interRAI – comprehensive assessment with added value

NZNO Gerontology Nursing Conference 2018

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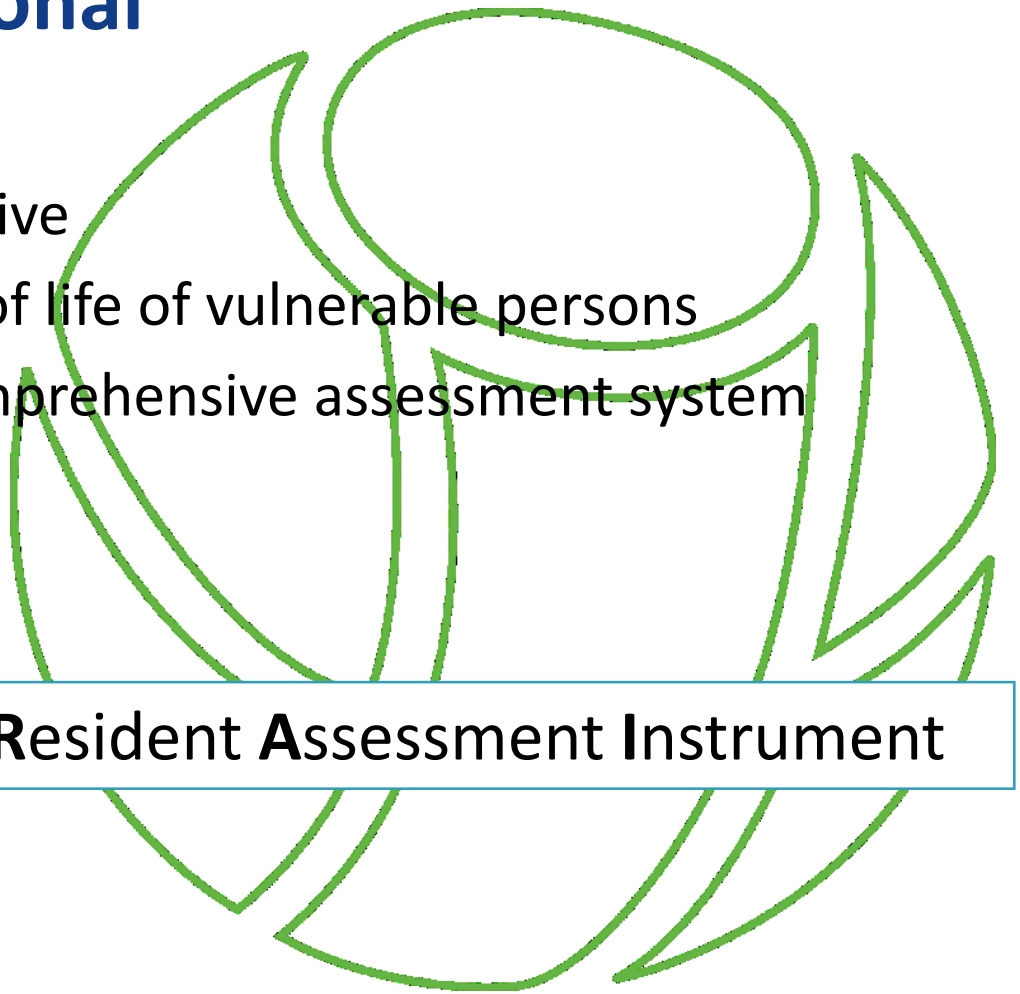
Presentation overview

- About interRAI
- How interRAI works in New Zealand
- What interRAI tells us about older people
- How interRAI is being used

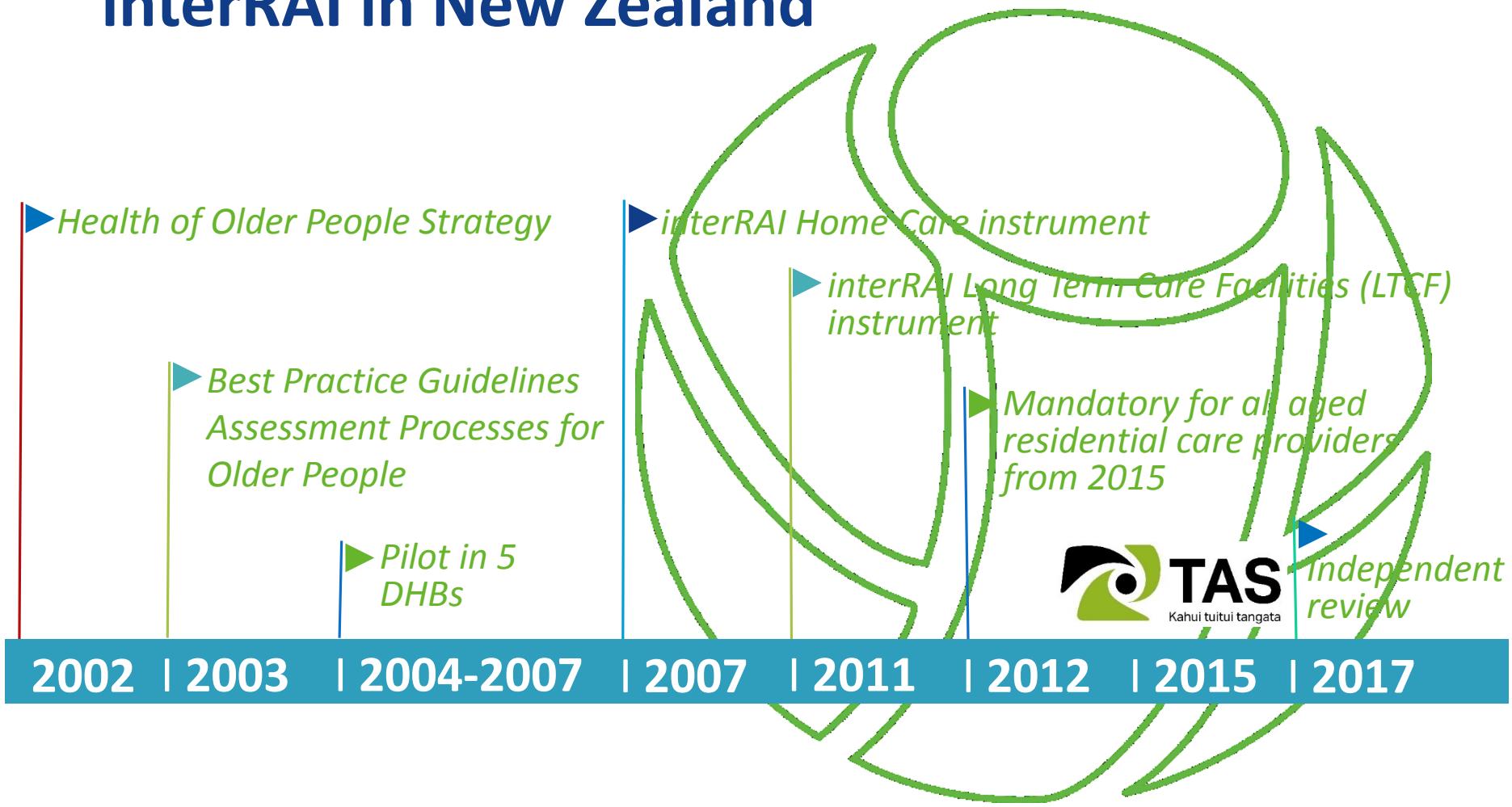
interRAI international

- international collaborative
- to improve the quality of life of vulnerable persons
- through a seamless comprehensive assessment system



interRAI = **inter**national **R**esident **A**ssessment **I**nstrument

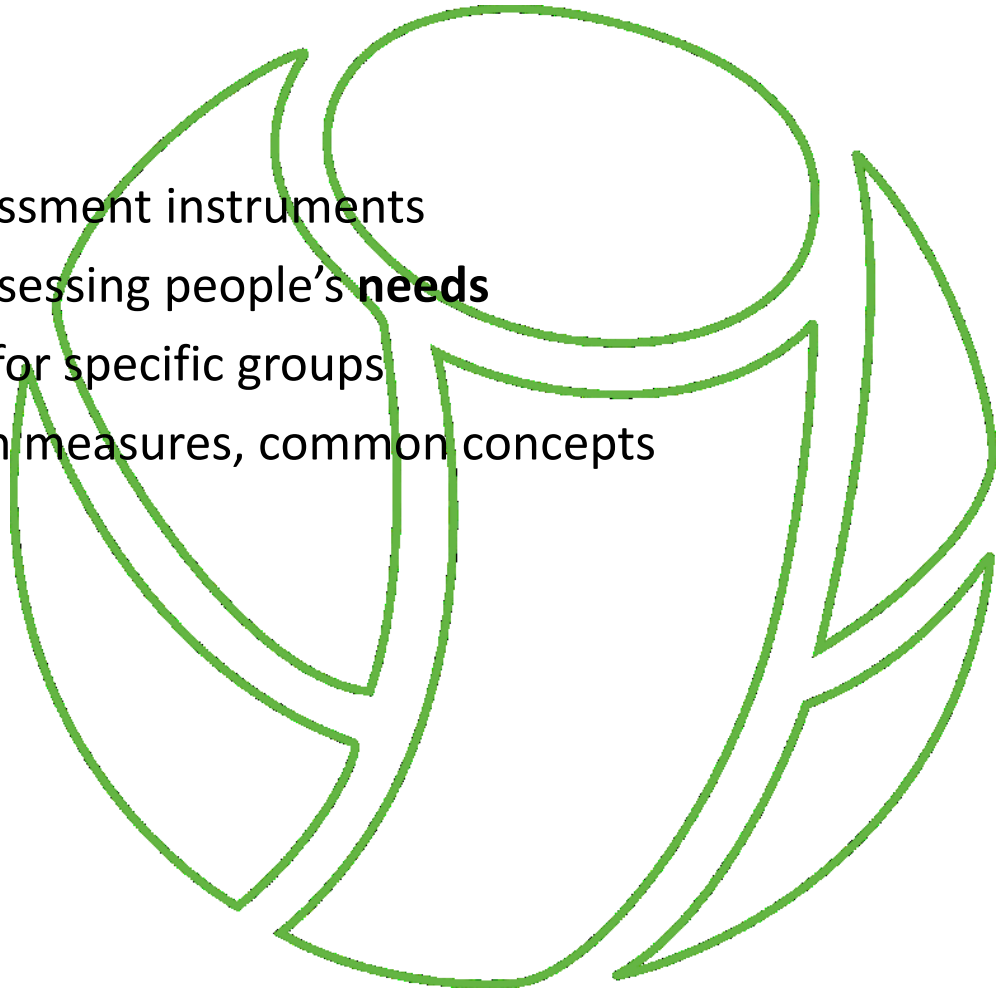
interRAI in New Zealand



This video on Youtube: youtu.be/t_4KzWJaSGs

What is interRAI?

