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***Regular Reads** is a supplement of **mosAIC**, the Agency for Integrated Care's publication for the Community Care sector. Filled with information such as programmes, good practices, book and journal summaries as well as stories from the sector, **mosAIC** is available free for Community Care staff. For more information, visit <http://www.aic.sg/mosaic>



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mosAIC's Regular Reads aims to give relevant, useful information to Community Care partners for the improvement of their operations. This section features journal articles that highlight latest research findings as well as good, evidence-based and innovative practices. While the articles aim to keep Community Care partners informed of current developments in the sector, the views and opinions expressed or implied do not necessarily reflect those of AIC, its directors or editorial staff.

» Transitional care for the highest risk patients: Findings of a randomised control study

NEW!

This study conducted a randomised controlled trial to determine if a post-discharge transitional care programme among high-risk patients is effective in preventing readmissions in Singapore. 840 patients were selected from Singapore General Hospital and allocated to the intervention group or control group. Those in the intervention group received post-discharge surveillance by a multidisciplinary integrated care team to ensure adherence to care plans; coordinated follow-up visits with specialist care providers; patient education and caregiver coaching; and activation of community and social services. While no statistical significant reduction in readmissions was found among the intervention group, they reported greater patient satisfaction.

Lee, K., Low, L., Allen, J., Barbier, S., Ng, L., Ng, M., ... Tan, S. (2015, October-December). Transitional care for the highest risk patients: Findings of a randomised control study. National Center for Biotechnology Information. 15(4).

Search for the full-text article at www.ncbi.nlm.nih.gov

» Innovative PACE program aims to keep seniors out of nursing homes

NEW!

PACE is an innovative form of senior care offered in Chattanooga, Tennessee, United States. It offers an alternative to home care and nursing homes. It allows seniors to remain in their homes but provides medical care and activities during the daytime. Around 30 PACE vans equipped with lifts pick up around 180 seniors every day to the PACE facilities. PACE offers a comprehensive medical care including a pharmacy, dental services, and assistance with eyeglasses, hearing aids and footwear. Care plans can be customised to meet a patient's needs. It also has a secure facility for patients with dementia such as Alzheimer's. Before being admitted to the programme, patients are evaluated on whether they can feed themselves; go to the bathroom; move from the wheelchair to a chair or bed; manage their medicines; and have sufficient mental capacity.

Johnson, S. (2015, November 16). Innovative PACE program aims to keep seniors out of nursing homes. Times Free Press.

Search for the full-text article at www.timesfreepress.com

» To save on rent, some Dutch college students are living in nursing homes

NEW!

Student housing has been increasingly expensive and difficult to find with Amsterdam being short of almost 9,000 student rooms in 2014. Residential and Care Center Humanitas, a long-term care facility in Deventer, the Netherlands, offers students its vacant rooms for free in exchange for 30 hours of volunteer work per month. In 2012, the Dutch government stopped funding



continuing care for citizens over the age of 80 who were not in dire need and this resulted in fewer people seeking long-term care. This new arrangement with students enables the long-term care community to stay afloat while residents need not pay extra. The young students create a warm, homely environment and volunteer by teaching residents how to send emails, use social media, Skype, and even draw graffiti. The regular social interactions and conversations help reduce loneliness, mental decline, and mortality.

Jansen, T. (2015, October 5). To save on rent, some Dutch college students are living in nursing homes. *The Atlantic*.

Search for the full-text article at www.theatlantic.com/search

» Experiences of community-living older adults receiving integrated care based on the chronic care model: A qualitative study

NEW!

Integrated care models provide patient-centred care based on the needs and preferences of patients through continuous and coordinated care. This study evaluates the opinions and experiences of community-living older adults with regard to “Embrace”, an integrated care model in the northern region of the Netherlands. It focuses on two areas: experiences with ageing, with the themes “struggling with health”, “increasing dependency”, “decreasing social interaction”, “loss of control” and “fears”; and experiences with Embrace, with the themes “relationship with the case manager,” “interactions,” and “feeling in control, safe, and secure”. It found that the integrated care and support provided through Embrace met the health and social needs of older adults by reinforcing participants’ ability to stay in control, even if they were dependent on others.

