



## 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 = **international Resident Assessment Instrument**

# interRAI in New Zealand

▶ *Health of Older People Strategy*

▶ *Best Practice Guidelines  
Assessment Processes for  
Older People*

▶ *Pilot in 5  
DHBs*

▶ *interRAI Home Care instrument*

▶ *interRAI Long Term Care Facilities (LTCF)  
instrument*

▶ *Mandatory for all aged  
residential care providers  
from 2015*

▶ *Independent  
review*



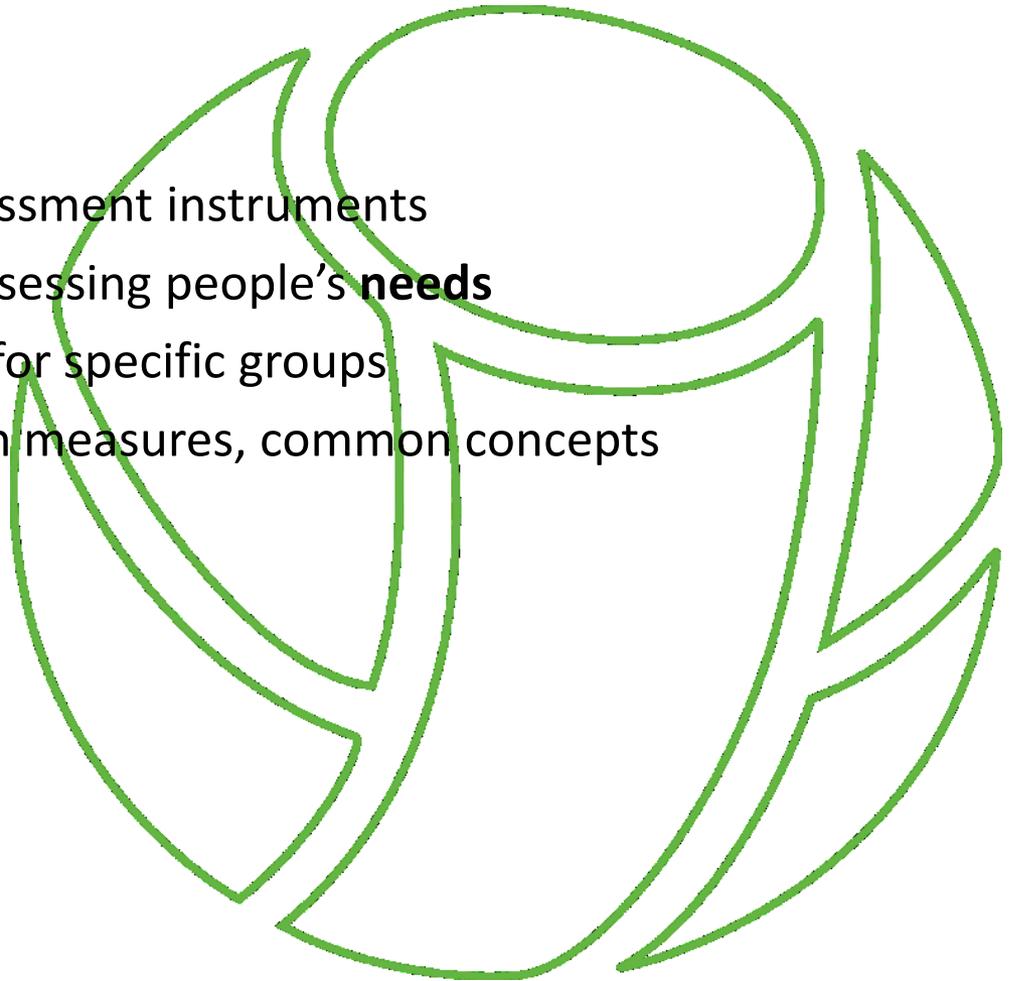
2002 | 2003 | 2004-2007 | 2007 | 2011 | 2012 | 2015 | 2017



This video on Youtube: [youtu.be/t\\_4KzWJaSGs](https://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](http://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 works



# interRAI Services NZ



# interRAI education and support

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

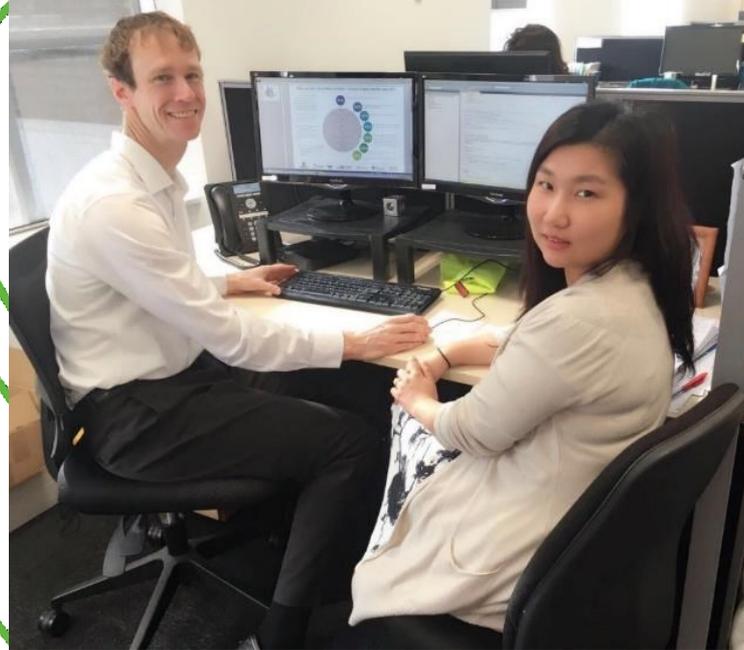
initial training, skills boosters, site visits, Inside interRAI, quality reviews, on-line evaluation support, coding support

- 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](http://www.interRAI.co.nz)



# 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/](http://www.interrai.co.nz/data-and-reporting/)

The screenshot shows the top navigation bar of the interRAI New Zealand website. The header is split into a green left section and a blue right section. On the left, the interRAI logo is displayed above the text "interRAI™ New Zealand". On the right, there are login links for "AIS", "Connex", "Momentum Central", and "Momentum Nth & Sth", followed by a search bar. Below the navigation bar, a horizontal menu contains the following items: "ABOUT", "EDUCATION & SUPPORT", "DATA AND REPORTING", "NEWS", and "HELP & CONTACT". The main content area features a large text block: "interRAI is a suite of seamless and comprehensive clinical assessment tools, developed by an international collaborative to improve the quality of life of vulnerable people." Below this text is a "READ MORE" button.