- **Comprehensive** clinical assessment instruments
- Best practice approach to assessing people's **needs**
- **Standardised** and designed for specific groups
- **Common** language, common measures, common concepts
- www.interRAI.co.nz



interRAI assessments in New Zealand

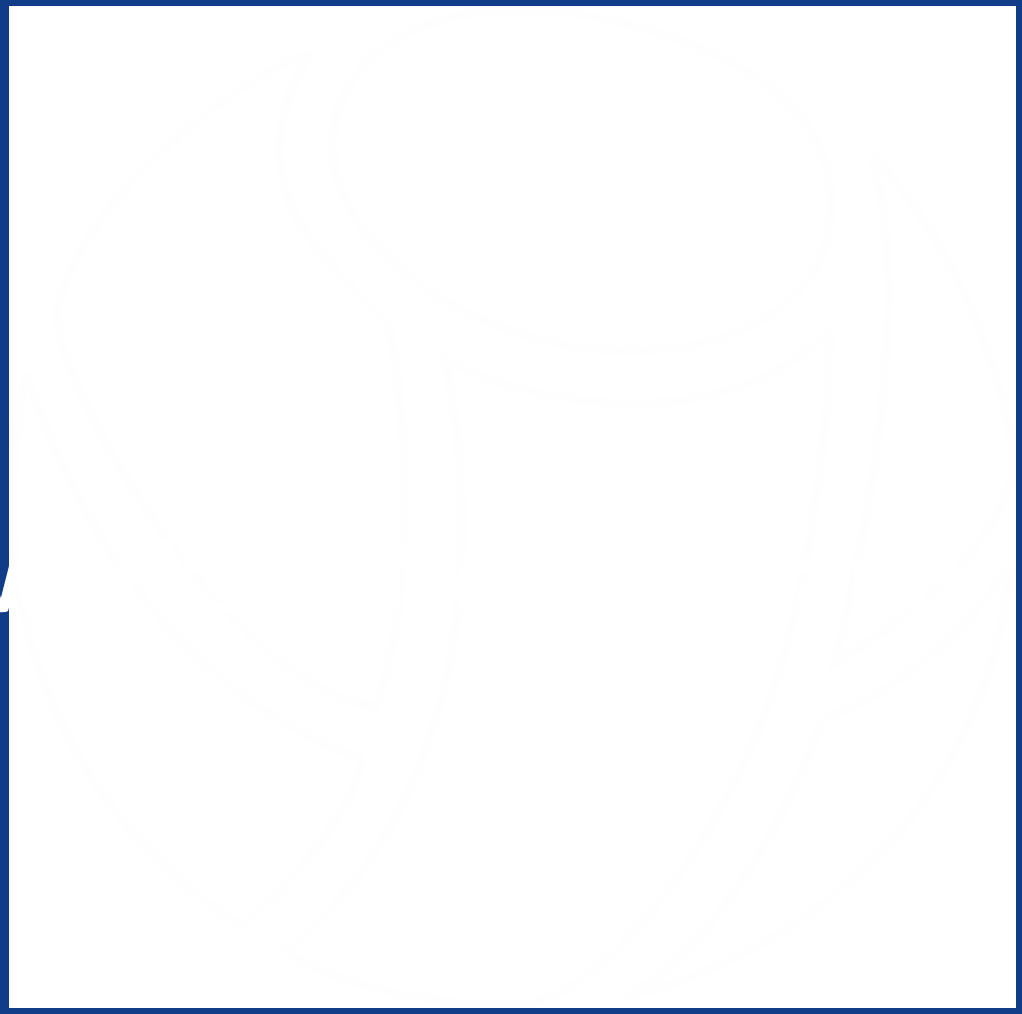
In aged residential care:

- Long Term Care Facilities Assessment (LTCF) for **evaluating the needs, strengths and preferences** of those in aged residential care.

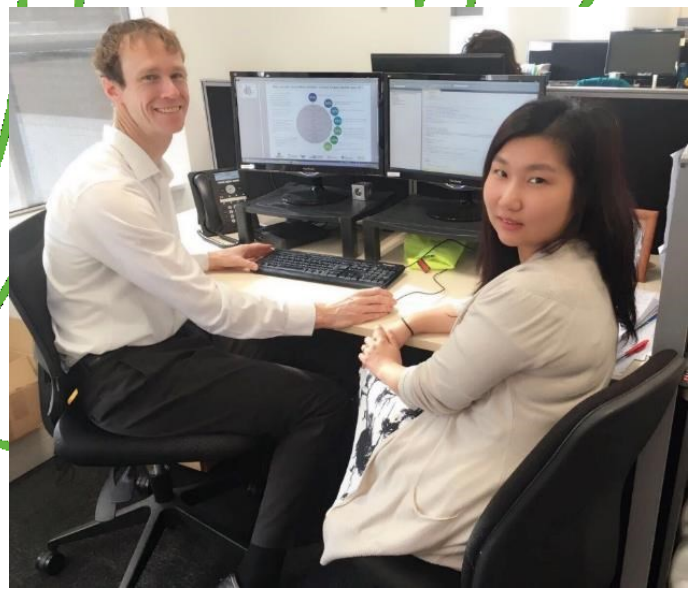
In the community:

- Home Care Assessment (HC) for **planning care and services** in community-based settings
- Contact Assessment (CA), a basic **screening** assessment for people living in the community
- Palliative Care Assessment (PC) for community-based older adults where a **palliative** care focus is required.

How interRAI v



interRAI Services NZ



InterRAI™ New Zealand

interRAI education and support

- A comprehensive programme of interRAI education and support
- Become competent and remain competent

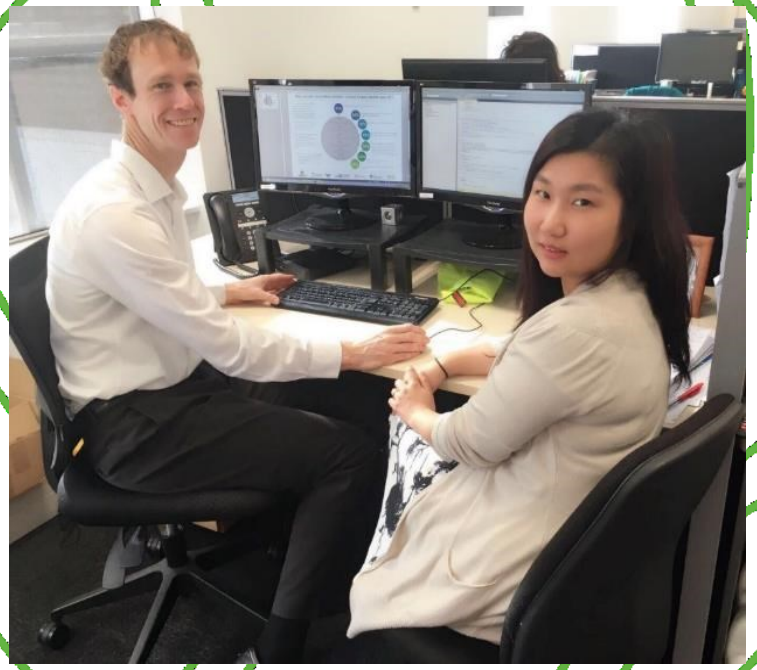
initial training, skills boosters, site visits, Inside interRAI, quality reviews, on-line evaluation support, coding support

- How to use and understand interRAI assessments
- How to use and understand interRAI data
- interRAI analytics support
- 'Integrating interRAI into your facility'
- www.interRAI.co.nz

InterRAI™ New Zealand

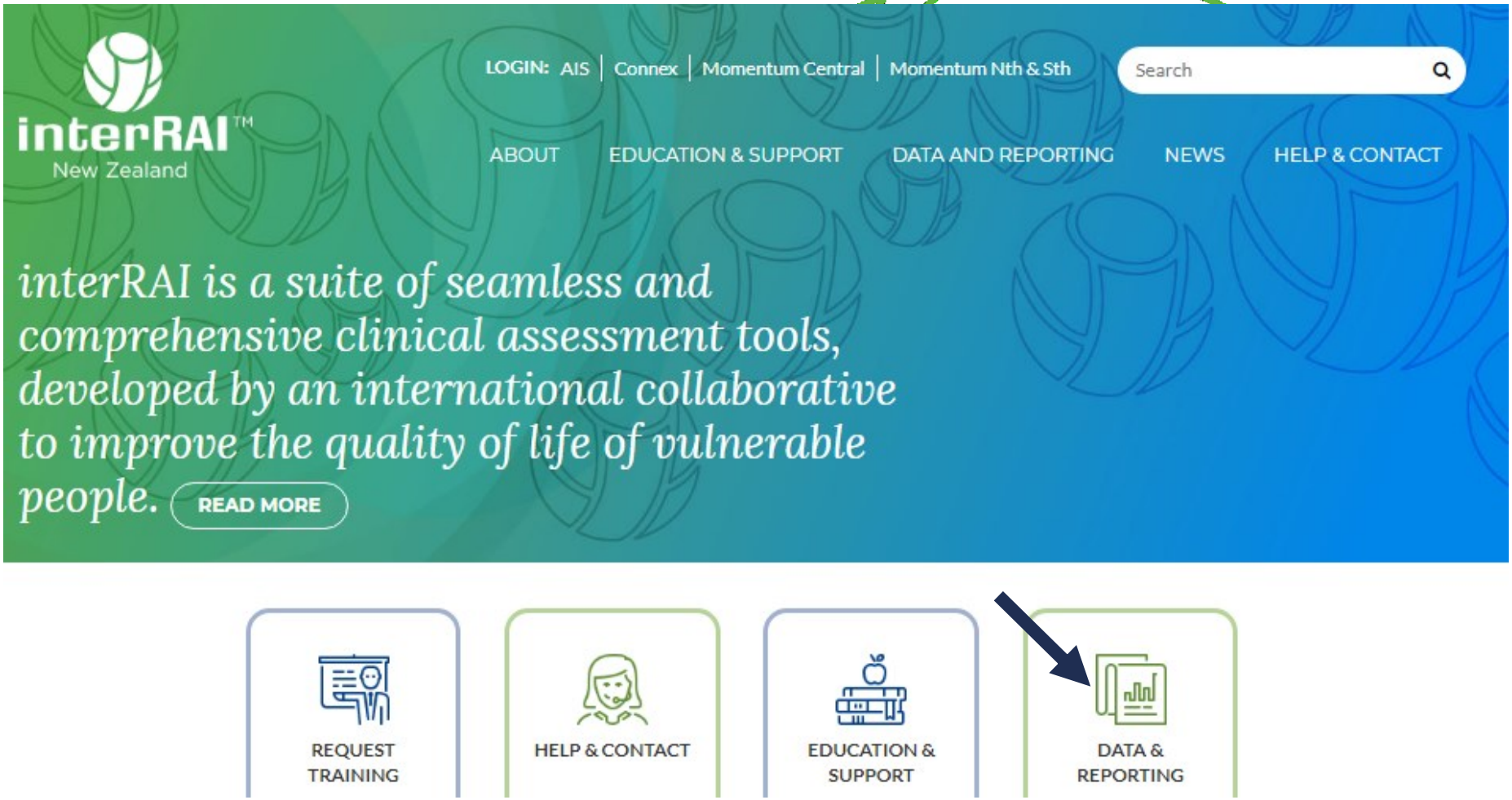
Data analysis and reporting

- Compliance reports
- Benchmarking
- Infographics
- Annual Report
- Data access requests
- Data quality
- Visualisation