Spoorenberg, S., Wynia, K., Fokkens, A., Slotman, K., Kremer, H. & Reijneveld, S. (2015, October 21). Experiences of community-living older adults receiving integrated care based on the chronic care model: A qualitative study. *PLoS ONE*.

Search for the full-text article at www.plosone.org

» Nurse practitioner interactions in acute and long-term care: An exploration of the role of knotworking in supporting interprofessional collaboration

NEW!

This study explores how nurses in acute and long-term care settings enable interprofessional collaboration and care. It studied the interactions of Canadian nurses with other healthcare professionals within the context of “knotworking” to get an understanding of their social practices and processes supporting interprofessional collaboration. The concept of “knotworking” is used to understand the complex, rapid and task-oriented collaborations within hospital settings and is characterised by the tying, untying or retying of separate threads of activity by loosely connected people. The study found two types of observed interaction that were comparable to knotworking. Rapid interactions resembled traditional knotworking, while brief interactions were a new form of knotworking with enhanced qualities that resulted in interprofessional care.

Hurlock-Chorostecki, C., van Soeren, M., MacMillan, K., Sidani, S., Donald, F. & Reeves, S. (2015, October 14). Nurse practitioner interactions in acute and long-term care: An exploration of the role of knotworking in supporting interprofessional collaboration. *BMC Nursing*.

Search for the full-text article at www.biomedcentral.com



» Putting integrated care into practice: The North West London experience

NEW!

This report highlights the findings of the evaluation of the early stages of the Whole Systems Integrated Care (WSIC) programme launched in North West London to improve the quality of care for over two million people by removing the barriers to integrated care. It looked at the background and design of the programme; the early adopter schemes; the approaches to change; and the lessons learnt. The national barriers that slowed the progress of the programme were difficulties in obtaining data-sharing agreements; separate payment systems and governance structures between sectors; and organisational fragmentation. The programme had to strike a balance between collective leadership and local autonomy; integrated commissioning and integrated provision; and NHS leadership and local authority engagement.

Wistow, G., Smith, J., Gaskins, M. & Holder, H. (2015, October 2). Putting integrated care into practice: The North West London experience. Nuffield Trust.

Search for the full-text article at www.nuffieldtrust.org.uk



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» **Pensioner playmates: The amazing daycare within a nursing home where youngsters sing, color and read with the elderly**

NEW!

Providence Mount St Vincent nursing home in Seattle, United States has been operating the Intergenerational Learning Center in their facility for the last 25 years. This nursing home seeks to foster a sense of community among its 400 residents through interactions with the youngsters in their facility's daycare. A new documentary, titled Present Perfect, looks into the bonds formed by the elderly residents and young children. The interaction has a positive impact on the older residents who tend to be more optimistic, have larger social networks and better memories, and take better care of themselves. The extra attention from the adults helps the young children with their social skills and teaches them about ageing and people with disabilities.

Collman, A. (2015, October 22). Pensioner playmates: The amazing daycare within a nursing home where youngsters sing, color and read with the elderly. Daily Mail.

Search for the full-text article at www.dailymail.co.uk/home/search.html

» **The costs and benefits of paying all the lowest-paid care home workers in the UK the Living Wage**

NEW!

Low pay in care homes is widespread in the United Kingdom but differ by gender, age, type of provider, and geographical area. This report examines the earnings below the Living Wage (LW) for staff in care homes for older people; what the costs and benefits of increasing pay might be; and identifies how this pay increase can be funded. It found that the estimated annual wage cost of paying LW to all care home staff in 2014 is £830 million for the UK and would increase to almost £1 billion when National Insurance and pension contributions are included. Paying higher wages would reduce the need for in-work benefits amounting to £19 per week per household in 2014. The new National Living Wage announced in the Summer 2015 budget that pay increases would affect at least 50 per cent of care home workers. Care homes with self-funded residents may be able to afford the wage increase while providers heavily dependent on local authority funding are less likely able to.