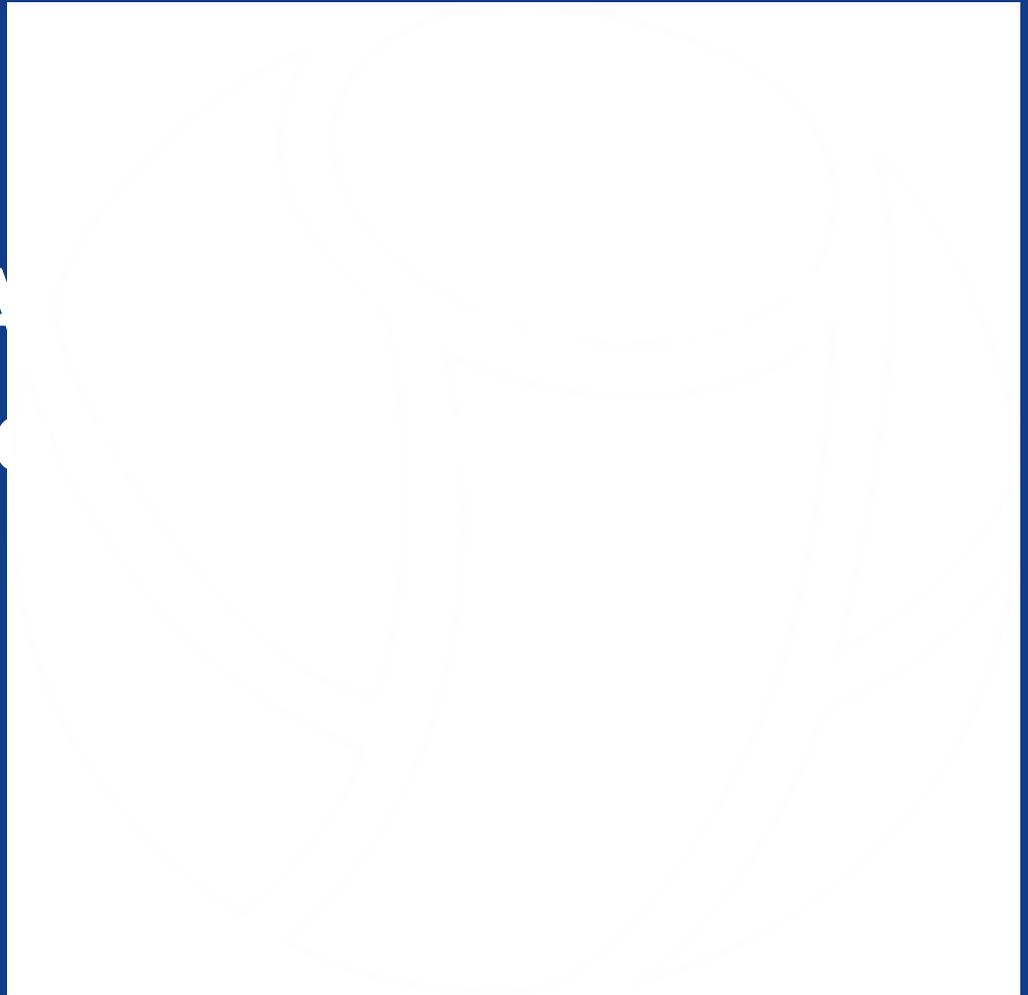
This block contains four service icons arranged horizontally. From left to right, they are: "REQUEST TRAINING" (with a person at a computer icon), "HELP & CONTACT" (with a person icon), "EDUCATION & SUPPORT" (with a book and apple icon), and "DATA & REPORTING" (with a document and bar chart icon). A blue arrow points from the top right towards the "DATA & REPORTING" icon.

# Software services

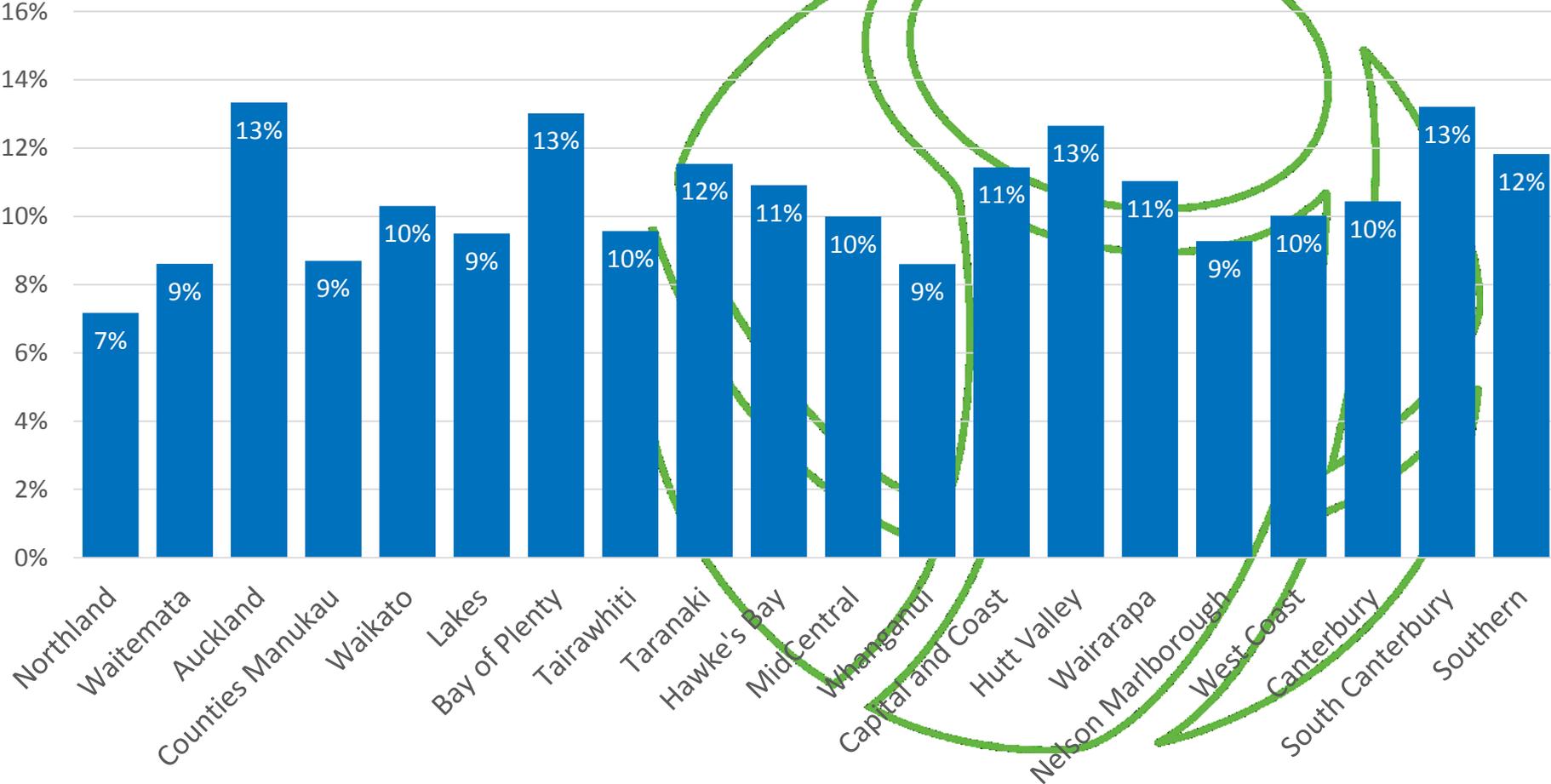
- Single software platform
- Single software provider – Momentum
- Maintenance/upgrades/enhancements
- Support desks
- Interoperability with other systems



**What interRA  
wellbeing of c**



# interRAI assessed population aged 65 and over



A man with a beard and glasses, wearing a dark sweater, is leaning over a woman with short blonde hair and glasses, wearing a purple shirt. They are both looking at a laptop screen on a white table. The man has his hands on the table near the laptop. The woman is sitting at the table, looking at the screen. The background shows a white wall and a door.

and CAPs provide us with opportunities where the situation can be improved

Watch this video at [youtu.be/gv1pVDY0nCs](https://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.