Reporting

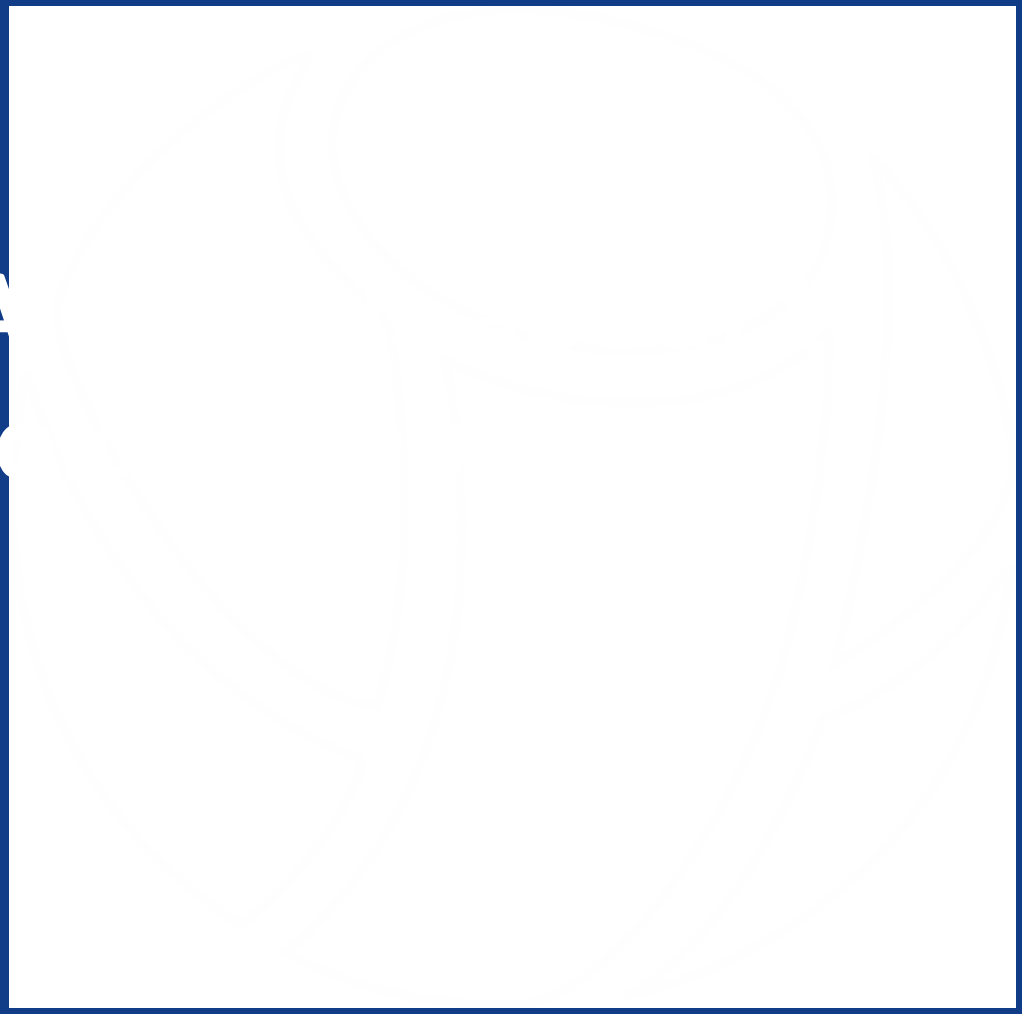
National reports and education materials at www.interrai.co.nz/data-and-reporting/



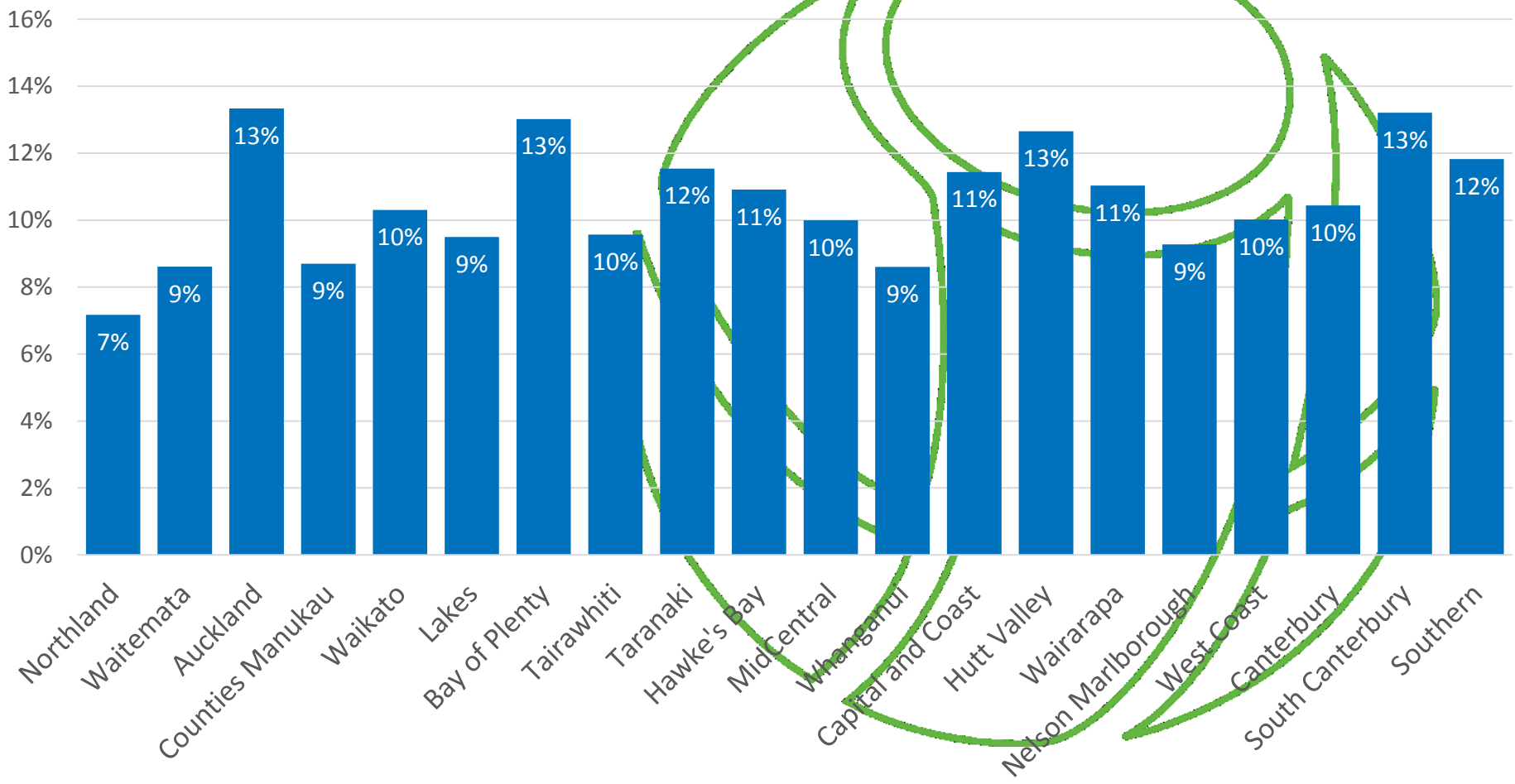
Software services

- Single software platform
- Single software provider – Momentum
- Maintenance/upgrades/enhancements
- Support desks
- Interoperability with other systems

What interRA
wellbeing of



interRAI assessed population aged 65 and over



InterRAI™ New Zealand

Watch this video at youtu.be/gv1pVDY0nCs

Outcomes and CAPs

Outcomes show a picture of the person's needs, their clinical and functional status.

Usually a higher score indicates higher urgency or need.

CAPs is short for Clinical Assessment Protocol.

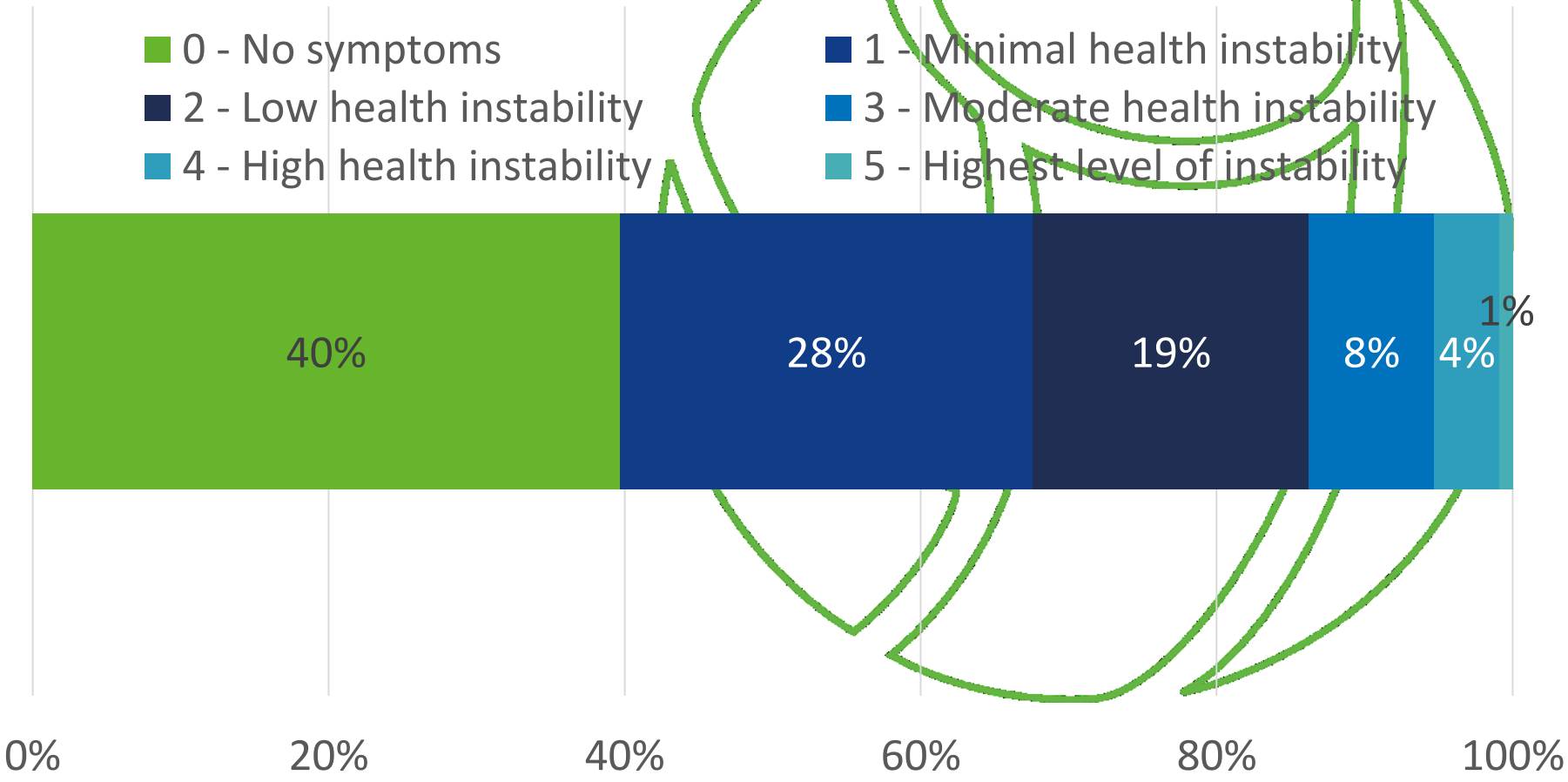
When they are triggered, they indicate an opportunity for improvement, to slow the rate of decline or help symptoms.

Changes in Health, End-Stage Disease, Signs, and Symptoms (CHESS)

- To identify people with unstable health conditions
- Detects frailty and health instability
- Scale ranges from 0 (no symptoms) to 5 (highest health instability)

A higher CHESS scale is associated with increased mortality, hospitalisation, pain, caregiver stress and poor self-rated health.

