

Elderly Care & The Knowledge & Evidence Service

Sue Jennings

Clinical Evidence Specialist

Tuesday 30th April 2013



What do we offer?

This service can provide the best evidence to support you in the following activities:

- **Clinical decisions** about patient diagnosis, investigations and treatment
- Management** and business-related decisions
- Development of care pathways**, protocols and guidelines
- Innovation and exploring examples of good practice
- Audit** and research work
- Training** on Searching the Literature / CPD Support
- Journal club preparation** and professional development activities
- Critical appraisal** and applying evidence in practice

Support for Meetings and Groups – Falls – NMAC – Outcome Measures – Ops Group



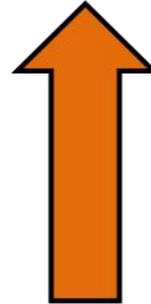
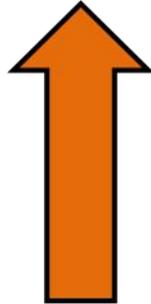
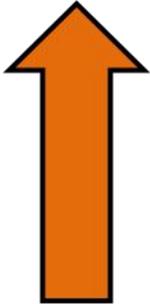
The Evolution of the Clinical Librarian

1971

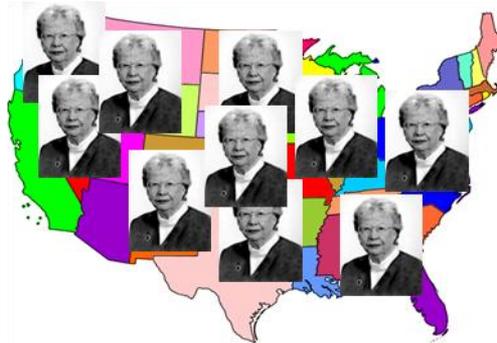
1980s

1990s

2000s



Gertrude Young



Where are we now? - The Future ...

- Change of Name to reflect our changing role – **Clinical Evidence Specialist**
- The Future - **Evidence Supported Ward Rounds**
- This involves a Clinical Librarian attending ward rounds as part of the multidisciplinary team to identify clinical questions and provide the best available evidence at the point of care. Evidence is made available at the patient's bedside within a timescale that allows it to be used for decision-making about patient management.

