

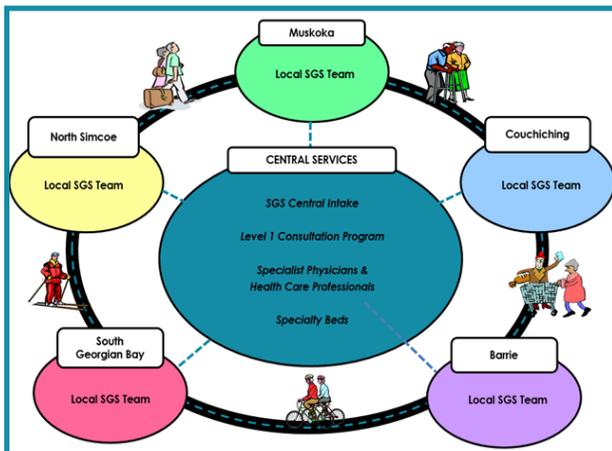
## Implementing Local SGS Teams in the NSM Region

### Implementation Plan Released!



In August 2016, the North Simcoe Muskoka Specialized Geriatric Services (NSM SGS) Program released the **Clinical**

**Design Report & Recommendations** document to guide the planning of services in the NSM region for frail seniors and their caregivers. Based on a hub and spoke model, the key feature is the establishment of a single integrated interdisciplinary SGS team in each of the five NSM sub-regions (spokes). In the plan, these consultation teams will work in collaboration with the seniors' existing health service providers with care provided through ambulatory, out-reach and in-reach services.

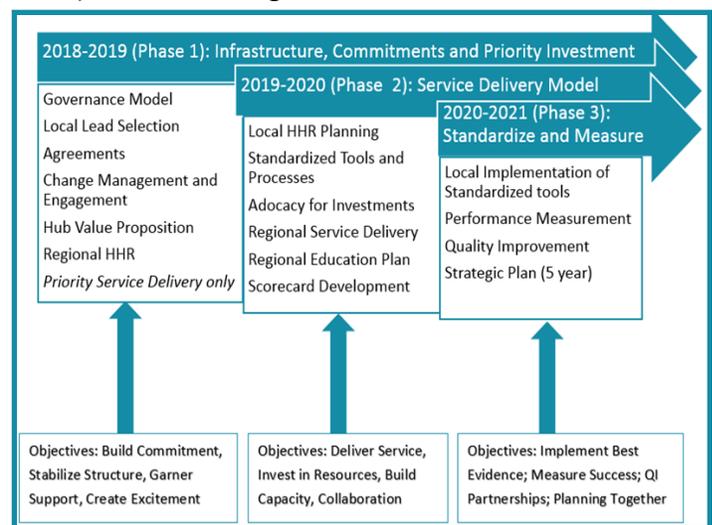


In September 2018, the NSM SGS program released a follow-up document entitled **Implementation Plan for Local SGS Teams**. This plan builds on the Clinical Design (2016) document and was informed by partner consultation, clinical expertise as well as current NSM planning. This plan:

- Includes relevant information about each NSM sub-region and local programs;
- Identifies processes and structures required to support implementation including leadership/

oversight requirements and partner responsibilities;

- Proposes health human resource requirements; and,
- Outlines an implementation plan confirming specific priorities and timelines for operationalizing the model.



In September, with the support of the LHIN, the SGS leadership team met with four of the five LHIN sub-region planning tables (Barrie & Area, Couchiching, Muskoka & Area, North Simcoe) to share the implementation plan. The purpose of these meetings was to begin to explore readiness and interest in establishing a local SGS team in the sub-region. All meetings went well with each sub-region recognizing the value of the teams and expressing interest in engagement, with some at an ideal state of readiness and prepared to move planning forward. Over the next several months, the SGS leadership team will follow-up with each sub-region, including South Georgian Bay, to discuss next steps.

We would like to extend our thanks to health service partners who engaged in sub-region conversations to inform this work. We look forward to continuing to collaborate to move this project forward!

