

**ORGANIZATIONS RECEIVING SFY 2014-15 DISBURSEMENTS FROM THE
NURSING HOME CASH PENALTY FUND**

From grant applications:

1. Summit Rehabilitation and Care Community, \$24,552

Optimizing Medication Systems through a Collaborative Learning Environment

The proposed project will assist the efforts of six Colorado-based skilled nursing communities to streamline medication systems by weaving person-directed care concepts into clinical practices. Each organization will identify 1) a sample group within the larger community (e.g. a household, neighborhood, or other organizational subset) as its focus for grant project implementation; and 2) an interdisciplinary team for participation in a webinar-based learning collaborative focused on delivery and active, hands-on application of the first new Wellspring module developed by The Eden® Alternative, *Optimizing Medication Systems and Usage*.

Specifically, grant funds will support the participation of these six interdisciplinary teams in four interactive learning cycles.

2. Walbridge Memorial Convalescent Wing, \$2,900

Eden Associate Training

In order to fully implement the Culture Change, we need to engage involvement from all areas of our organization. Therefore, we are seeking funding to assist with the cost of Culture Change trainings, for the 3-day Certified Eden Associate Training and On-sight one-day training. We will have four staff members attend the Certified Eden Associate Training in Denver, Colorado, in October 2014. We have chosen Eden because we believe their 10 Principles align with our core values and will integrate into our current processes. We believe that for the Culture Change to be effective it needs to be infused through all layers of the organization. Therefore, the four team members who would attend the 3-day training would be 1) Director of Long-Term Care, 2) Assistant Director of Long-Term

Care, 3) a Registered Nurse providing direct patient care, and 4) a Certified Nurse Assistant providing direct patient care. After the Certified Eden Associate Training, we plan to host a full-staff training on-site; utilizing one of the Trainers in our region. The grant funds would be used to pay for the workshop registration, travel expenses, and on-site training costs.

Depression and anxiety are significant challenges for our residents. Using interview processes we recognize that 9 out of 22 residents are experiencing some level of depression. We believe that implementing the Culture Change techniques will help us to better help our residents. In July of 2013, our Activities Director participated in the 3-day Certified Eden Associate Training. Through this experience, we have learned about many innovative ideas to begin the Culture Change journey for our long-term-care facility.

3. Edu-Catering, \$17,000

Encouraging Colorado to Eliminate Alarms and Prevent Falls by Engaging with Life

The purpose of this project is to provide education and encouragement to all Colorado nursing homes to eliminate alarms and prevent falls by helping residents to engage with life, get to the bathroom when needed, anticipate needs and check in on residents more often when the alarm no longer acts as a crutch or gives the message that ignoring residents is okay. A total of 12 state-wide all-day trainings will be held free of charge on *Eliminating Alarms and Preventing Falls by Engaging with Life*. Two trainings, an initial and a subsequent, will be held in each of the Colorado Culture Change Coalition (CCCC) network areas: north, northeast, southern, western and Denver metro north and Denver metro south.

4. Highline Rehab and Care Community, \$16,594

Undisturbed Sleep Study

The purpose of the Undisturbed Sleep Study is to attempt to provide natural sleep patterns, so that we can study how this can improve the quality of life in a resident living

at a facility as it related to falls, depression and a person's cognitive status over time. With the funds the board will be providing, we will be assessing the residents' environment, contacting families regarding the program, purchasing equipment, doing training, monitoring and developing systems, producing a program, as well as reporting outcomes. We hope to work with Colorado University Hospital on this project on collecting data and publishing data. We will be utilizing the facility staff to help with developing, assessing and training staff with the outcomes. We are limiting the scope of our study to one neighborhood, Cherry Creek, which has a 45 resident pool. We will have a 13 resident control group and a 13 resident sample. (10 on each study with 3 alternates in case residents drop from the study).

5. American Association of Nurse Assessment: \$24,350

12 Month Pilot Study

The funds will be used to extend foundational work previously supported by Pioneer™ Network and Commonwealth Fund. The deliverable for the Pioneer Project included “Professional Nurses involvement in Nursing Home Culture Change: Overcoming Barriers, Advancing Opportunities (Burger et al., 2009)” and development and publication of nurse competencies to foster Person-Centered Care (Mueller, Burger, Rader, and Carter, 2013). Mueller and colleagues used the Delphi panel technique to draw on the expertise of expert gerontological nurses to develop these competencies. Identification of core clinical competencies to achieve a particular outcome is essential for any clinical practice as it begins to develop innovative, but evidence-based practices. Nurse competencies to foster Person-Centered Care define essential knowledge and skills required for an individual to demonstrate cognitively and behaviorally those nursing processes believed to promote specific clinical outcomes in a clinical setting.