Ingham, H., Bamford, S. & Johnes, G. (2015, October 26). The costs and benefits of paying all the lowest-paid care home workers in the UK the Living Wage. Joseph Rowntree Foundation. Retrieved December 4, 2015.

Search for the full-text article at www.jrf.org.uk

» **Place-based systems of care: A way forward for the NHS in England**

NEW!

As NHS in England is facing growing financial and service pressures due to rising demand, this paper proposes a new approach to tackle these challenges. It advocates that NHS move away from a 'fortress mentality' where it acts to secure its own individual interests and future, and instead establish place-based 'systems of care' where it collaborates with other NHS organisations and services to address the challenges and improve the health of the populations it serves. The paper provides design principles to guide systems of care; options for collaboration; and implications for national bodies and policy-makers.

Ham, C. & Alderwick, H. (2015, November 12). Place-based systems of care: A way forward for the NHS in England. The King's Fund.

Search for the full-text article at www.kingsfund.org.uk

» Boomers in nursing homes: Ready or not, here they come

NEW!

This article highlights that baby boomers will pose a challenge to long-term care (LTC) facilities, such as skilled nursing homes, personal care facilities, and continuing care retirement communities, to institute new policies to cater to them. The 75 million boomers will put a strain on the physical, fiscal, and time realities of caring. Baby boomers will not only require but also demand a certain level of care and this should be taken into consideration when building a new facility, remodelling or expanding an existing facility, and staffing an LTC facility. They will want autonomy; a private room; their own electrical equipment like mini-refrigerators; ethnic food options in the menu; Internet access; various music choices; transportation; and fitness trainers, among others.

Siberski, J. & Siberski, C. (2015, September/October). Boomers in nursing homes: Ready or not, here they come. *Today's Geriatric Medicine*. 8(5): 18.

Search for the full-text article at www.todaysgeriatricmedicine.com



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» A systematic review of interventions to change staff care practices in order to improve resident outcomes in nursing homes

NEW!

This study reviewed interventions that attempted to change staff practices to improve resident outcomes in long-term care. The interventions were grouped according to clinical domains: oral health; hygiene and infection control; nutrition; nursing home acquired pneumonia; depression; appropriate prescribing; reduction of physical restraints; management of behavioural and psychological symptoms of dementia; fall reduction and prevention; quality improvement; philosophy of care; and others. It found that no single intervention, combination of or increase in number of components was associated with greater likelihood of positive outcomes. Studies targeted at specific care tasks such as oral care and those using intervention theories were more likely to be successful than those that required global practice changes such as care philosophy. Many interventions encountered barriers relating to staff (e.g., staff turnover, high workload and attitudes) or organisational factors (e.g., funding, resources and logistics). While changing staff practices in nursing homes is possible, it is a complex process.

Low, L., Fletcher, J., Goodenough, B., Jeon Y., Etherton-Beer, C., MacAndrew, M. & Beattie E. (2015, November 11). A systematic review of interventions to change staff care practices in order to improve resident outcomes in nursing homes. PLoS ONE.

Search for the full-text article at www.plosone.org

» New Brunswick partnership with TPSC aims to improve safety in nursing homes

NEW!

Collaborators in New Brunswick, Canada, and the Netherlands have launched an electronic safety programme providing an integrated system for the real-time reporting and management of incidents in nursing homes. In the event of an incident, however big or small, the employee is encouraged to fill out a form and document what happened. Once the form is submitted, all necessary parties can immediately see what, where, and why it happened. It is important to recognise small incidences, such as a pinch or a bruise, so that managers can work on an action plan to prevent something bigger from happening.

Brown, L. (2015, November). New Brunswick partnership with TPSC aims to improve safety in nursing homes. Global News Canada.