## Clinical Service Updates

### New Funding to Expand Behaviour Supports!



Through the provincial Dementia Capacity Planning initiative, the Ministry has provided the NSM Local Health Integration Network (LHIN) with an additional 1.1 million in new base funding to expand behaviour supports in the NSM region! Over the summer, the NSM SGS program worked with key partners and the LHIN to identify investment opportunities that would align with previous planning and the clinical design work underway.

Of the total allocation, \$545,000 targets expansion of behaviour supports in the long-term care (LTC) sector. Partners agreed the focus should be on addressing key gaps. This includes adding a geriatric psychiatrist to the Behaviour Support System (BSS) team and increasing nursing (RN) resources in the Barrie area to address increasing volumes and case complexity. To support the successful integration of a geriatric psychiatrist into the team, a pilot will be completed in a targeted NSM sub-region this fall/winter. Next steps related to the LTC sector investment will proceed once the County of Simcoe receives formal notification of funding.

In addition to the LTC investment, \$580,000 has been provided to expand behaviour supports in the community. The BSS community team is very excited! At present there are 4 regulated and 3 unregulated providers supporting the entire NSM community. To continue to help seniors age in place and minimize unnecessary LTC placement, a new investment in community resources was imperative.

With this new funding, the BSS community team will increase by over 70%. 2.5 Community Clinicians (regulated staff) and 2 Integrated Behaviour Support Workers (IBSWs, unregulated providers) will be added to the team, allowing

us to now align BSS community resources with the NSM sub-regions to advance the clinical design (spokes).

In addition to better sub-region alignment, expansion also provides an opportunity to undertake some necessary redesign within the BSS community team:

- Effective April 1, 2019 IBSWs will transition from Care Partners to Wendat. In late summer Care Partners, a valued partner in the NSM BSS program and employer of the 3 current IBSWs, indicated they would be leaving the BSS partnership at March 31, 2019. It was a difficult decision for the organization and they will be missed within our BSS family. We thank Charlotte Koso and Care Partners for their leadership over the years. We also thank the Wendat organization and leadership for their willingness to provide the IBSWs with a new home!
- Effective April 1, 2019 Social Workers on the team, who have been performing general behaviour assessments, will begin to operate more in alignment with their training and expertise. In adding a focused Social Work role into the team we can better support our NSM seniors and their caregivers living and coping with responsive behaviours.
- In early 2019, a pharmacist will be added to the team to provide expert advice around medication use, interactions and prescribing/de-prescribing.

Finally, one-time BSS community funding this year will be used to:

- Trial speech-language pathology resources within the BSS community team; and,
- To support NSM hospitals to continue improving the care they provide to hospitalized seniors with responsive behaviours. Many are choosing to use these one-time funds to continue to build on the past success of the 2016/17 Behaviour Success Agent initiative.



## NSM SGS General Updates

### Twitter



NSM SGS has joined the Twitterverse!

On October 31<sup>st</sup>, the NSM SGS program went live on twitter and we want YOU to join us! We will be tweeting about new ideas and best practices in the care of seniors as well as updates from our docs about trending items. We'll also be tweeting SGS news and announcements, including information about education events.

We want to be a part of your network too! Tag us, Tweet us, and share our content with your followers. You can find us [@NSM\\_SGS](https://twitter.com/NSM_SGS)



### First SGS Team Meeting



On October 31<sup>st</sup>, in addition to launching Twitter, the NSM SGS program had its first full team meeting! For the first time, all SGS team members gathered in the Waypoint auditorium to "celebrate the past and shape the future". The team met Dr. Kevin Young (the NSM SGS program Physician Lead), reviewed results of the first SGS team engagement survey and, together, identified key next steps for the team.

## Partner Updates

### MP/MPP Seniors Days



On October 5<sup>th</sup> and 12<sup>th</sup>, members of the NSM SGS team attended the Seniors Day events in Orillia and Midland, hosted by Simcoe-North MP Bruce Stanton and MPP Jill Dunlop. Both events were well attended by area seniors and caregivers.



