

Enhanced SMART: A North Simcoe Muskoka Assess & Restore Initiative for Frail Older Adults

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Background

VON Simcoe County and IRFP partnered in 2015 to provide a pilot program for community dwelling frail older adults.

A lack of community-based rehabilitation programs for frail older adults created the need for a new program. The Enhanced SMART pilot was an Assess & Restore (A&R) initiative funded by the Ontario Ministry of Health and Long Term Care. The program also aligns with the Ontario Rehab Care Alliance.

The interdisciplinary team works with older adults at high risk for hospitalization and/or admission to long term care. Eligible participants must have restorative potential and have experienced a recent decline in functional ability.

Purpose

The program is designed to provide timely, equitable, accessible service that supports transitions of care.

Program Aims:

- 1) To optimize the functional independence of community-dwelling frail older adults
- 2) To reduce the risk of imminent hospitalization and/or long term care admissions

Implementation

Built on the original SMART® Program (Seniors Maintaining Active Roles Together), **Enhanced SMART** is unique in its delivery of progressive, evidence-based exercises with individualized, client-centered care plans. The interdisciplinary team, consisting of regulated healthcare professionals, monitor and support clients throughout their time in the program.

The Enhanced SMART Core Interdisciplinary Team:

- **Kinesiologists**
- **Physiotherapist**
- **Occupational Therapist**
- **Exercise instructors (OTA/PTA)**

Program Components:

- ❖ Comprehensive intake and discharge assessments
- ❖ Congregate or in-home exercise streams (with the goal of progressing to congregate)
- ❖ Evidence-based exercises, falls prevention education, cognitive stimulation & socialization
- ❖ Twice weekly sessions for a maximum of 12 weeks
- ❖ Maximum of 12 participants in a congregate class with a staff to client ratio of 1:6
- ❖ A regulated healthcare professional is present at every class
- ❖ 30 day follow-up phone call post discharge



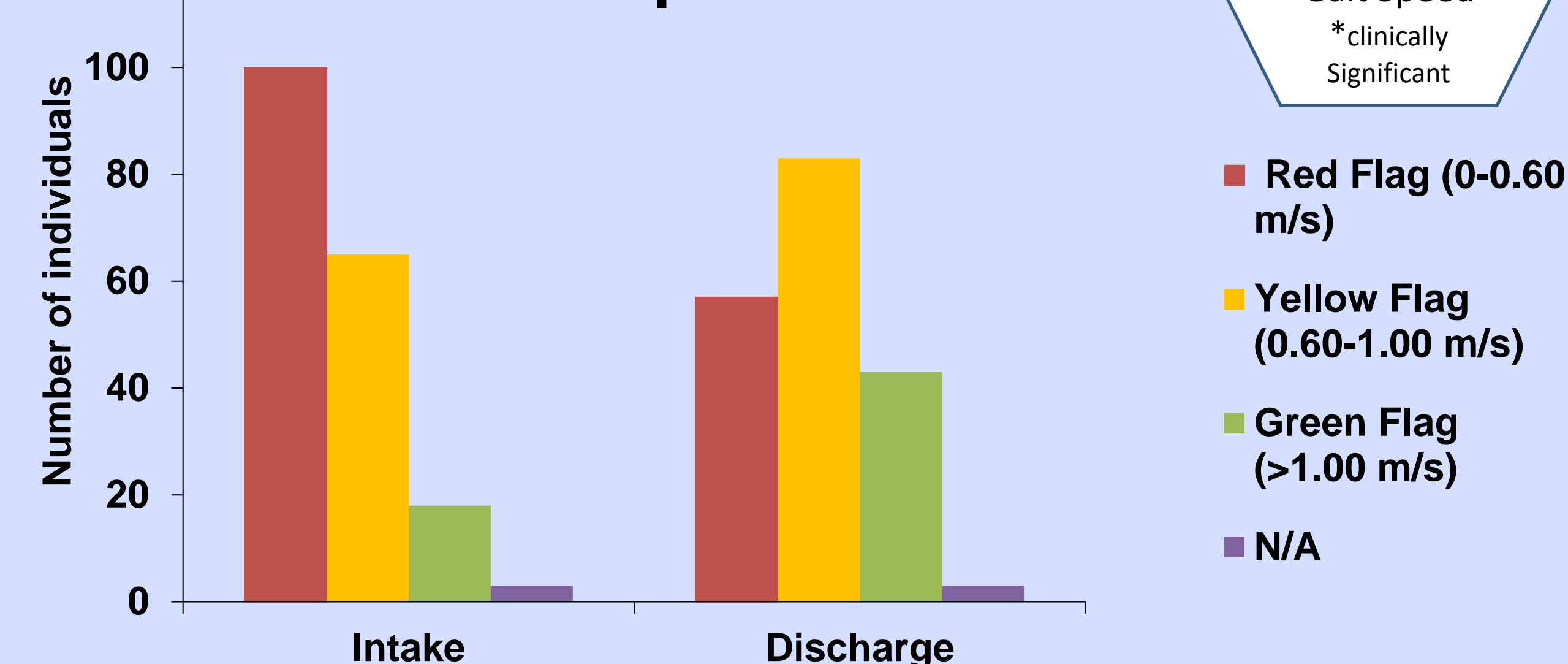
Outcome Measures

Comprehensive intake and discharge assessments consist of qualitative and quantitative measures:

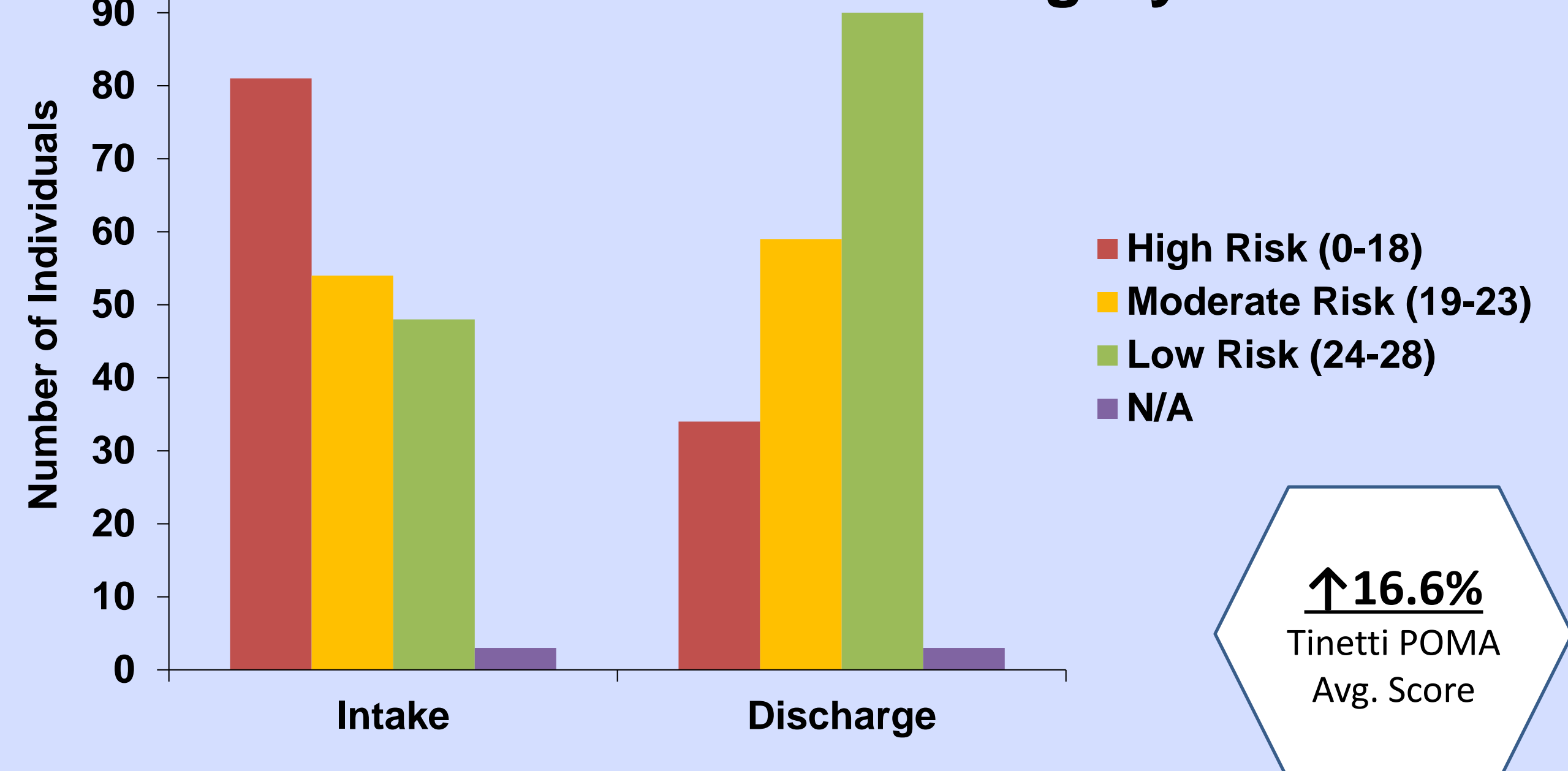
The physical measures include **Tinetti POMA**, **30 Second Chair Stand**, **Grip Strength(Kg)** and **4 Metre Gait Speed** tests. Functional abilities are measured with **Barthel Index** and **Clinical Frailty Scale**. The questionnaires include **Older People's Quality of Life (OPQOL-13 brief)** and knowledge confidence. Client goals are captured with the **Canadian Occupational Performance Measure**.