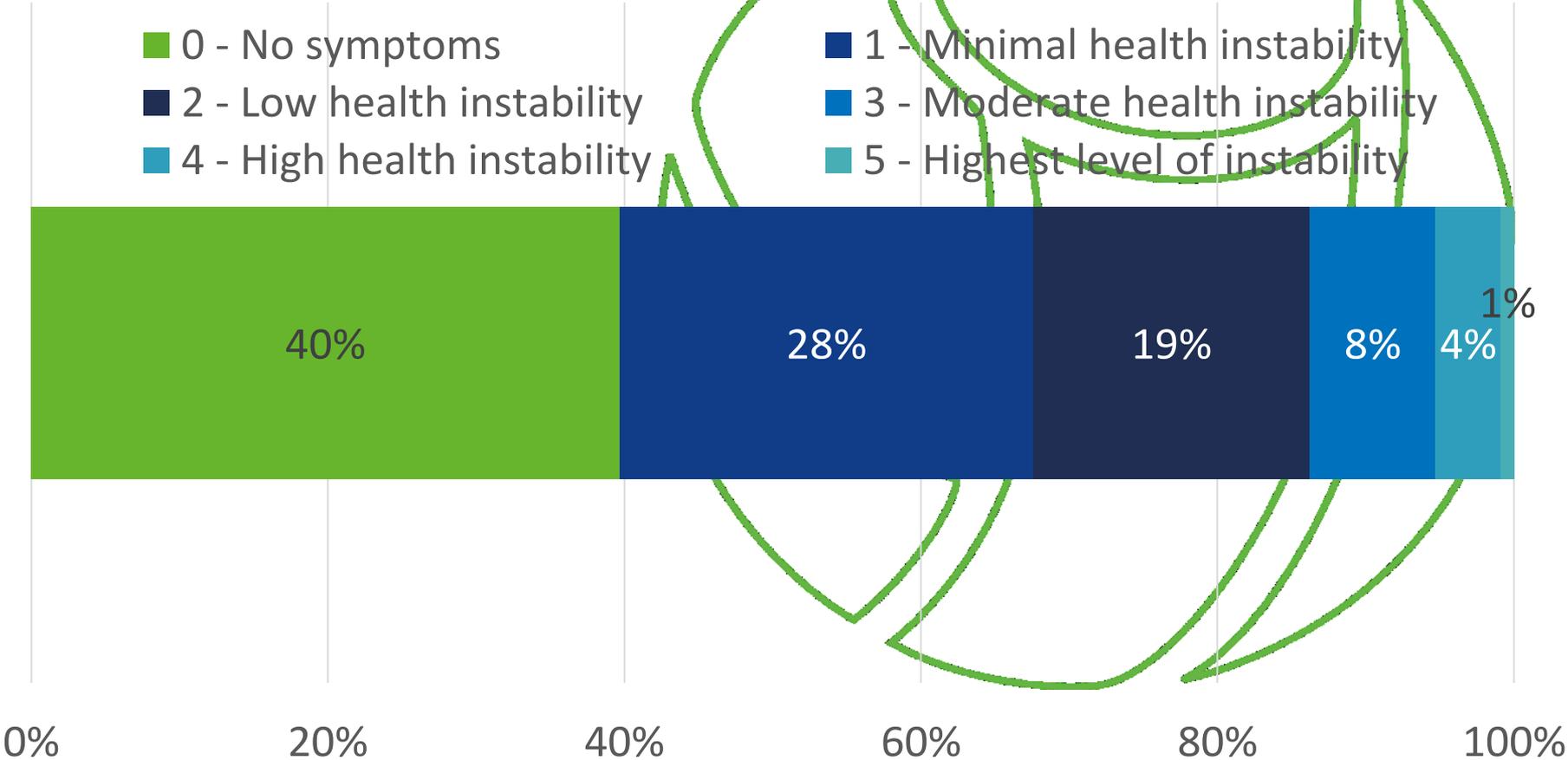
When they are triggered, they indicate an opportunity for improvement, to slow the rate of decline or help symptoms.

# 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.

# CHES – LTCF assessments, 2017/18



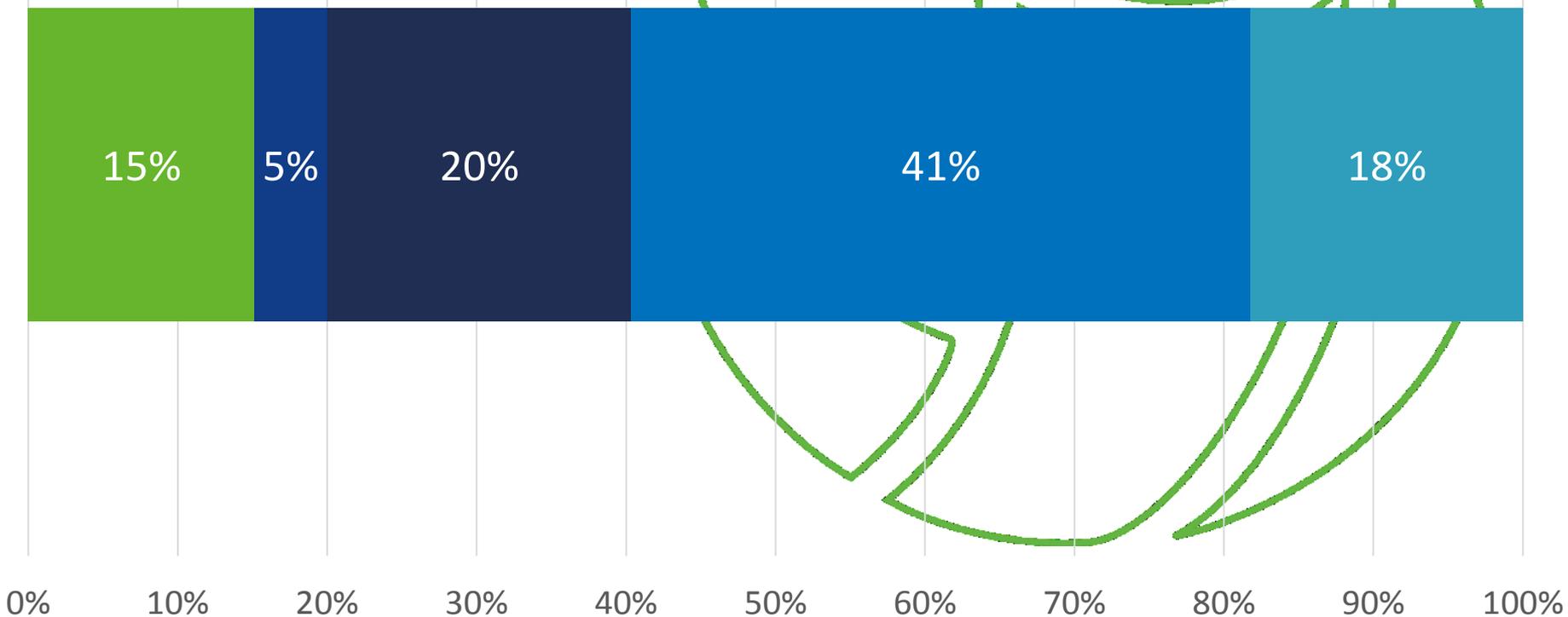
# Method of Assigning Priority Level (MAPLe)

- 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.