Dr. Kevin Young spoke at both events, sharing insight into caring for frail seniors and answering questions from an engaged audience. The NSM SGS program had a booth which provided a great opportunity to network with area seniors, identify resources for those in need and answer questions. At both events the VON SMART team led some great seniors' fitness breaks!

### Change Foundation: The Frail Aging Suit



Established in 1995, the Change Foundation engages Ontario patients, family, caregivers and health care providers in exploring health care issues to promote the evolution of our health system.

This summer, the Change Foundation introduced *Experiencing Aging: A Health Care Reality Check*. Through the use of the "Frail Aging Suit", and simulations informed by the lived experience of patients and caregivers, a video series was produced to show the challenges faced by seniors and their caregivers in primary care, home care and emergency care. The project enables health care providers and leaders to walk in the shoes of seniors and caregivers. To see the videos, [click here](#).



## Education Updates

### New Regional Education Programs in NSM



The NSM SGS program is pleased to announce several new education programs will be offered throughout our NSM region. With funding from Behaviour Supports Ontario over the last several years, the SGS program has been able to establish certified instructors and develop evidenced-based curriculum for health care providers supporting complex seniors. There are 3 new regional education programs now being offered:

#### **Positive Approach to Care™ (PAC)**

In this program, certified trainers in Teepa Snow's Positive Approach to Brain Change™ facilitate a 1-day workshop covering normal and 'not' normal aging behaviour changes and the GEMS® Model. This workshop targets health care staff providing direct care to older adults with dementia.

#### **Seniors' Mental Health ©**

This 2-day interactive program focuses on increasing the learner's knowledge of mental health syndromes and care strategies to support seniors. The program is open to all health care providers. An additional third day is offered for health care professionals responsible for assessment and documentation.

#### **Gentle Persuasive Approaches® Basics**

Generally, GPA® trainers offer training specific to the trainer's organization. As such, organizations sometimes do not have enough trainers or staff to provide a session. Organizations can now register individual staff for open GPA® sessions in our NSM sub-regions. These 1-day education sessions target staff providing direct care to persons living with dementia.

To celebrate the start of these new programs, and thanks to funding provided through Behaviour Supports Ontario, the SGS program will be offering these education programs free of

charge until March 31, 2019. Please visit our website ([www.nsmgs.ca](http://www.nsmgs.ca)) to find the dates of these education sessions and to register.

## Upcoming Events

**Goal Management Training® Workshop - Baycrest Jacob Family Theatre** - December 13<sup>th</sup> - Toronto

[Training Information](#)

**Positive Approach to Care™ Training** - December 6<sup>th</sup> - Waypoint Centre for Mental Health Care

[Training Information](#)

**Innovations in Balance, Mobility and Fitness: The Link to Clinical Practice** - November 23<sup>rd</sup> - Toronto

[Conference information.](#)

To view other upcoming events please visit [www.nsmgs.ca](http://www.nsmgs.ca).

## Staffing Update

### Welcome Sylvia!



The NSM SGS Program welcomes Sylvia Naughton as Manager, Geriatric Medicine.

Sylvia has over 25 years of health care experience. She has clinical expertise in gerontological nursing and was one of the original RN staff hired in the Integrated Regional Falls Program (IRFP). More recently Sylvia has held leadership positions at Orillia Soldiers' Memorial Hospital in Professional Practice and in Patient Flow/ Utilization. She is passionate about seniors, values interprofessional teams and is a successful collaborator. We welcome Sylvia to the NSM SGS program!



## Inquiring Minds Want to Know ...

### Cannabis Legalization and Seniors



The recreational use of cannabis became legal in Canada on October 17<sup>th</sup>. Dr. Mona Sidhu, a geriatrician with Hamilton Health Sciences Centre and a leader provincially in the medical use of cannabis with seniors, was recently interviewed on Radio Canada International. Dr. Sidhu, a consulting physician in both the Couchiching and South Georgian Bay sub-regions and part of the NSM SGS program, says seniors need to understand that there are different strains of cannabis, each with differing side effects.