6. Dr. Cheryl Kruschke, \$18,135

Scholarships for Licensed Practical Nurses (LPNs)

Funds requested will provide scholarships to LPNs to participate in the Leadership in Culture Change Certificate Program. Individuals, who do not receive organizational support to participate in the certification program and express the desire to participate in the Leadership in Culture Change Certificate Program will be eligible for the scholarships. It is anticipated that most, if not all, applicants for this certificate program will require some type of monetary assistance to defray the cost of education.

The Leadership in Culture Change Certificate Program will be offered as a Pilot Program in four separate modules. Each module will include 40 hours of education for a total of 160 hours. Grant funds will provide scholarships to 15 students to participate in the certification program. Organizations sponsoring students to participate in this certification program will be requested to provide support in lieu of a scholarship, which will increase the opportunity for more individuals to participate in the program.

7. Centura Health at Home, \$10,000

Support for Care of Alzheimer/Dementia (AD) Patients

Namasté Alzheimer Center is respectfully requesting \$10,000 in program support for Namasté Alzheimer Center in Colorado Springs, Colorado. The residence is designed, staffed, and operated specifically for people with AD and our staff is trained to manage the unique needs of AD residents. Namasté is requesting support for four activities that accommodate the progressive stages of AD and that will improve quality of life for residents. CMP funding would assist in providing four key program elements: (1) life skills development, (2) decreasing depressive symptoms, (3) one-on-one activities and certification, (4) and music therapy to help to improve the quality of life for Alzheimer's residents.

8. Southeast Colorado Hospital District, \$9,158

Linking Generation through Technology

The purpose of the project is to promote the development of individualized activities and experiences that identify a resident's interests and needs. The residents, volunteers, students, family and friends will be involved in an ongoing program that maintains the highest level of physical, cognitive and psychosocial well-being.

We are requesting funding for an It's Never 2 Late system (iN2L). iN2L is an integrated system that includes a touch-screen computer, an extensive library of over 4,000 applications and content items, adaptive peripherals and equipment. iN2L has a unique combination of adaptive hardware and software to give aging and disabled individuals connection, choice, therapy, engagement, and enrichment activities.

Our purpose is twofold. First, it will be used as a rehabilitative tool with therapists from occupational therapy, speech therapy, physical therapy, and restorative therapy. During occupational therapy patients will develop the skills needed to increase independence in activities of daily living. The use of accessories such as the hand crank bicycle will help residents increase strength and endurance. iN2L will allow speech therapy goals to be customized with the use of technology. It is adaptable to resident's disabilities and cognitive challenges. Meaningful therapy tasks could be continued out of therapy with staff, families, volunteers or independently. Physical therapy will adapt a plan to increase motor skills, standing balance, neuromuscular re-education, range of motion and coordination.

The second purpose would be to increase social interactions between residents, staff, families and the world. Residents can play interactive games independently or with other residents, access the internet including Skype, Facebook, email, and their own select web pages. This will bring our residents into the 21st century. This interaction will increase contact, decrease isolation and depression. It will also improve memory, and increase problem solving abilities.

9. Christian Living Communities, \$15,550

Enhanced Sleep Study

The project will serve 25 residents in year one allowing us to test modalities and train staff so that we have a training module that may be readily disseminated to other nursing

residences. The following modalities will be tested for those that are best suited to the skilled nursing environment and which approaches are effective in helping residents achieve deep sleep and improved quality of life. Residents in year one will participate at their will and will wear bracelets that monitor sleep patterns. Results will inform staff training so that residents will experience a person-centered lifestyle while they receive the care they need to provide the best possible care. The project features the following elements:

- An audit of current staff patterns assessing habits of waking during sleep hours, how often and what for, and if they are justified and necessary; or putting resident laundry away – how often, is it disruptive, is it necessary?
- Calming modalities that address rest issues and identification of most pressing rest issues, such as aromatherapy.
- Pre-sleep rituals such as self-limiting of screen time, reading, and reading to, and breathing exercises.
- Noise reduction or cancelling machines and/or studies to inform best way to provide quiet and peaceful sleeping environment while administering necessary care.
- Different pillow options to enhance resident sleep.
- Testing incontinence management and skin care are critical to ensuring a comfortable and secure night sleep. It is difficult to rest deeply when worried about incontinence.
- Reducing light by darkening the room and determining other lighting options by staff when must enter into a resident's suite.
- Proper nutrition also induces quality, restful sleep.

Total award amount for SFY 2014-15: \$138,239.00