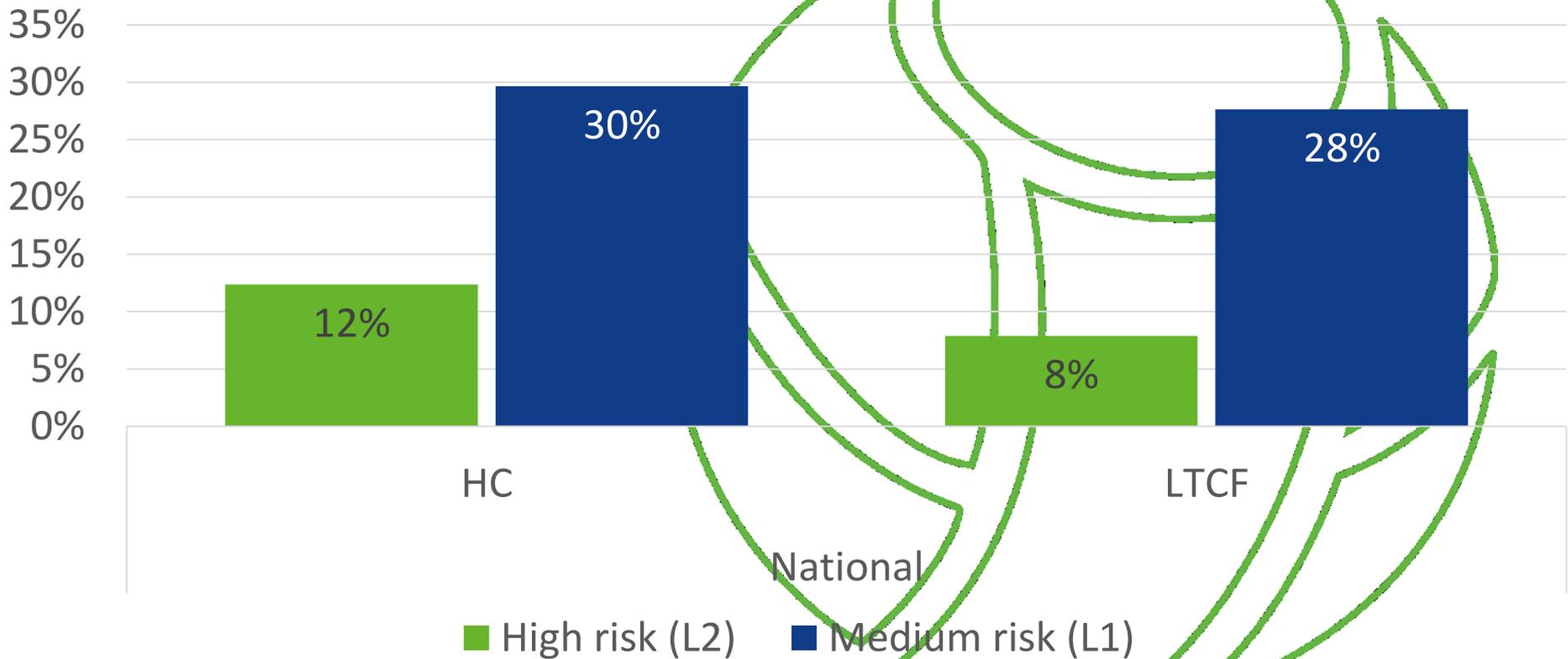
Higher score = greater priority for services to prevent hospitalisation or admission into residential care

# MAPLe Score – HC assessments, 2017/18

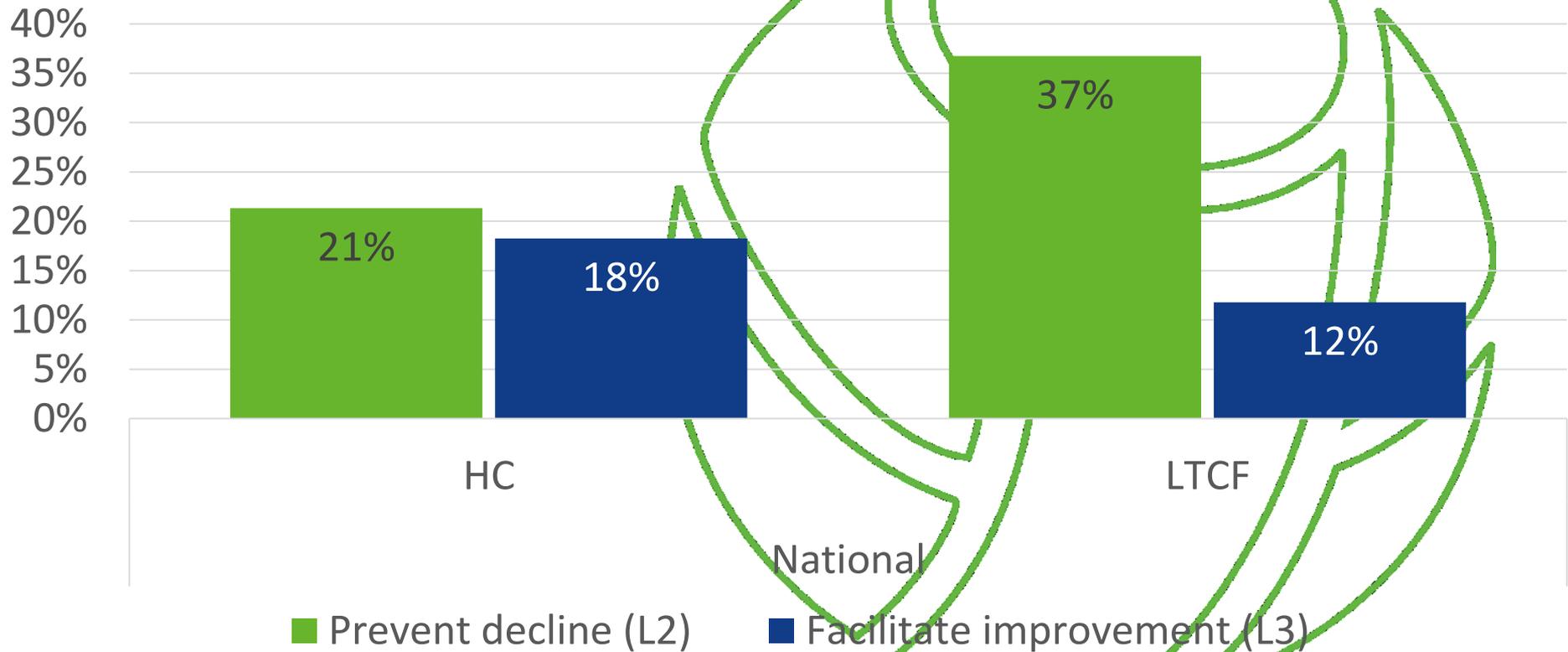
- 1 - Low priority, light home care services
- 2 - Mild priority, personal care and home care
- 3 - Moderate priority, range of home care services
- 4 - High priority, risk of adverse outcomes, residential support
- 5 - Very high, admission to hospital care or in community with support, need for 24 hour supervision.