Results

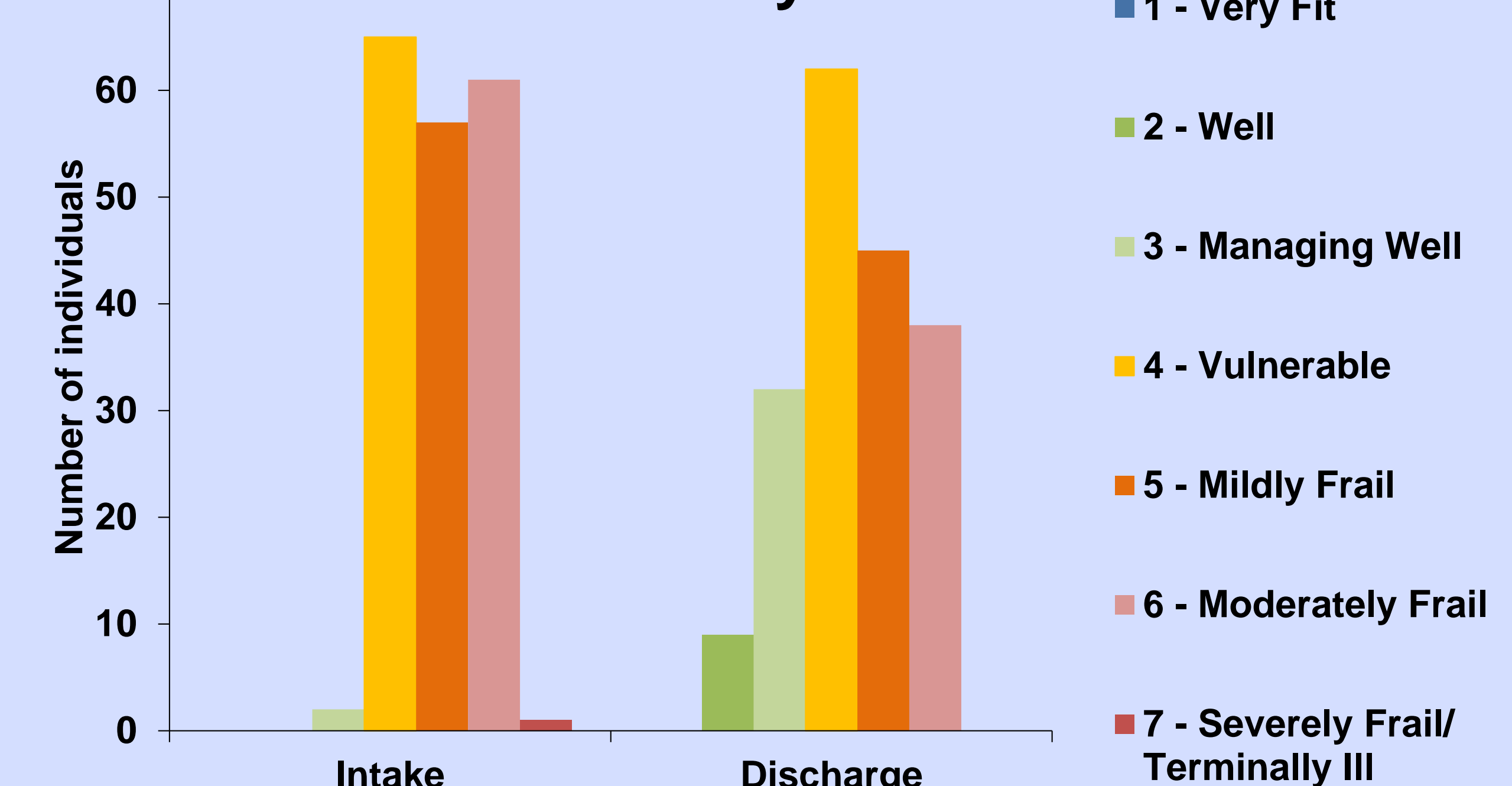
4m Gait Speed Test



Tinetti – Risk of Fall Category Score

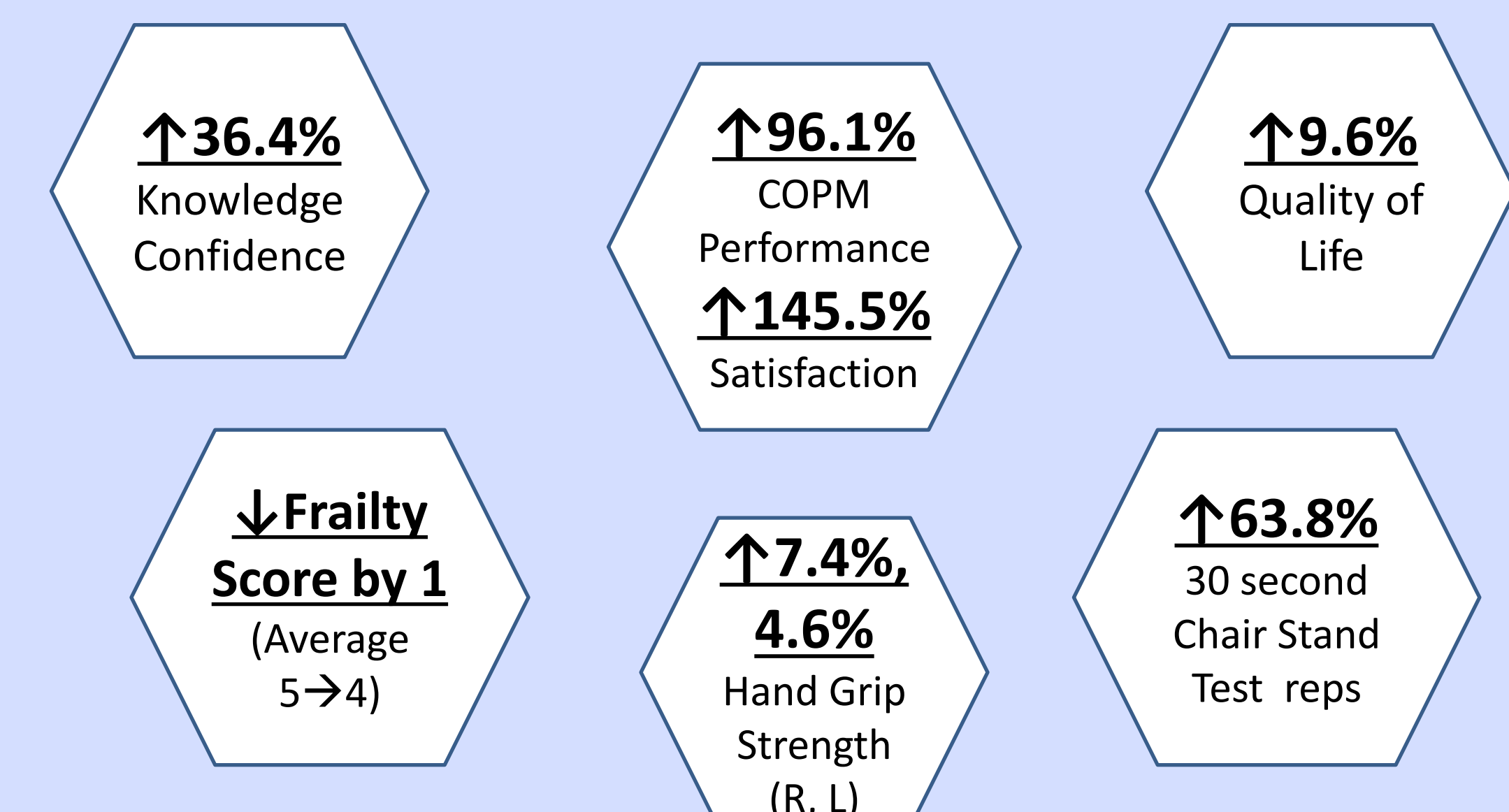


Clinical Frailty Score



Analysis

Data analysis of all the completed care clients (n=186) over 3 fiscal years illustrates improvements in all outcome measures and demonstrates the desired physical and psychosocial benefits of the Enhanced SMART Program.



Conclusion

The Enhanced SMART Program has successfully demonstrated physical and psychosocial benefits to frail seniors in the North Simcoe Muskoka (NSM) region. As a result, the North Simcoe Muskoka Local Health Integration Network (NSM LHIN) has moved this from a pilot project to a base-funded service with plans to expand it to other NSM sub-regions. With a focus on frail seniors, funding is being provided to the new NSM Specialized Geriatric Services (SGS) Program to continue to work in partnership with VON Simcoe County to implement this community-based restorative program as part of the regional clinical design.

References

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2. Bowling, A., et al. A short measure of quality of life in older age: The performance of the brief Older people's Quality of Life Questionnaire (OPQOL-brief) Arch. Gerontol. Geriatr. (2012) <http://dx.doi.org/10.1016/j.archger.2012.08.012>
3. Law, M., et al. (1990). The Canadian occupational performance measure: An outcome measure for occupational therapy. Canadian Journal of Occupational Therapy, 57, 82-87.
4. Fritz, S. Lousardi, M. (2010) White Paper: Walking speed: The sixth vital sign. Journal of Geriatric Physical Therapy, 32(2): 2-5.