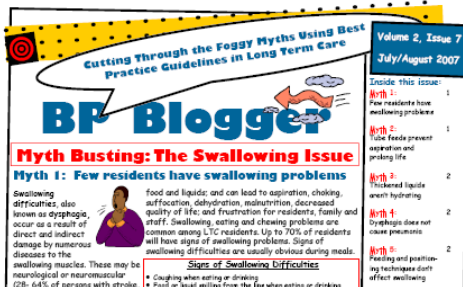


“Excellent Day”. “I want to learn more about Best Practice”. “You should do this every year”. These are just a few examples of the feedback that has been received from the 4 North East Region Linkage Partners Collaborative Workshops entitled “Building Bridges Across the Continuum” held across the region. The workshops provide Community Organizations and LTC homes with an opportunity to gain a better understanding of services, supports and the resources that are available to them both in their own communities as well as across the Region. Knowledge Cafés, Panel Chats, and Motivational Speakers are just few of the highlights that each workshop has offered to its participants. Our Linkage Partners are the Regional BP Coordinator in LTC, Community and LTC Specialist and the Psychogeriatric Resource Consultants working throughout the region. Our 1<sup>st</sup> multi-regional collaborative workshop will take place in the Muskoka/Parry Sound area on Oct. 18<sup>th</sup> 07. Both the North East and Central East Regions will be working collaboratively as they continue to “Build Bridges Across the Continuum”.



Monica Bretzlaff – PRC  
Lisa Quesnelle - BPC  
Sylvie Giroux – Community and LTC Specialist

**More resources for you and your staff:**



Check out the latest issue of The BP Blogger. The Blogger is a newsletter that looks at the common myths around everyday care issues. The myths are answered or “debunked” with information taken from best practice guidelines. It’s an easy way to introduce LTC staff to best practice-based care. New and back issues are available on [www.rgpc.ca](http://www.rgpc.ca) or [www.shrtn.on.ca](http://www.shrtn.on.ca). To be on the monthly emailing list, send an email to [mvanderhorst@oakwoodretirement.com](mailto:mvanderhorst@oakwoodretirement.com)

**Don't forget the following sites on the web:**

- [www.rnao.org](http://www.rnao.org) for e-learning  
(example: [www.rnao.org/Pain\\_e-learning/PainFiles/PainDefault.html](http://www.rnao.org/Pain_e-learning/PainFiles/PainDefault.html))
- [www.rgpc.ca](http://www.rgpc.ca) for posting of resources (Follow the links under Best Practice and various to see resources from all of the BP Co-ordinators.)
- [www.cno.org](http://www.cno.org) for e-learning  
(example: [www.cno.org/prac/learn/modules/documentation/index.html](http://www.cno.org/prac/learn/modules/documentation/index.html))

Permission has been obtained for the publishing of the photos in this newsletter. If you have any questions, concerns or feedback about the newsletter, or need help finding your Best Practice Co-ordinator, please contact Wendy MacDougal at [bpc@winstonpark.net](mailto:bpc@winstonpark.net)