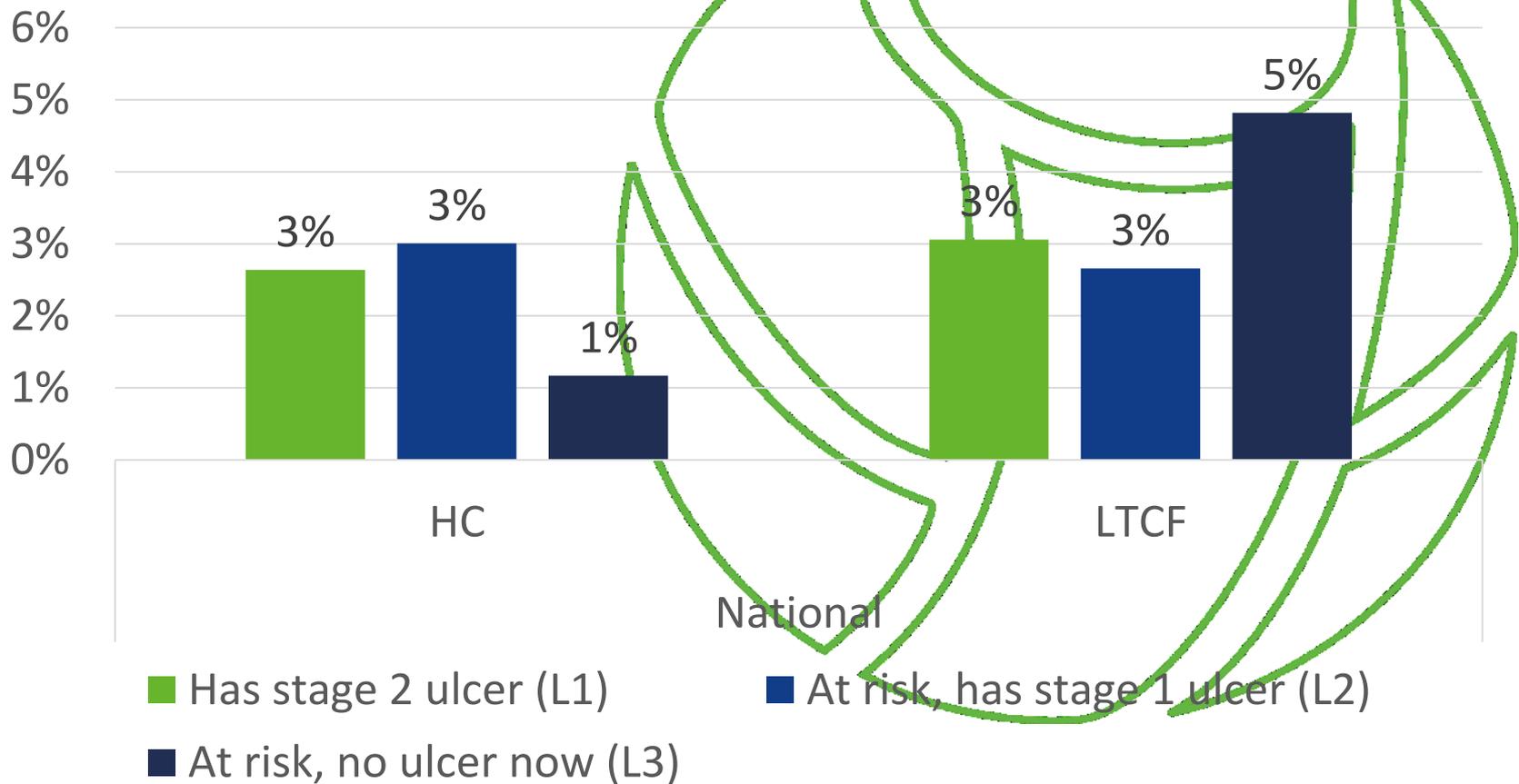
# Falls CAP



# Urinary Incontinence CAP



# Pressure Ulcer CAP



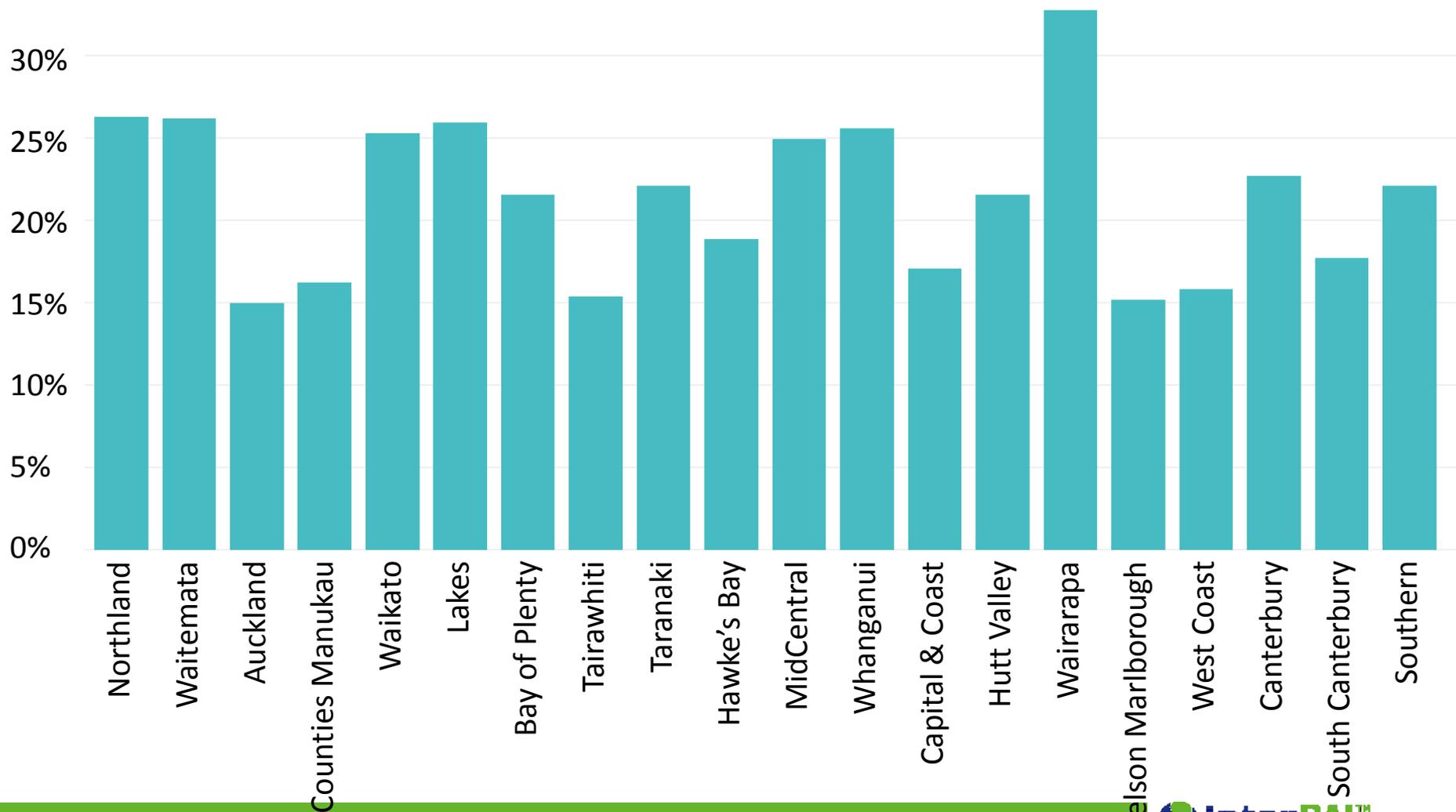
# Social relationship CAP

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

Triggered at level ● Triggered (L1)