Search for the full-text article at www.globalnews.ca

» Aligning forces for quality: A tremendous journey

NEW!

The Aligning Forces for Quality initiative was launched in 2007 to bring together people who get, give, and pay for health care in 16 regions in the United States to collaborate in an effort to improve quality. Its multi-stakeholder alliances demonstrated that with the right leadership and a diverse group of participants, it was possible to overcome long-established silos to achieve better care. The initiative saw that patient outcomes improved at a faster rate than other communities especially in managing blood sugar and cholesterol control in patients with diabetes. The community developed, tested and refined websites to ensure that consumers understood information about the comparative cost and quality of care provided by different clinicians. Patients proved to be valuable partners who played a critical role in their own care and in shaping and improving the health care system.

Aligning forces for quality: A tremendous journey. (2015, August 14). Robert Wood Johnson Foundation.

Search for the full-text article at www.rwjf.org



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» Nursing home installs 'magic interactive painting' in the living room

NEW!

Amsterdam's Jan Bongahuis nursing home has a recent addition to its living room – the 'Magic Interactive Painting'. This installation features videos, photographs, and music from the residents' past, and has a positive impact on the residents, many of whom suffer from dementia. It can become an interactive photo album that evokes recognition for the residents and also something to share and talk about with family members. A personal profile, which the care staff can switch on at any time, is created for each resident. Residents have started talking more since seeing those images and hearing their favourite music. This also enables the staff to get to know the residents better.

Nursing home installs 'Magic Interactive Painting' in the living room. (2015, November 5). Amsterdam University of Applied Sciences.

Search for the full-text article at www.amsterdamuas.com

» Hasbro's first toy for the senior set: Robotic cats to keep grandma company

NEW!

Toy maker Hasbro Inc. is breaking into the senior market with a US\$99 robotic cat that is programmed to roll over and purr when it is petted and stroked. The company developed the product after market research found that many people were gifting stuffed animals to an ageing relative who lived alone or could not own a pet. A combination of sensors translates the petting gesture as a cue for the robot to meow, in different ways depending on how it is interacted with, and purr or turn over. Other robotic companions include Sony's robotic dog, Aibo, and Japanese company, Paro's baby harp seals.

Subbaraman, N. (2015, November 24). Hasbro's first toy for the senior set: Robotic cats to keep grandma company. Beta Boston.

Search for the full-text article at www.betaboston.com

» Teen astounds with solution for wandering monitoring today, Alzheimer's next?

NEW!

Kenneth Shinozuka, a 17-year old, developed SafeWander sensor system, a tool that helps in wander management. The quarter-size sensor can be screwed discreetly to a patient's clothing and it notifies a caregiver's smartphone whenever there is body movement from a bed or chair. It has been tested over the summer in three California facilities with good results and had a 'soft' opening in November 2015 by taking online orders. The shipping of the product is expected to start on 11 December 2015.

Berklan, J. (2015, November 11). Teen astounds with solution for wandering monitoring today, Alzheimer's next? McKnight's.

Search for the full-text article at www.mcknights.com

» Improved lighting helps people suffering Alzheimer's disease

NEW!

Low flat lighting in nursing homes can hinder the brain ability of residents with Alzheimer's to process light and keep the body clock in sync with wake/sleep cycles causing a range of problems. To help residents with Alzheimer's maintain their circadian rhythm, Dr. Figueiro and her team at the RPI Lighting Research Center created a blue light table by mounting an edge-lit TV into a table frame. Residents can sit around the table for activities and meals. Lights have been replaced with specialty bulbs for



those residents confined to their rooms. The light therapy is showing positive results in nursing homes at least 75 per cent of the time, with improvement in sleep efficiency, reduced agitation, and reduced depression.

Zahn, B. (2015, September 29). Improved lighting helps people suffering Alzheimer's disease. News Channel 13.

Search for the full-text article at www.wnyt.com