CHESS – LTCF assessments, 2017/18



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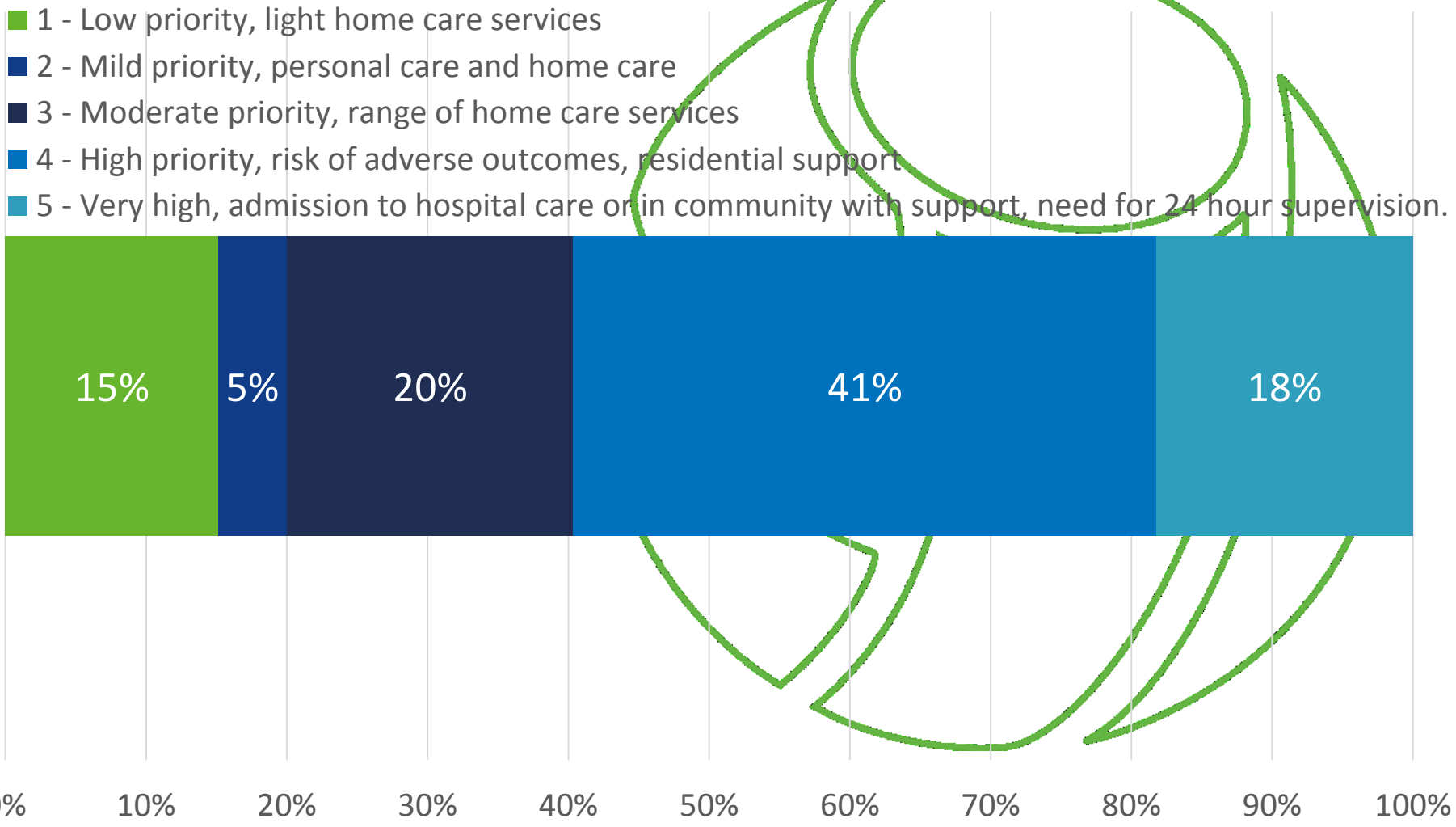
Method of Assigning Priority Level (MAPLe)

- Only used in Home Care assessments
- Priority indicator
- Higher scores based on the presence of:
  - activities of daily living (ADL) impairment
  - cognitive impairment
  - wandering and behaviour problems.
- Predictor of carer stress.

Higher score = greater priority for services to prevent hospitalisation or admission into residential care

MAPLe Score – HC assessments, 2017/18



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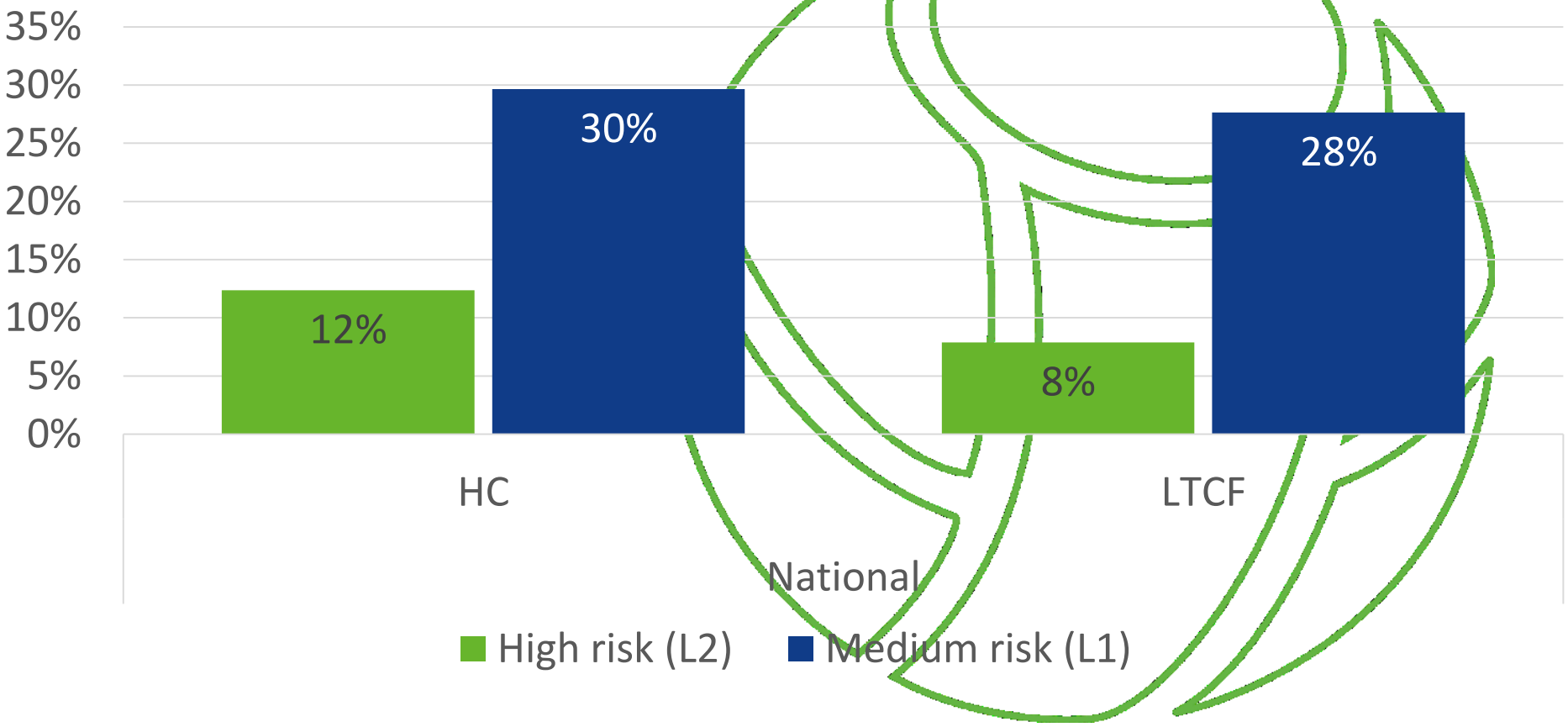
Falls CAP



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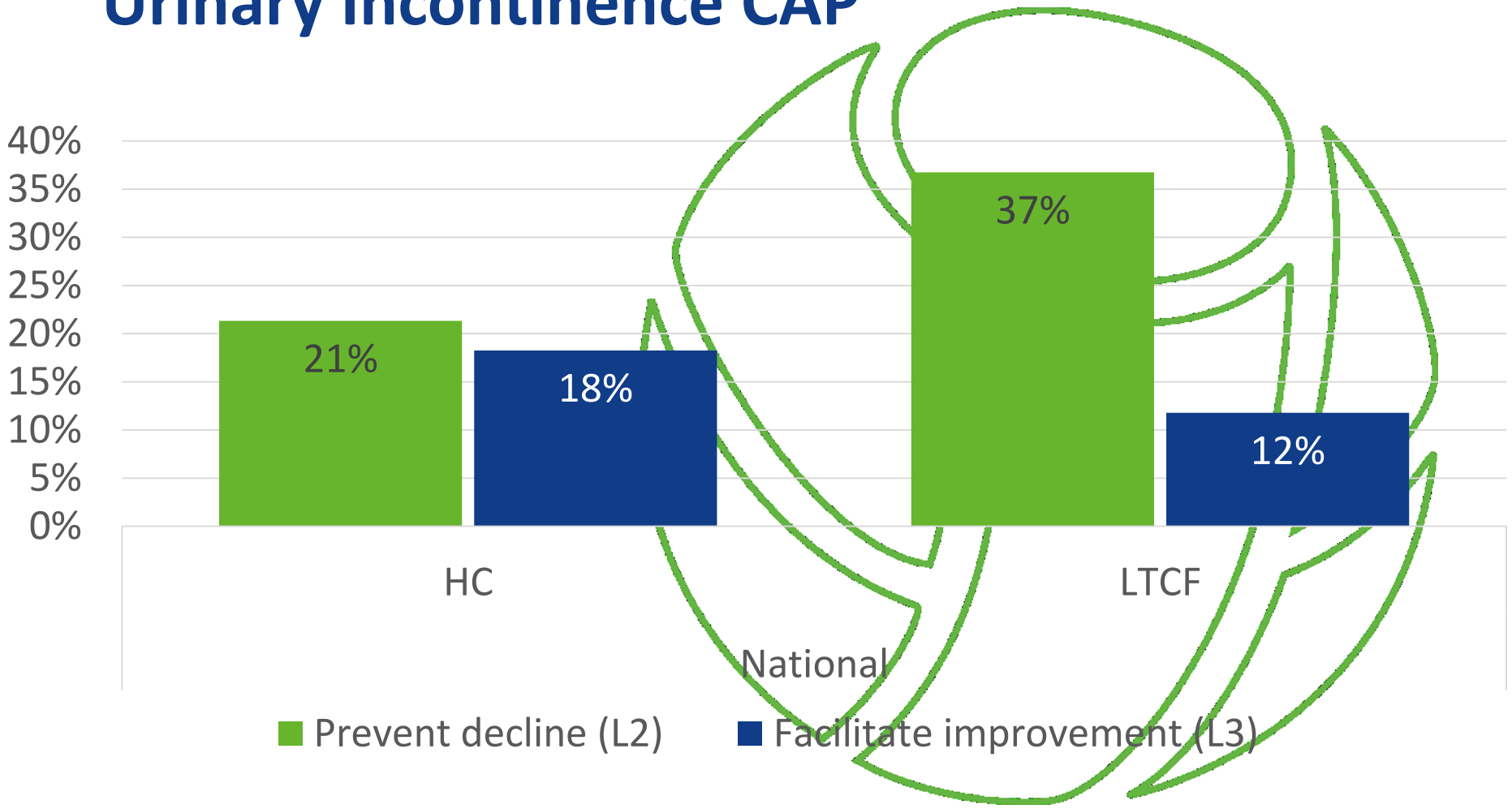
Urinary Incontinence CAP