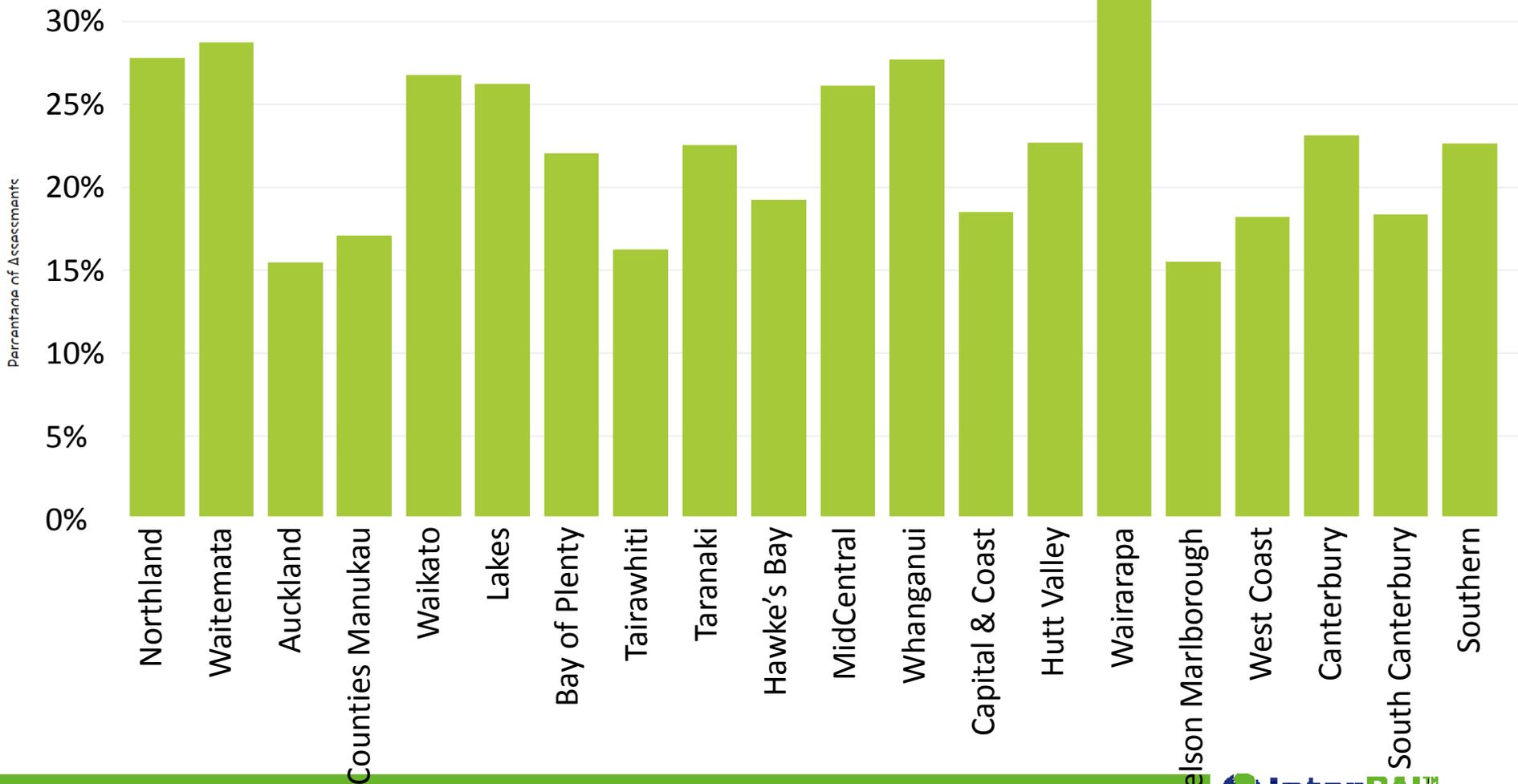
# Loneliness

- Loneliness is a major predictor of entering aged residential care

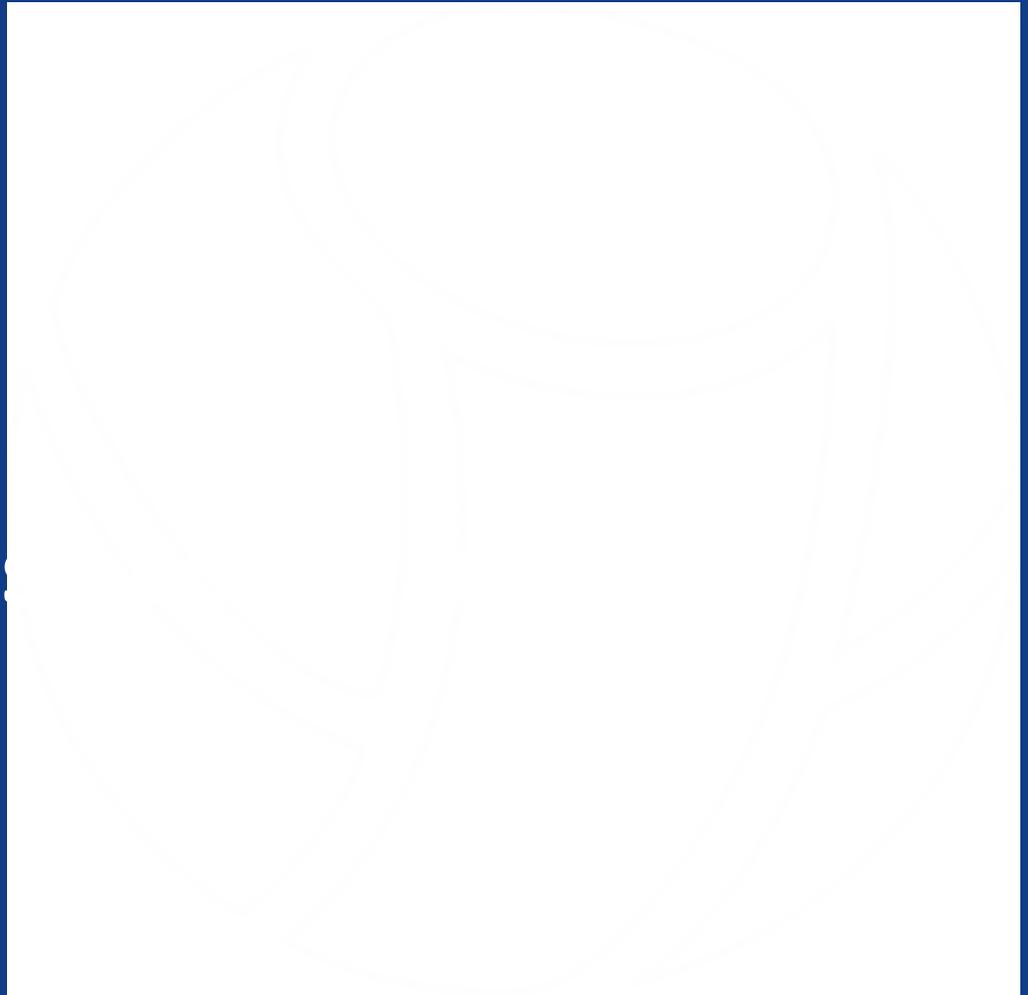


# Loneliness by DHB

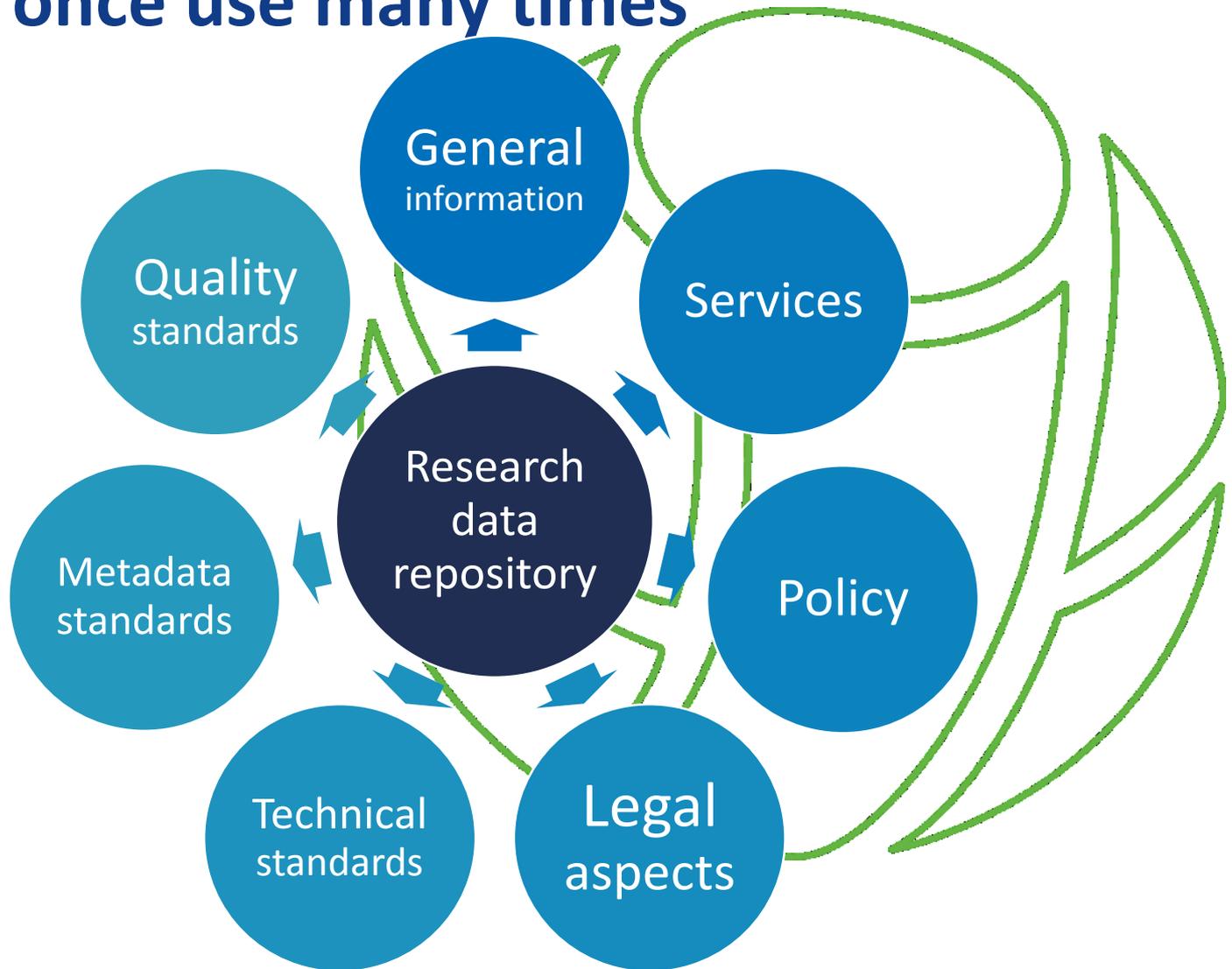
Loneliness is a major predictor of entering aged residential care.