“Modern-day cannabis is different than the cannabis that they were once exposed to or know of,” Dr. Sidhu said. “Taking an edible or oral formulation can result in higher side-effects such as drowsiness, falls and dizziness.” Unlike pills, edible formulas make it more difficult to control dosing because parts of the food can contain higher ratios of the cannabis as a result of food preparation. In addition, for seniors, age and co-morbidities can affect the way cannabis is metabolized and absorbed by the body. There is also the risk of an interaction if combined with other medications.



With heightened media and interest around the legalization of cannabis, there has been a noticeable increase in the volume of seniors seeking information and prescriptions. Dr. Sidhu encourages all those interested to seek out information from a health care professional.

The office of MP Bruce Stanton has also reported an increase in calls from seniors related to the new legislation. The Canadian government warned people pre-legalization that “previous use

of cannabis, or any substance prohibited by US federal laws, could mean denied entry into the US. There have been warnings that identifying use of cannabis at any time, even if there is no cannabis in your system or on your person, could result in being denied entry. This creates concern for seniors travelling south who may use cannabis recreationally or for the medical management of targeted conditions.

With the legislation being new and with there still being more questions than answers, health care providers should stay informed. More research is required around cannabis use in seniors and best practices need to be defined. To listen to the interview with Dr. Sidhu, [click here](#)

#### **Cannabis 101** (source: Dr. Mona Sidhu):

- The cannabis plant contains over 500 compounds, of which 85 of those work on cannabinoid receptors.
- There are 2 notable cannabinoids in cannabis: Tetrahydrocannabinol (THC) and Cannabidiol (CBD)
  - THC, a psychoactive, has potential therapeutic use as an antiemetic, antispasmodic, analgesic and appetite stimulant. For seniors it is important to remember it is a **PSYCHOACTIVE**.
  - The function of CBD is less clear than THC. It is more commonly used in seniors because of its non-psychoactive properties. It has been shown to have effects as an anti-emetic, analgesic, anti-inflammatory, anti-epileptic, anxiolytic, and anti-psychotic.
- Cannabis side effects can include dry mouth, dizziness, drowsiness as well as changes in bowel habits, appetite and cognition
- Cannabis should NOT be used by seniors with a systolic blood pressure less than 100 or those with atrial fibrillation with unstable International Normalized Ratio (INR) and a rapid heart rate. It is contraindicated in those with active ischemic heart disease and should be monitored on a case-by-case basis for those with medically-managed Coronary Artery Disease.



## SGS Highlights: July - September 2018

- **July** - Recommendations submitted to the NSM LHIN regarding directions for new funding to advance behaviour supports in the community and LTC.
- **July** - Initial I directions related to the implementation of the SGS clinical design presented to the NSM LHIN Sub-Region Steering Committee.
- **July** - Meeting between SGS leadership representatives and Waypoint geriatric inpatient leadership to begin to share information and strengthen relationships.
- **August** - Meeting between SGS leadership representatives and Waypoint Geriatric Psychiatry Community Consultation Team to begin to share information and explore opportunities for collaboration.
- **August** - Waypoint receives notice of new base funding from the NSM LHIN to advance behaviour supports in the community.
- **September** - [Implementation Plan for Local SGS Teams](#) released.
- **September** - Meetings with the Barrie, Couchiching, Muskoka and North Simcoe LHIN Sub-Region Planning Tables to advance implementation of Local SGS Teams.
- **September** - eConsult pilot completed involving NSM SGS specialists and targeted physicians and Nurse Practitioners.
- **September** - New Manager Geriatric Medicine starts.

### Unsubscribe

NSM SGS appreciates the opportunity to share what's happening in regard to specialized geriatric services.

If you no longer wish to receive the NSM SGS newsletter, email [SGS Communications](#).

If you'd rather just follow us on our website, please visit [www.nsmgsqs.ca](http://www.nsmgsqs.ca).

### NSM SGS Program Roles



Leadership



Clinical



Advocacy



Education &  
Mentorship



Research &  
Ethics