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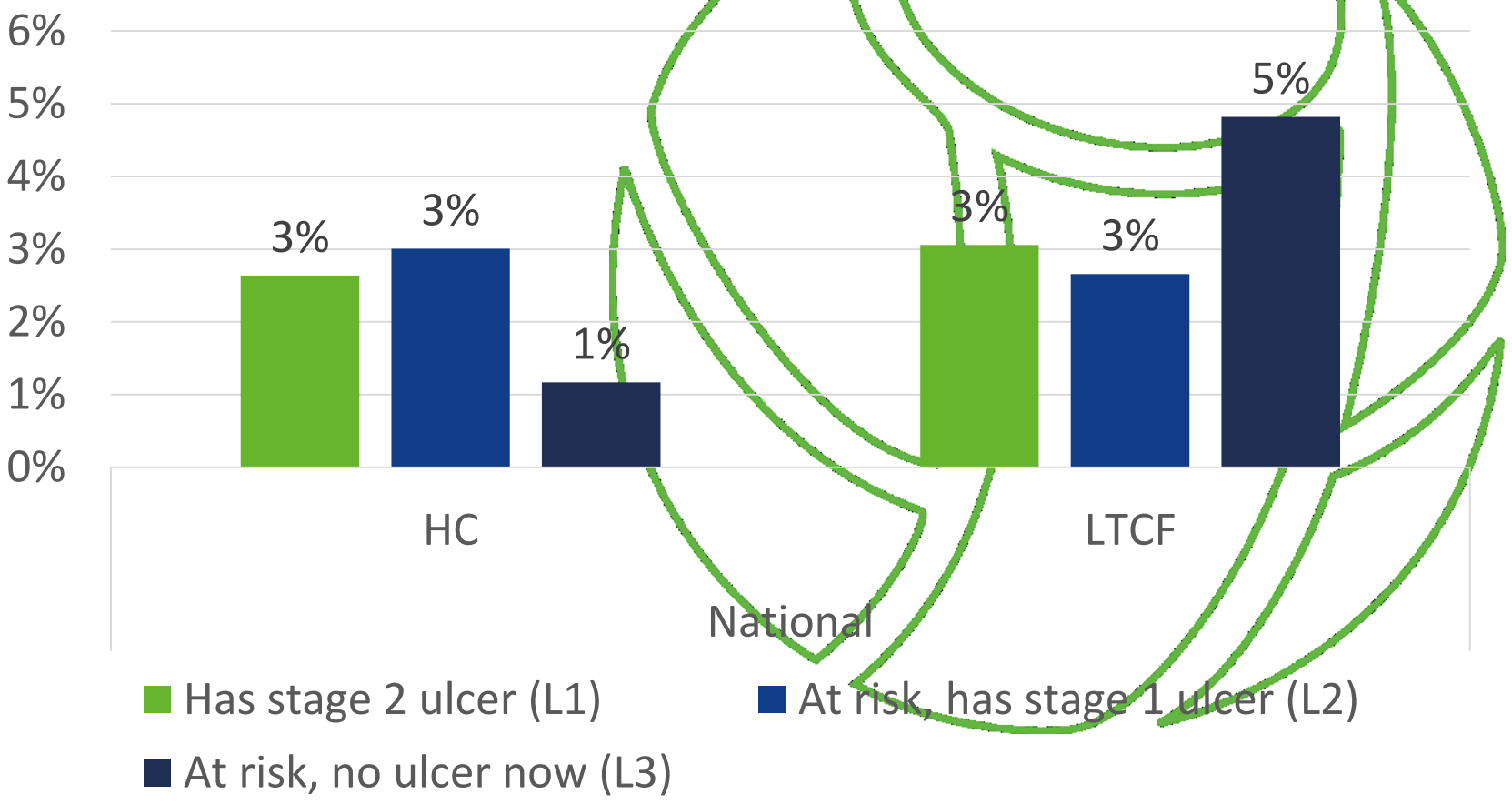
Pressure Ulcer CAP



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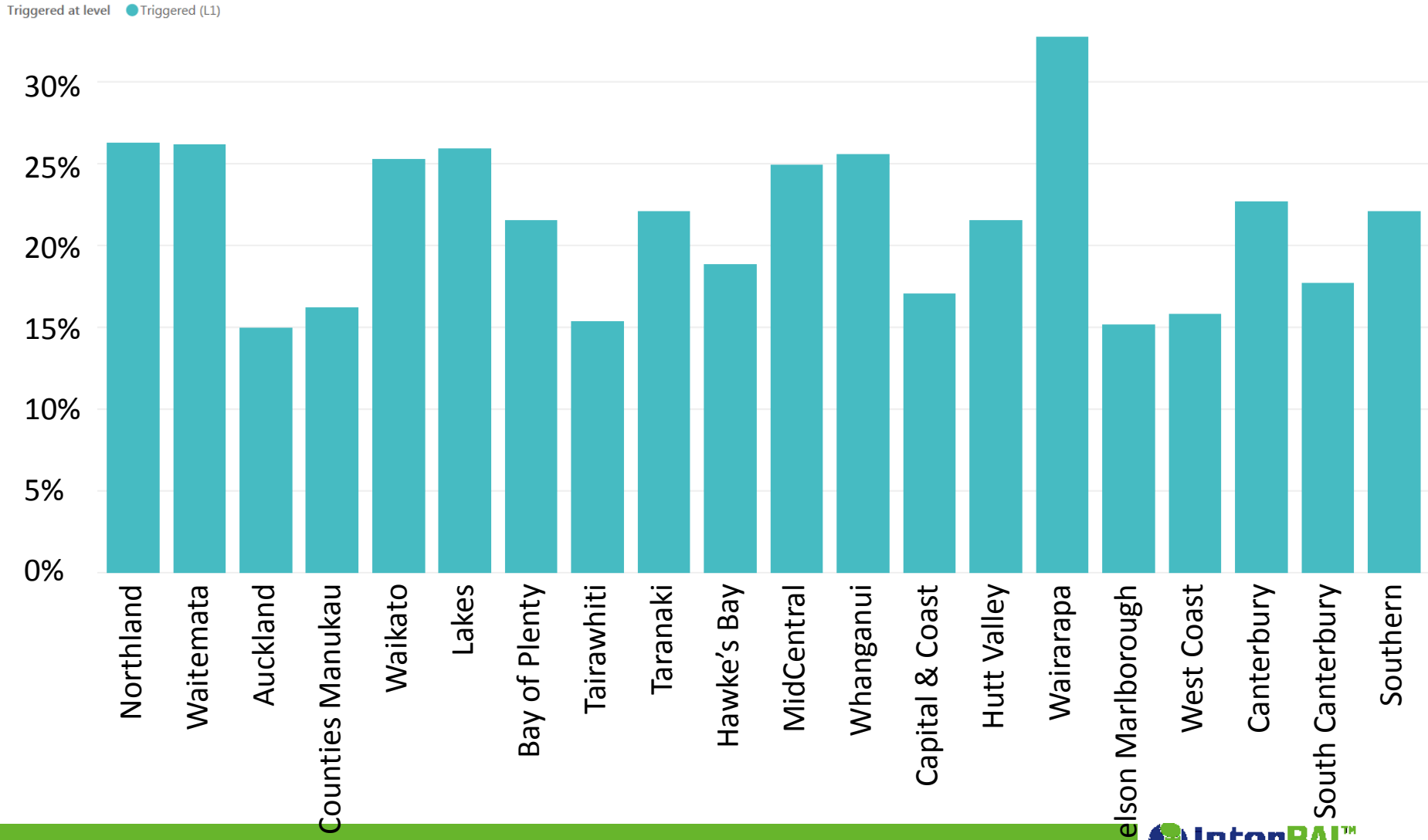
Social relationship CAP

Decreases in a person's social relationships may affect psychological wellbeing and have an impact on mood, behaviour, and physical activity.

- Identifies factors associated with reduced social relationships and interventions to facilitate social engagement
- This CAP is only triggered at level 1 to facilitate improvement

Triggered Social Relationship CAP by DHB



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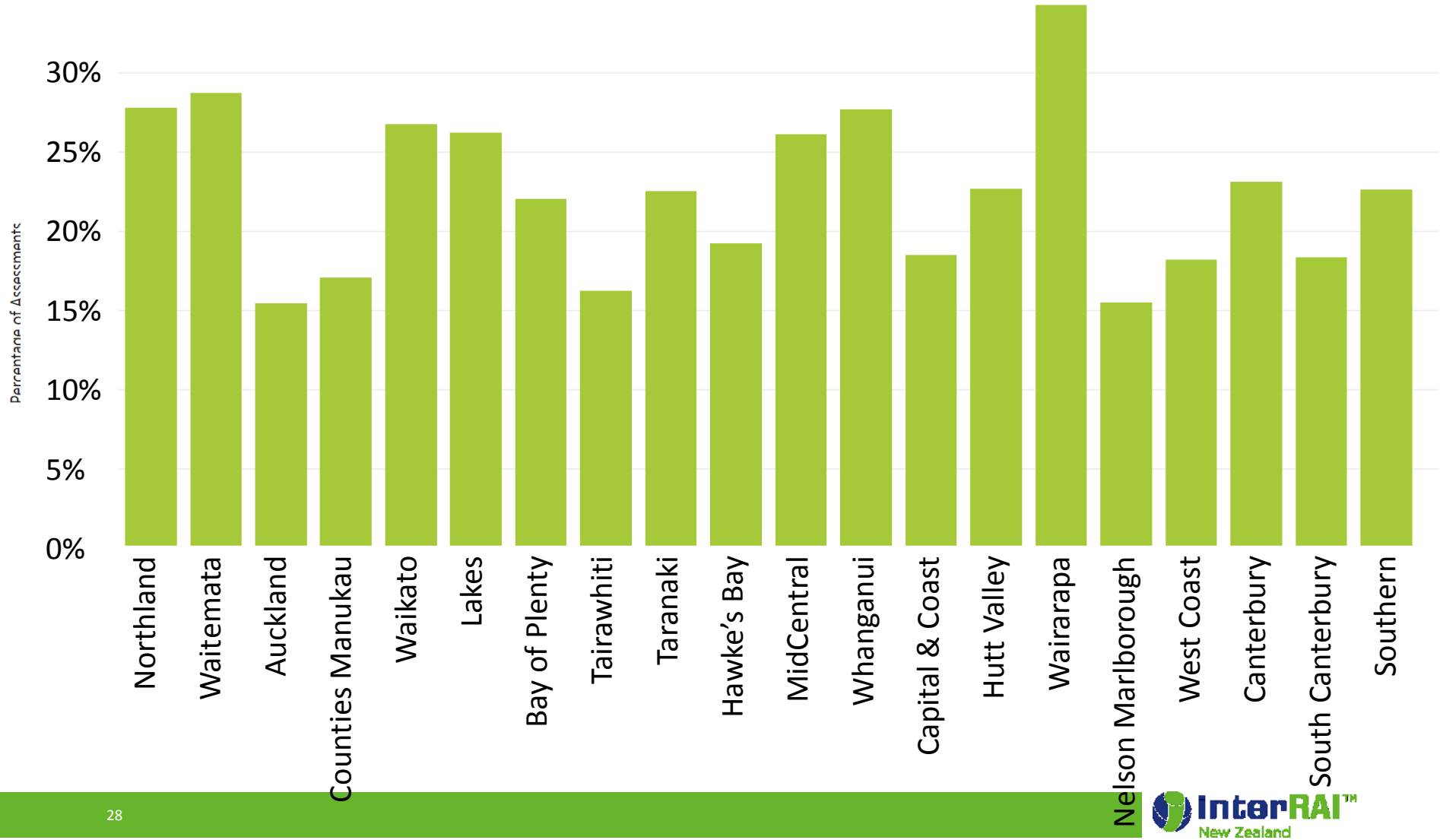
Loneliness

- Loneliness is a major predictor of entering aged residential care

Loneliness by DHB

Loneliness is a major predictor of entering aged residential care.