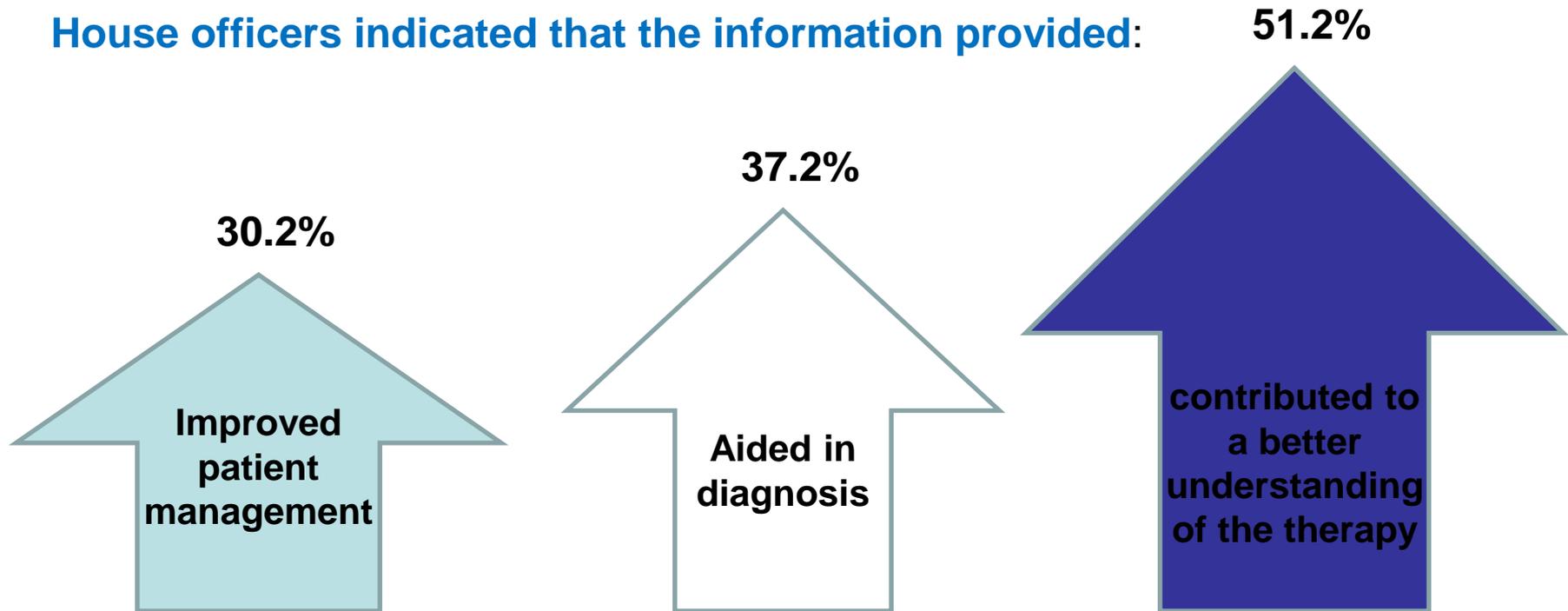


Victoria Treadway – Clinical Librarian – Wirral NHS



How does Evidence Help?

House officers indicated that the information provided:



Veenstra RJ, 1992, pp. 1038-42



How are we Currently Supporting Elderly Care?

- Falls Evidence Briefing every month

- Support for Falls Awareness

Month – 17th -21st June 2013

- Identifying information needs

- Updating the group on New

Evidence & Horizon Scanning

- Resources to support Prevention

Falls - March 2013

Knowledge & Library Service
"Bridging the Knowledge Gap"

Warrington and Halton Hospitals NHS Foundation Trust

QIPS Falls - Evidence Briefing

Prevention

Can a multi-factorial assessment and interventional programme decrease inpatient falls in an elderly care ward? (2013) *BMJ Quality Improvement Reports*, pp. 1-3

In a nutshell: Falls may be reduced by 18 to 31% through multi-factorial assessments and interventions. A baseline audit reviewed incident report forms to establish the number of falls per 1000 patient bed days for one calendar year; the baseline falls rate was 14.70 falls per 1000 bed days between November 2010 and October 2011. A care plan to highlight at-risk patients and allow adaptation of care, a 'walking-stick' incentive poster to encourage nursing staff, and post-fall guidelines, were introduced. Feedback sessions with ward staff and a re-audit were organised subsequent to each intervention. Completion of the care plan was monitored to improve compliance. A re-audit at one year was conducted to assess impact.

This study demonstrates a 15.4% reduction in falls through use of a multi-factorial assessment and care plan and an incentive poster. **Audit Poster**

Prevention of falls in the elderly - a review - *Osteoporosis International*, 2013, Vol.24 (3) pp 747-762 **In a nutshell:** There is strong evidence in the literature that structured fall-preventive programs in the elderly, especially in high-risk groups, are beneficial in reducing both the number of fallers and the number of falls in community.

Physiotherapy

2012 - Falls Prevention - Home Exercises for patients
http://www.ooc.health.nsw.gov.au/_documents/ocograms/falls-prevention/one-page-fyers/11a-and-11b-falls-prevention-home-exercises.pdf

Map of Falls Prevention
2012 - From Profane

In a nutshell: A great example of an exercise sheet for patients to use, the use of 'real people' to demonstrate the exercises makes it look achievable, simple instructions make for a none threatening, information leaflet.

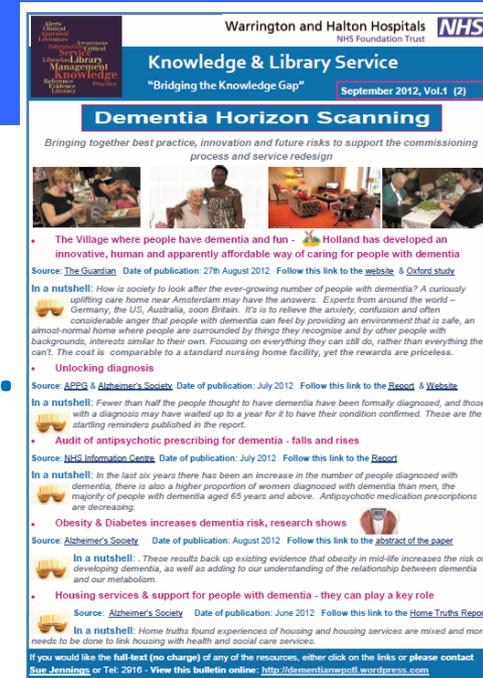
The aim of this evidence briefing is to support the Trust's Falls group. Contact myself [Sue Jennings](mailto:Sue.Jennings@whh.nhs.uk) or Tel: 2916 for any of the resources featured. No cost. Or to request literature searches.