# How interRAI is



# Collect once use many times

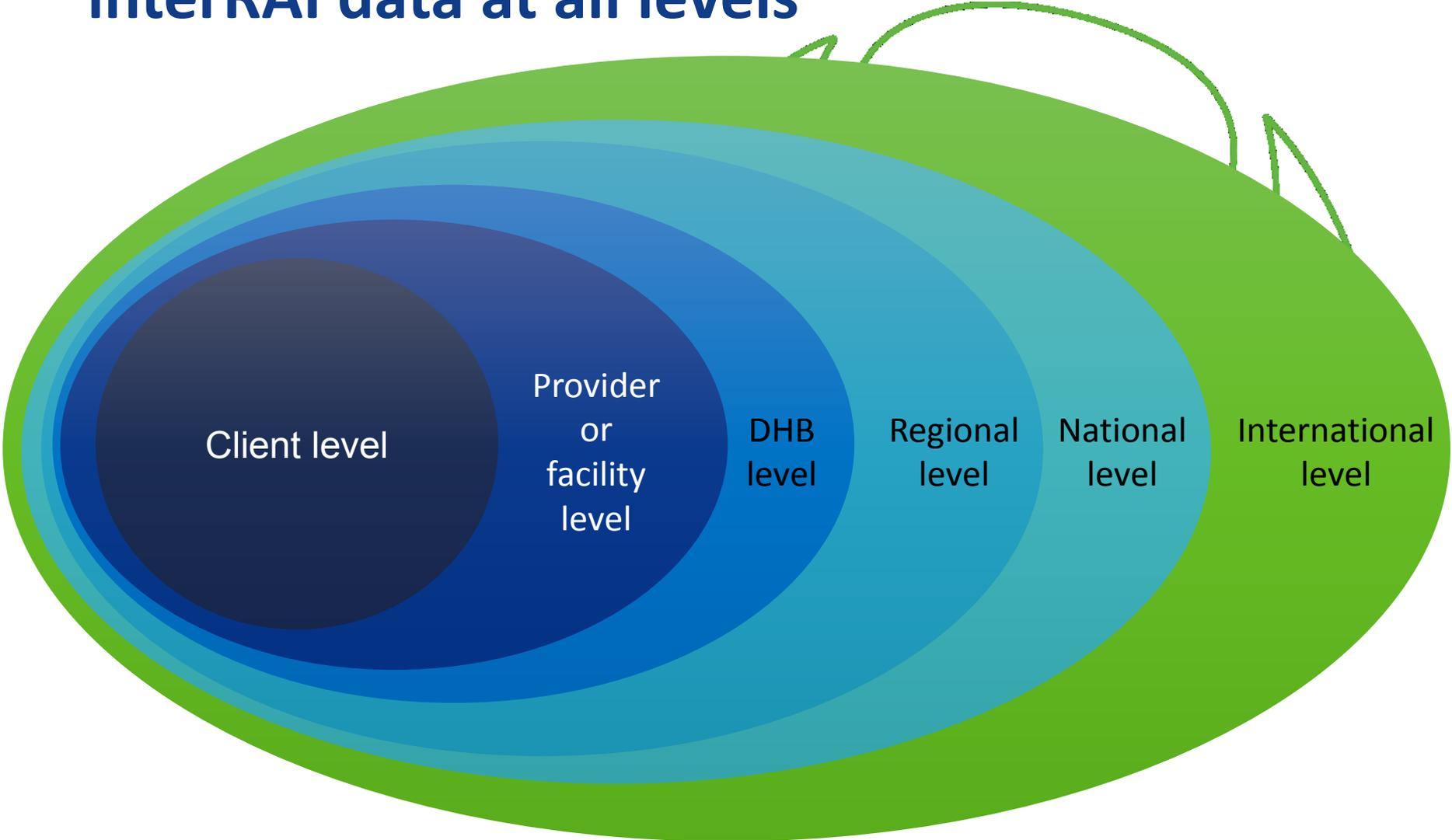


# Primary purpose of interRAI

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



# interRAI data visualisation: [www.interRAI.co.nz/data](http://www.interRAI.co.nz/data)



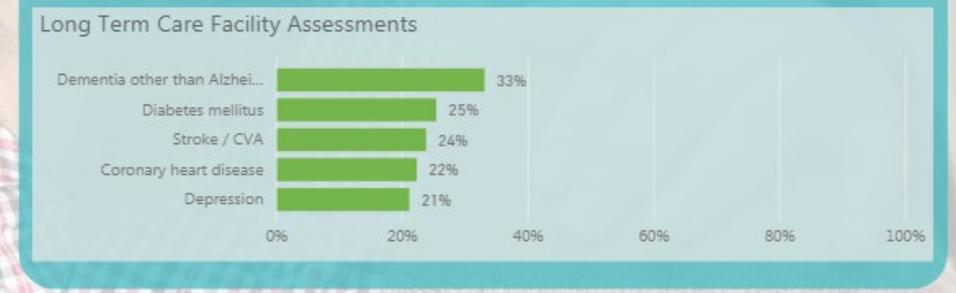
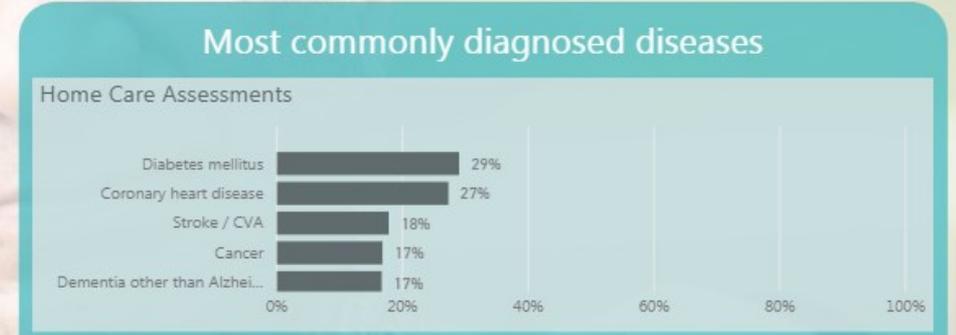
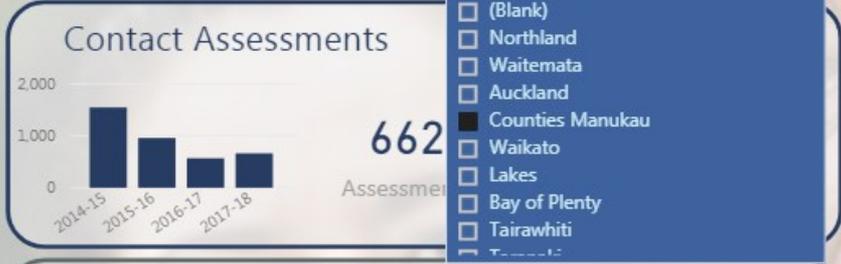
## Summary for 2017-18