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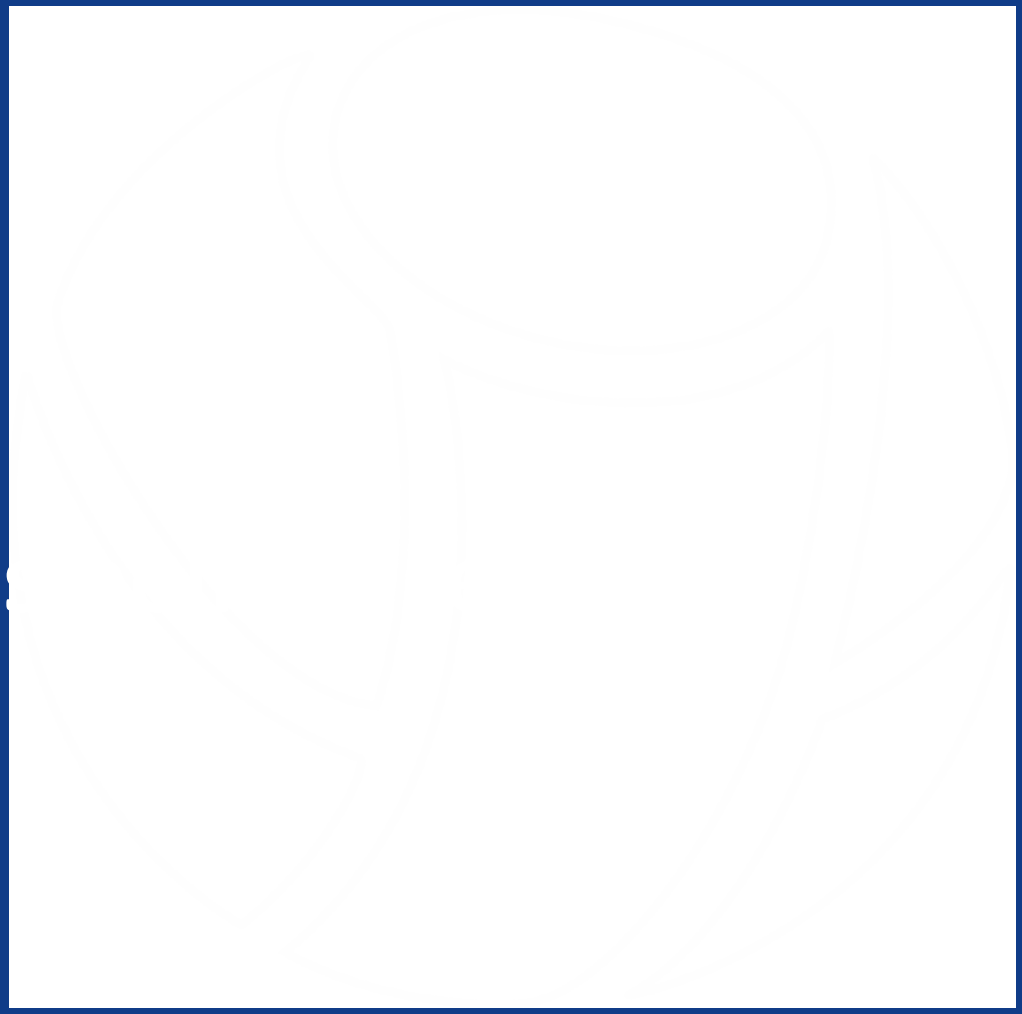
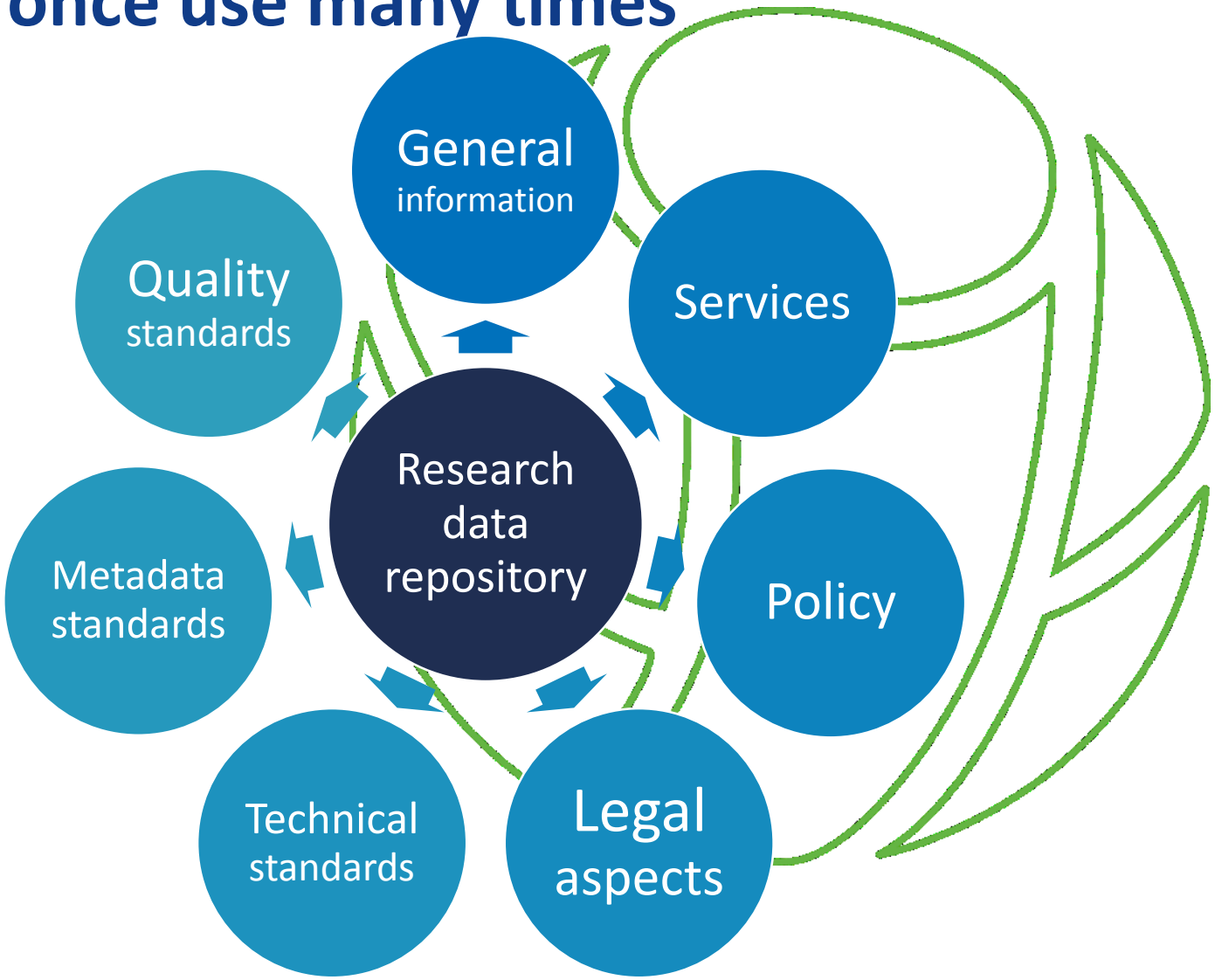
How interRAI is



Collect once use many times



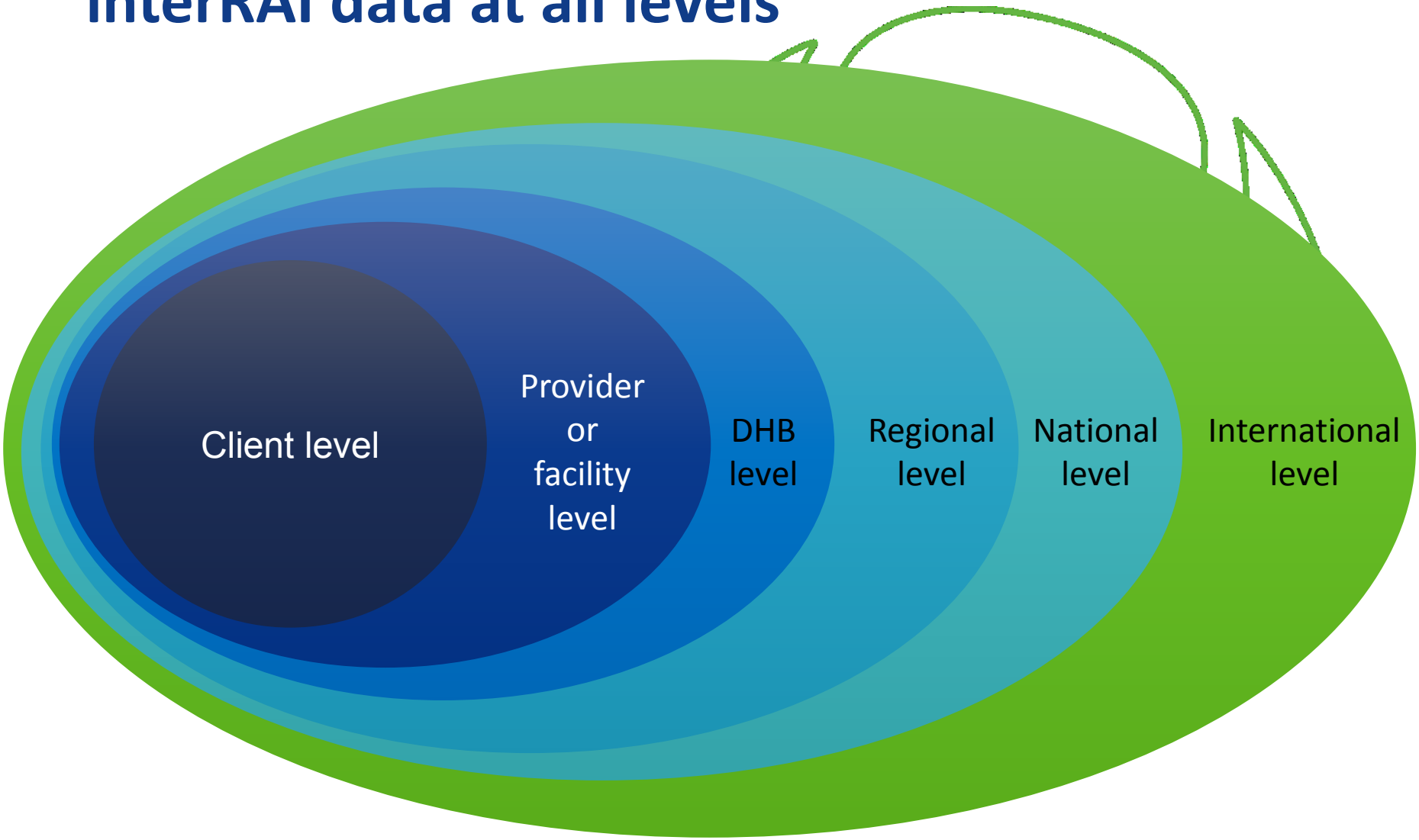
InterRAI™ New Zealand

Primary purpose of interRAI

To accurately determine the characteristics of a person in order to **fully understand their needs**, ranging from clinical to social support and prepare a care plan.