WE ARE ON THE WEB <http://whportal.soutron.net> ACCESS OUR CATALOGUE, CURRENT AWARENESS, SEARCHES AND MORE



Dementia & Horizon Scanning

- Horizon Scanning – Looking to what might happen in the future ..
- 10 million people in the UK are over 65 years old. The latest projections are for 5½ million more elderly people in 20 years time and the number will have nearly doubled to around 19 million by 2050.
- Dementia presents a significant and urgent challenge to health and social care in terms of both numbers of people affected and the costs. At least 560,000 people in England have dementia and, because of an ageing population, the number of cases is predicted to rise by over 30 per cent over the next 15 years.



Warrington and Halton Hospitals 
NHS Foundation Trust

Knowledge & Library Service
"Bridging the Knowledge Gap" September 2012, Vol.1 (2)

Dementia Horizon Scanning
Bringing together best practice, innovation and future risks to support the commissioning process and service redesign

The Village where people have dementia and fun - Holland has developed an innovative, human and apparently affordable way of caring for people with dementia
Source: [The Guardian](#) Date of publication: 27th August 2012. Follow this link to the [website](#) & [Oxford study](#)

In a nutshell: How is society to look after the ever-growing number of people with dementia? A curiously uplifting care home near Amsterdam may have the answers. Experts from around the world – Germany, the US, Australia, soon Britain. It's to relieve the anxiety, confusion and often considerable anger that people with dementia can feel by providing an environment that is safe, an almost-normal home where people are surrounded by things they recognise and by other people with backgrounds, interests similar to their own. Focusing on everything they can still do, rather than everything they can't. The cost is comparable to a standard nursing home facility, yet the rewards are priceless.

Unlocking diagnosis
Source: [APQC & Alzheimer's Society](#) Date of publication: July 2012. Follow this link to the [Report](#) & [Website](#)

In a nutshell: Fewer than half the people thought to have dementia have been formally diagnosed, and those with a diagnosis may have waited up to a year for it to have their condition confirmed. These are the startling reminders published in the report.

Audit of antipsychotic prescribing for dementia - falls and rises
Source: [NHS Information Centre](#) Date of publication: July 2012. Follow this link to the [Report](#)

In a nutshell: In the last six years there has been an increase in the number of people diagnosed with dementia, there is also a higher proportion of women diagnosed with dementia than men, the majority of people with dementia aged 65 years and above. Antipsychotic medication prescriptions are decreasing.

Obesity & Diabetes increases dementia risk, research shows
Source: [Alzheimer's Society](#) Date of publication: June 2012. Follow this link to the [abstract of the paper](#)

In a nutshell: These results back up existing evidence that obesity in mid-life increases the risk of developing dementia, as well as adding to our understanding of the relationship between dementia and our metabolism.

Housing services & support for people with dementia - they can play a key role
Source: [Alzheimer's Society](#) Date of publication: June 2012. Follow this link to the [Home Truths Report](#)

In a nutshell: Home truths found experiences of housing and housing services are mixed and more needs to be done to link housing with health and social care services.

If you would like the full text (no charge) of any of the resources, either click on the links or please contact [Sue Jennings](#) or Tel: 2010 - View this bulletin online: <http://dementia.warrington.nhs.uk/news>



Dementia & Horizon Scanning

- Early diagnosis and intervention in cases of dementia is known to be cost-effective. Yet only a third to a half of people with dementia ever receive a formal diagnosis. The UK is in the bottom third of countries in Europe in terms of the percentage of dementia patients receiving anti-dementia drugs, and the average time taken to diagnose patients in the UK is up to twice as long as in some other countries.



 National Audit Office

Improving services and support
for people with dementia

Report number: HC1616 (2014-15) | Published: 15 October 2014



How Can We Help?



- Do you want to know the truth behind the headlines?
- Are you interested in finding out more about a particular condition, treatment, for example a drug, person-centred care, how to help someone understand their condition the list is endless
- <http://dementiachallenge.dh.gov.uk/>
- <http://www.dementiachallengers.com/page64.php>



Any Questions