Select Region: **All**

Select DHB: **Counties Manukau**

- Select All
- (Blank)
- Northland
- Waitemata
- Auckland
- Counties Manukau
- Waikato
- Lakes
- Bay of Plenty
- Tairāwhiti
- Tairāwhiti



# Service development



Quality initiatives



Service development



Policy development

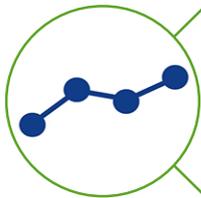


Evaluating effectiveness of changes

# 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



Show patterns in service delivery

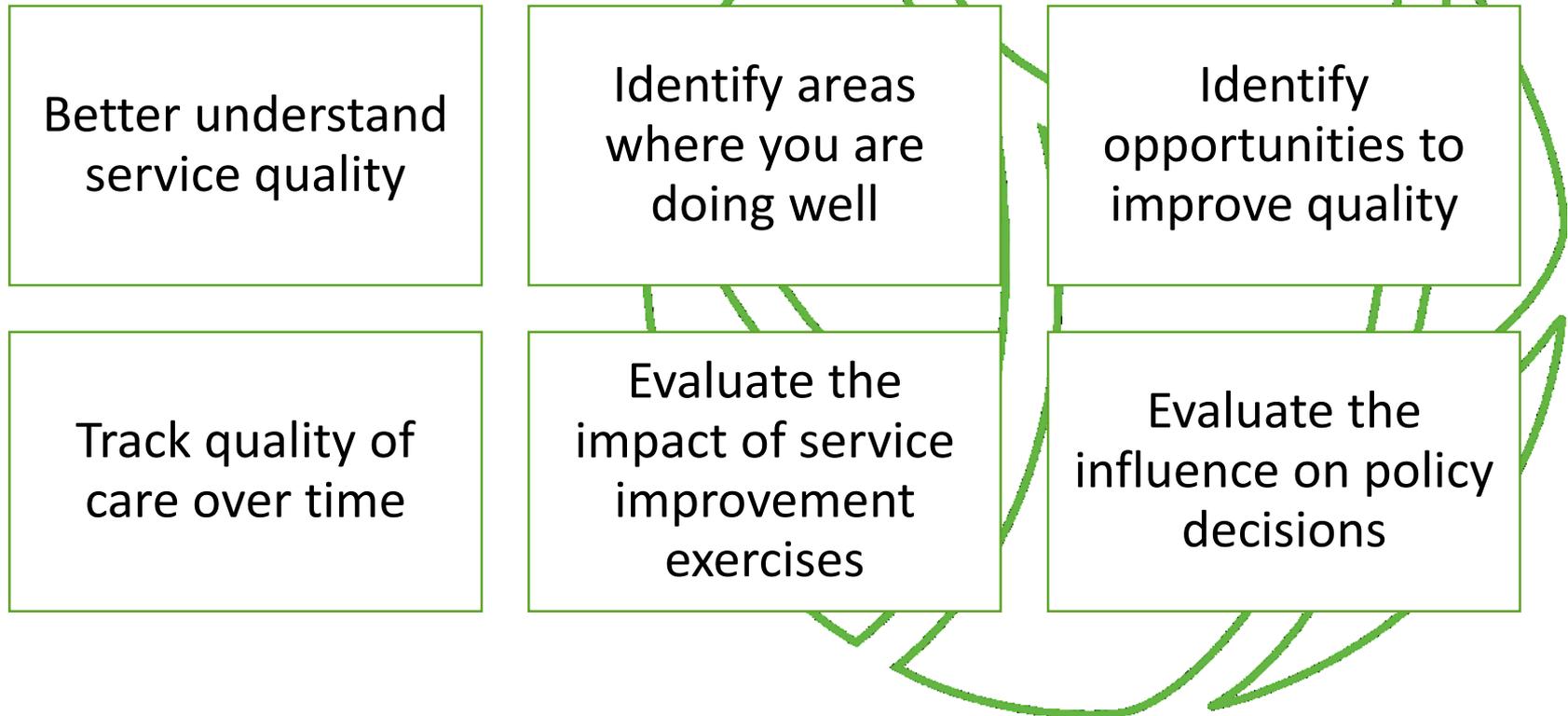


Cover many aspects of service delivery

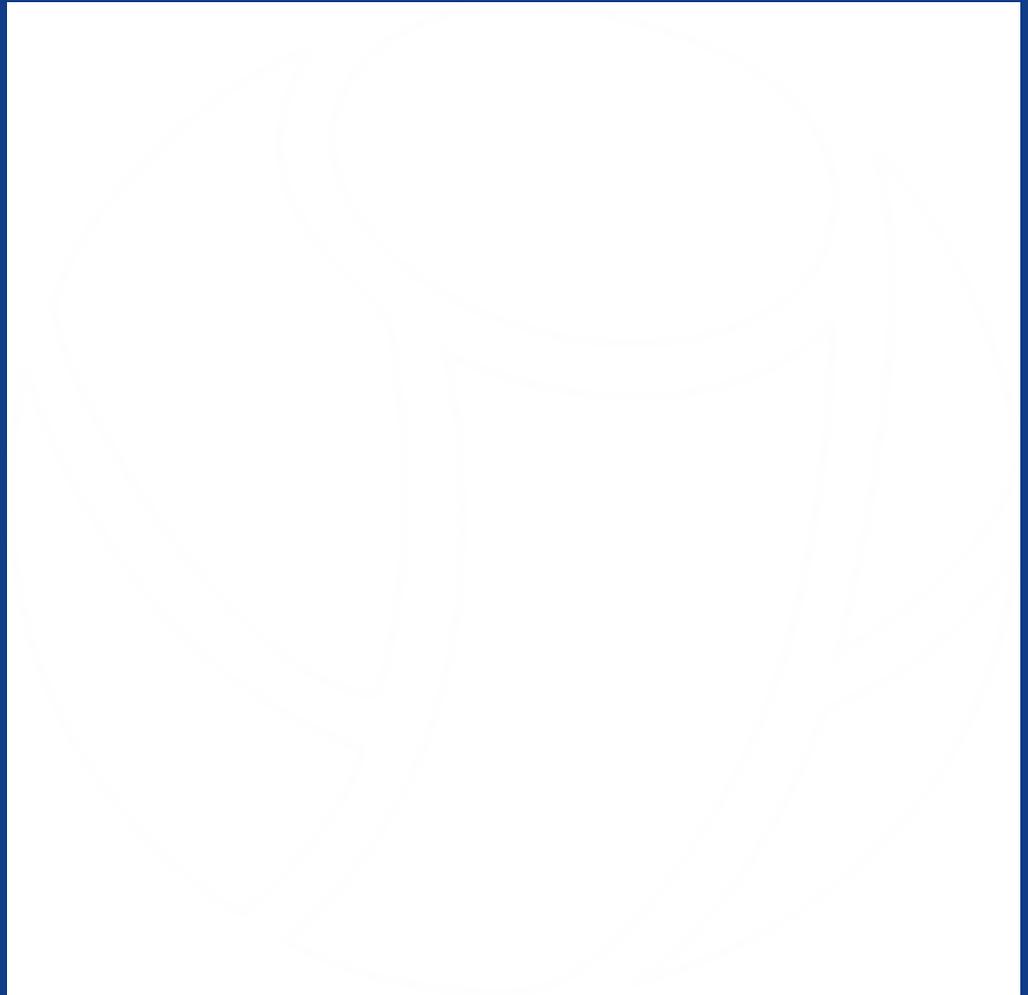


From the data in interRAI assessments

# 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