The information provided by interRAI assessment **supports the decisions** made by a healthcare professional.

interRAI data at all levels



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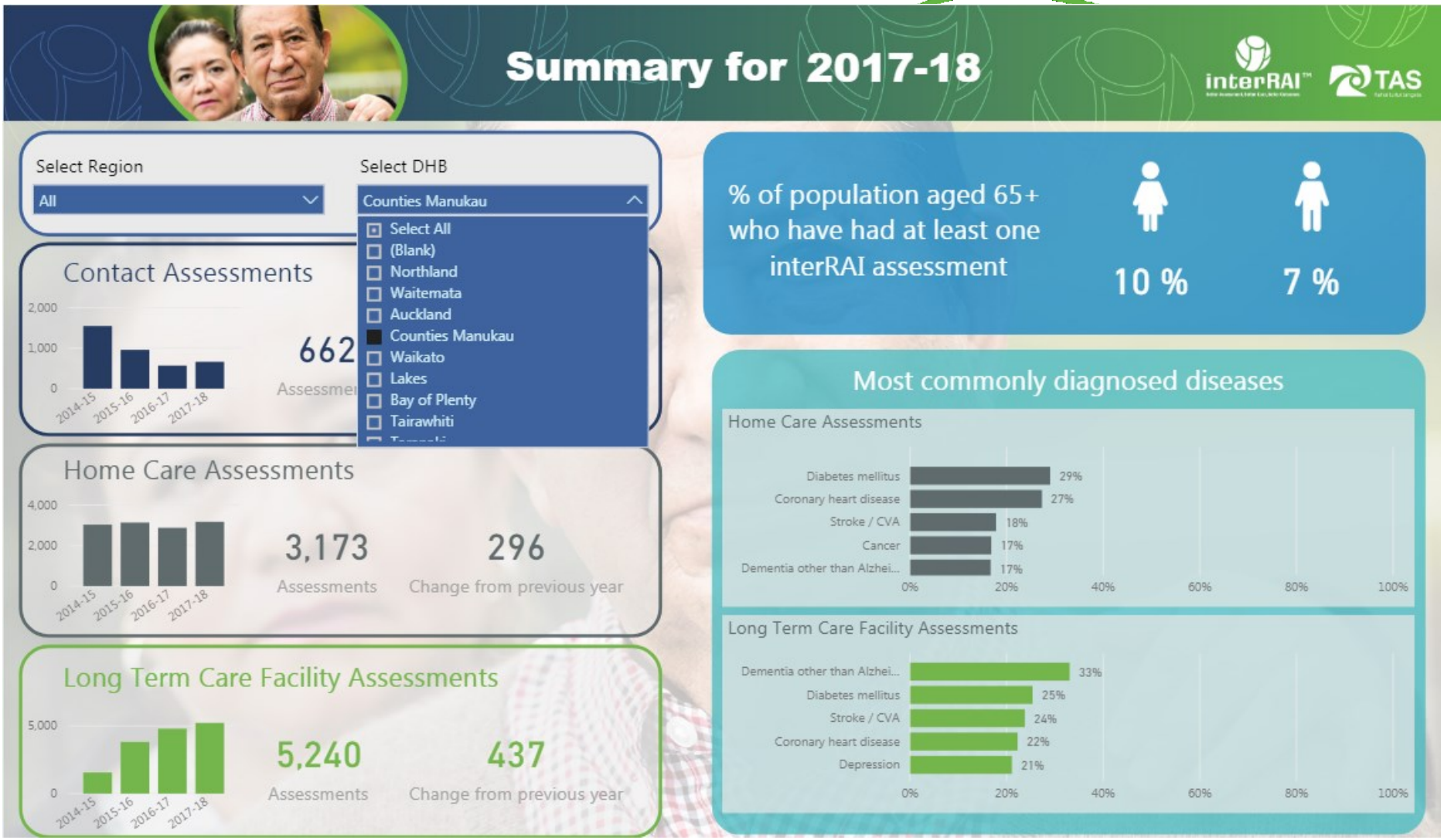
interRAI data visualisation: www.interRAI.co.nz/data



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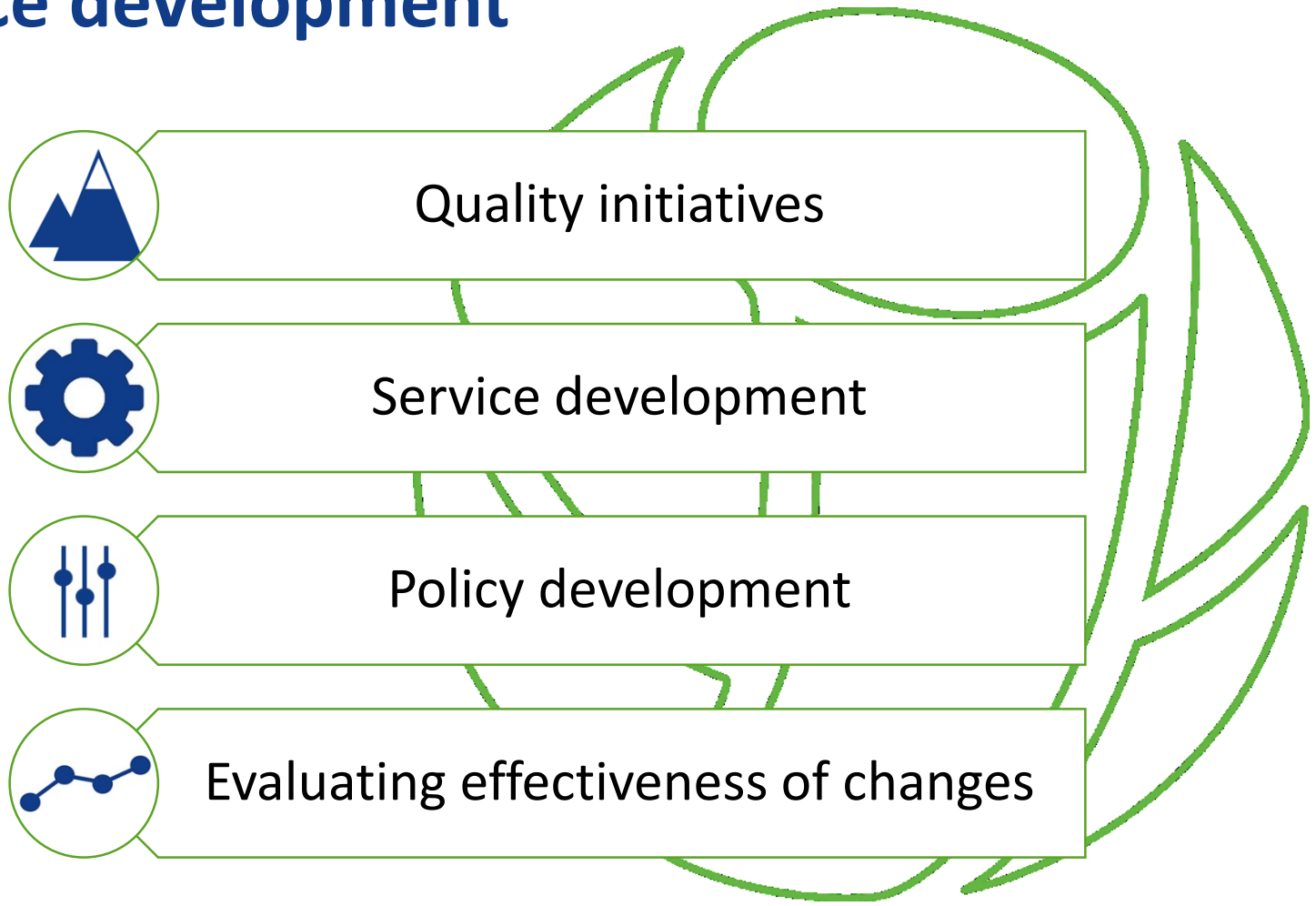
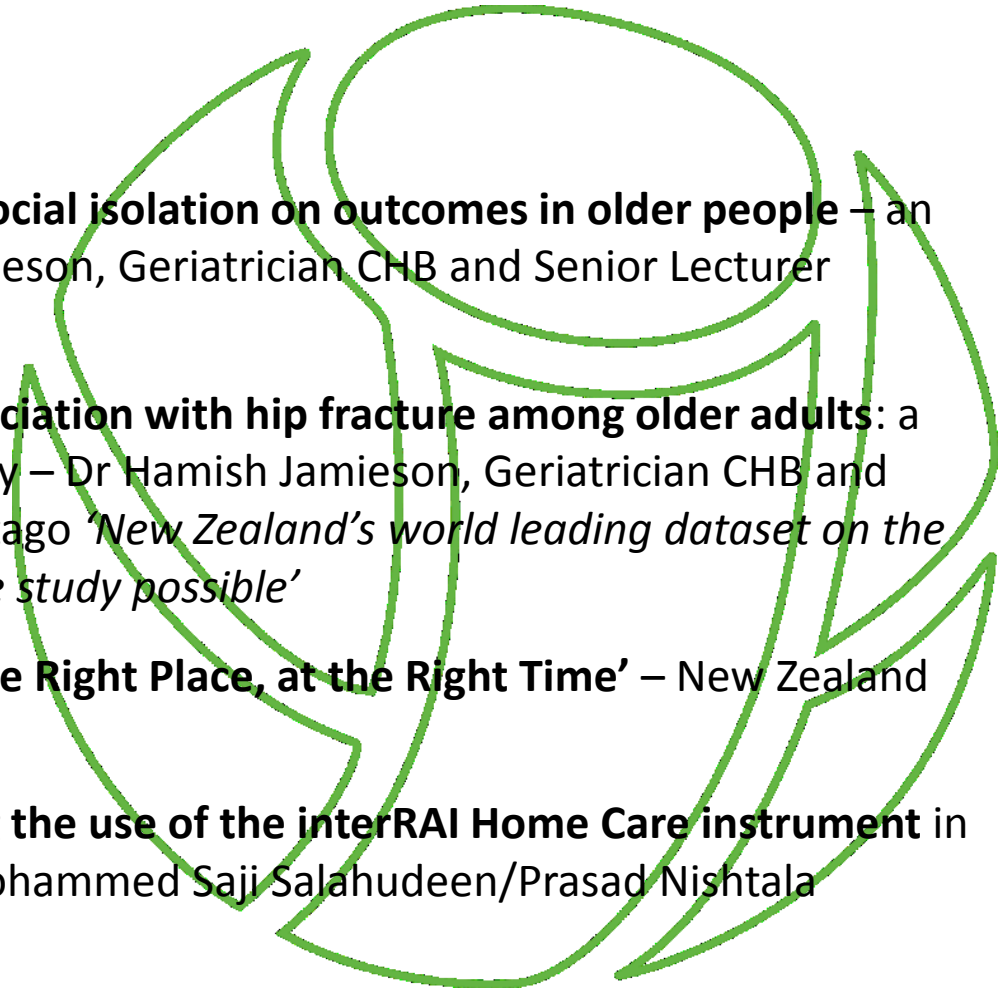
Service development



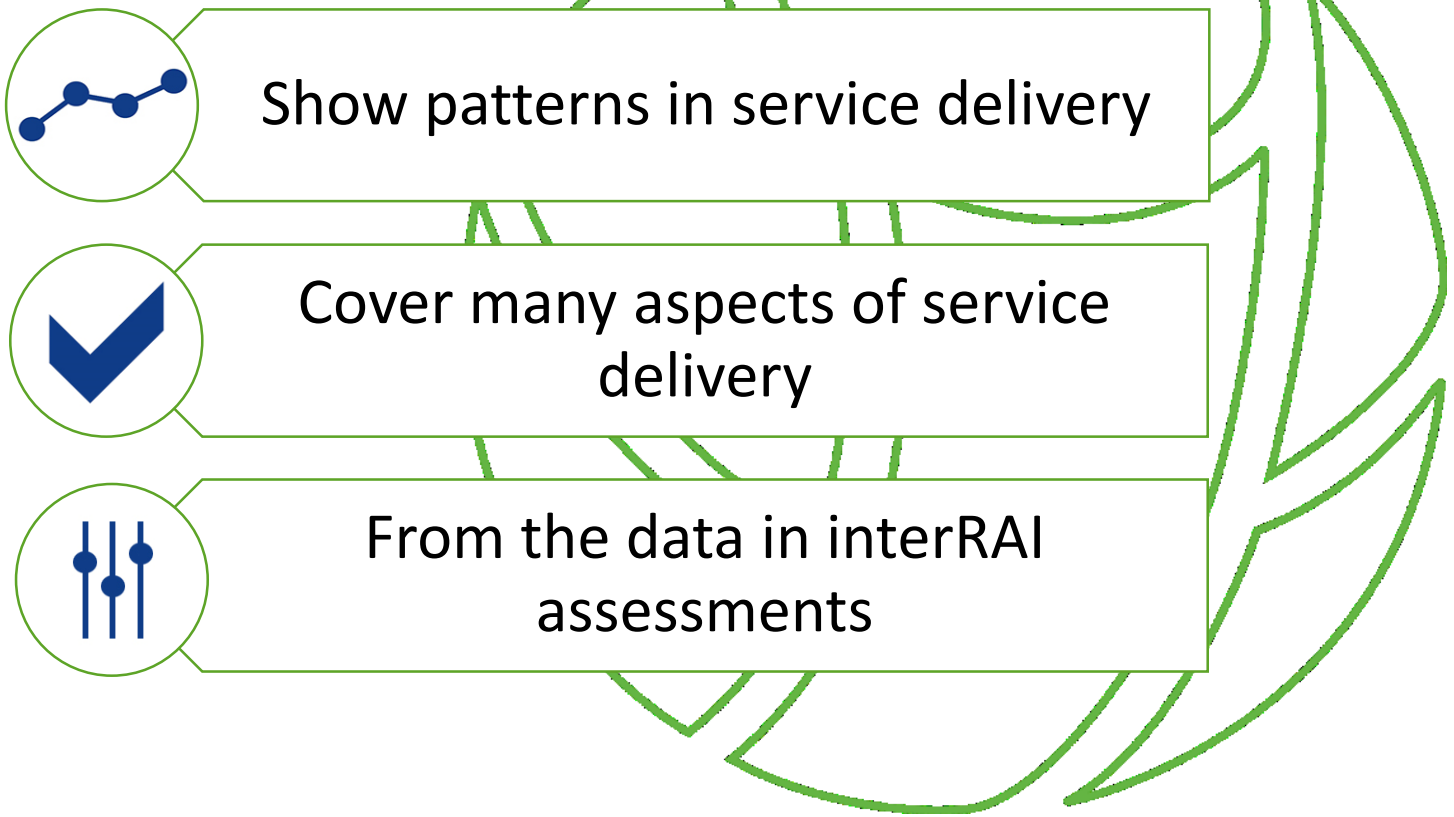
InterRAI™ New Zealand

Research

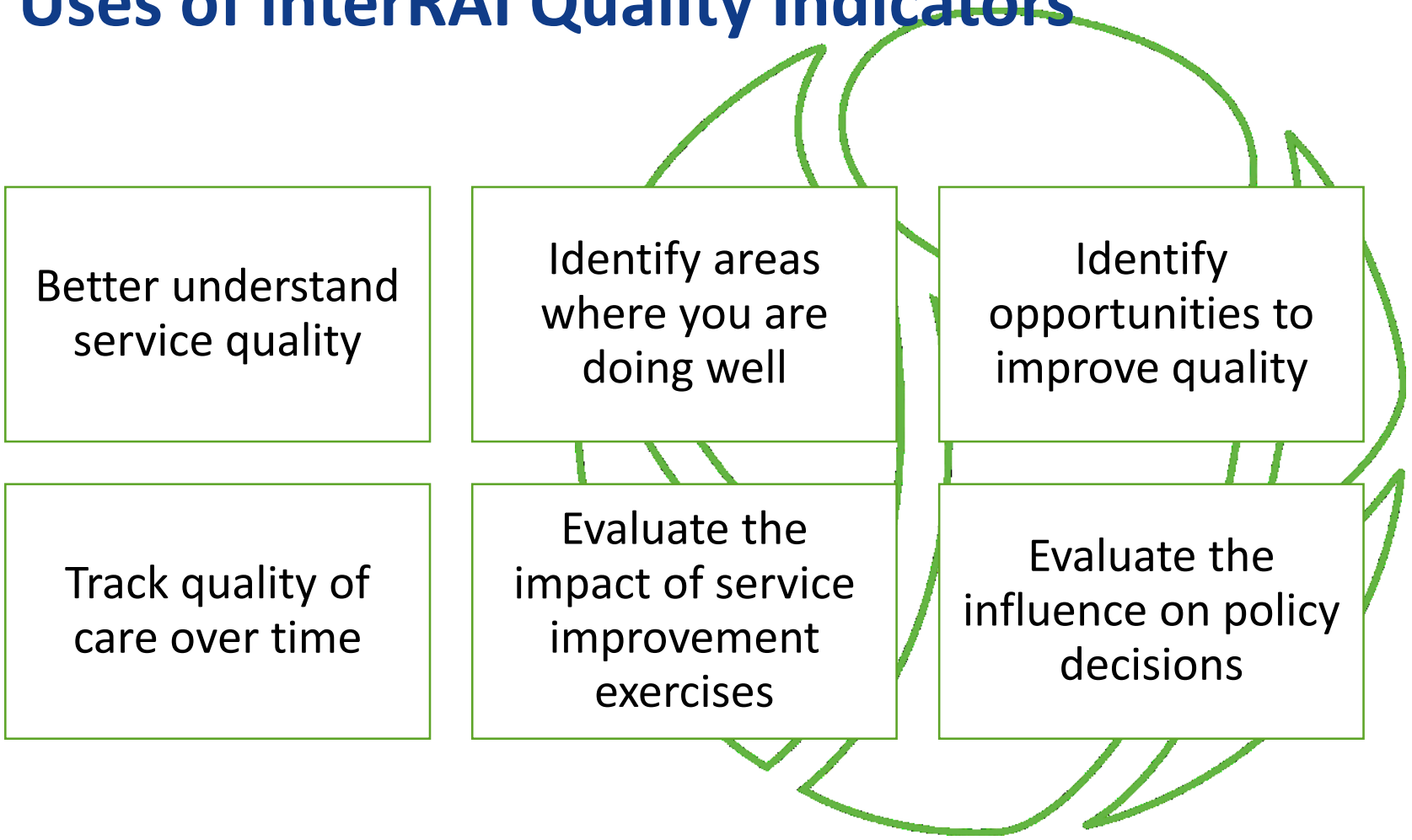


- **The impact of loneliness and social isolation on outcomes in older people** – an interRAI study - Dr Hamish Jamieson, Geriatrician CHB and Senior Lecturer University of Otago
- **Drug burden index and its association with hip fracture among older adults**: a national population-based study – Dr Hamish Jamieson, Geriatrician CHB and Senior Lecturer University of Otago *'New Zealand's world leading dataset on the elderly called interRAI made the study possible'*
- **'Caring for our older Kiwis – The Right Place, at the Right Time'** – New Zealand Aged Care Association
- **A systematic review evaluating the use of the interRAI Home Care instrument** in Research for Older People – Mohammed Saji Salahudeen/Prasad Nishtala

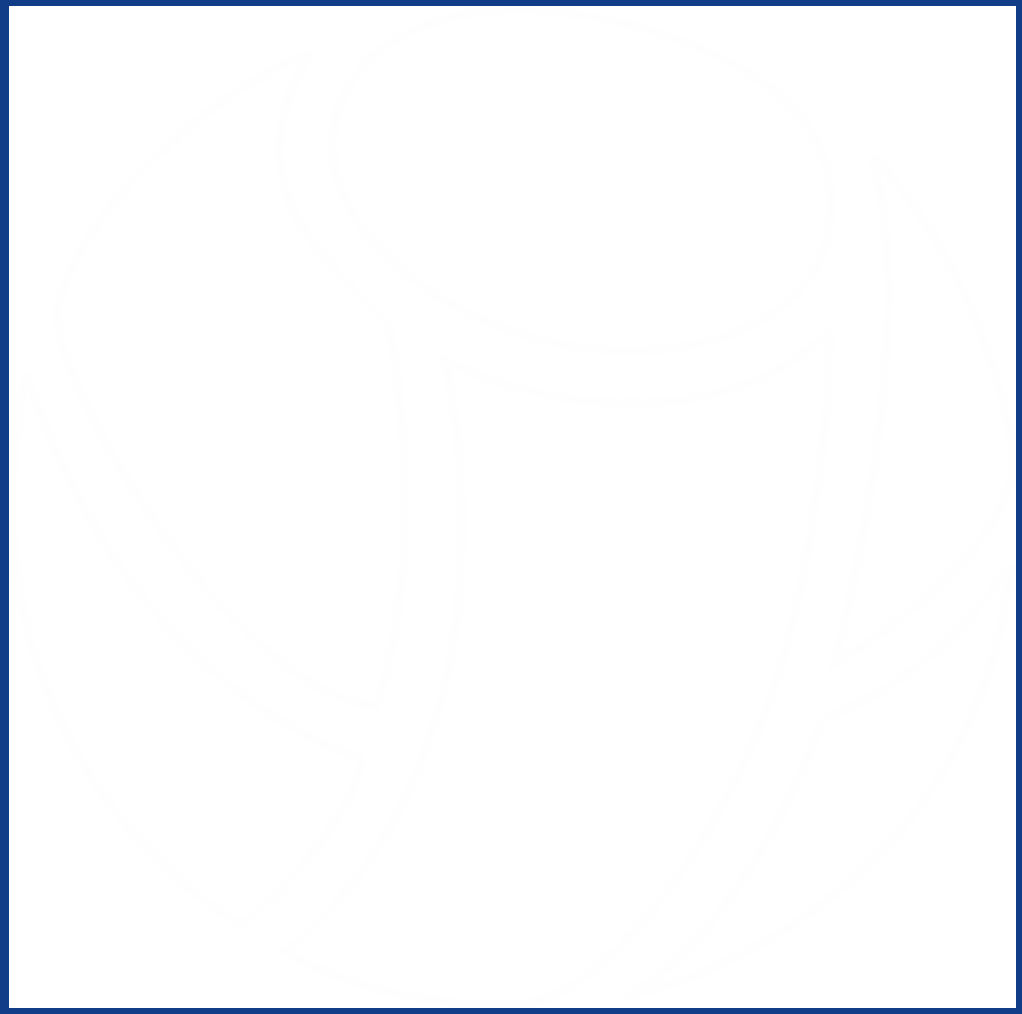
Quality indicators in aged residential care



Uses of interRAI Quality Indicators



Where next?



interRAI Future Developments

Data Visualisation Phase 2

Linking interRAI to other data sets – Integrated Data Infrastructure

Introduce interRAI to new clinical groups – Primary Care

Development of an individual client dashboard

Online education options

Potential new interRAI assessments – PAC Rehab, Acute Care nursing assessment

Aged Residential Care Funding Model Review