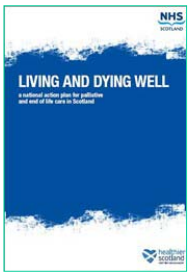
Sustaining Improved End of Life care in Midlothian Care Homes

Anne Finucane, MCHE
Barbara Stevenson, MCHE
Rhona Moyes, MCHE
David Oxenham, MCHE
Scott Murray, University of Edinburgh

Background



- Over 33,000 older adults in Scottish care homes
  - Average length of stay 1.5 years.
  - Aging population
- Policy
  - Making Good Care Better (2006)
  - Living and Dying Well (2008)
  - Better Care Every Step of the Way (2009)
  - Care Commission Bulletin (2011)

Background

Midlothian Gold Standard Framework in Care Home project (2006-2008)

- Key champions identified in each care home
- Intensive training of key champions
- In-house advice and training in the use of end of life care tools
- Specialist Nurse attended care home monthly meetings
- Reflective de-briefing

Ref: Hockley, Watson, Oxenham & Murray, *Pall. Med*. 2010

Background

- Midlothian Gold Standard Framework in Care Home project (2006-2008)

↑ Do Not Attempt CPR documentation

↑ Anticipatory Care Planning

↑ Adapted Liverpool care pathway

↓ Hospital deaths

✚ Change in staff attitudes

Ref: Hockley, Watson, Oxenham & Murray, *Pall. Med*. (2010); Watson, Hockley and Murray, End of Life Care (2010)

The sustainability project (2009-2011)

Aim

To sustain the improvements in palliative care achieved during the original Midlothian project using a lower level of clinical nurse specialist input.

Marie Curie Cancer Care

Midlothian Care Homes

Care Home	Size	Ownership	Beds	% Trained Nurses	No. of Mgrs during project
A	Large	Corporate	111	22%	1
B	Large	Corporate	78	29%	1
C	Medium	Corporate	56	20%	1
D	Medium	Corporate	61	24%	3
E	Small	Corporate	27	28%	2
F	Small	Corporate	19	43%	2
G	Small	Family	31	19%	1

Marie Curie Cancer Care

Intervention – sustainability project

Education and training

- Education programme in palliative care
- One-to-one communications skills development

Support implementation of key processes

- Nurse specialist attended regular resident review meetings
- Supportive and palliative care register
- Encouragement to implement key end-of-life care tools
- Support to deal with complex family situations
- Reflective practice

Marie Curie Cancer Care

Data collection

- **Audit of deaths** was completed with the Care Home Manager or Charge Nurse each month:
  - Resident prognosis (years/months/weeks/days)
  - DNACPR documentation in place
  - Liverpool care pathway (or equivalent)
  - Preferred and actual place of death
  - Out of hours information
  - External support required
- 132 residents died during the project.

Marie Curie Cancer Care

Results

	Pre Midlothian GSF project (*N* = 95)	Midlothian GSF project (*N* = 133)	Sustainability project (*N* = 132)
DNACPR documentation	**15%**	**72%**	**86%**
Anticipatory care planning	**4%**	**53%**	**96%**
Died on care pathway	**3%**	**31%**	**57%**
Hospital deaths	**15%**	**8%**	**23%**

* Do Not Attempt Cardiopulmonary Resuscitation

Marie Curie Cancer Care

Results

	Stable care homes (112 deaths)	Unstable care home (20 deaths)
DNACPR documentation	88%	70%
Anticipatory care planning	100%	75%
Dies on care pathway	57%	56%
Died in hospital	18%	50%

Marie Curie Cancer Care

Discussion

- Care homes residents can be supported to die in their place of choice (the care home).
- Specialist palliative care providers have an important role to play in educating and training care home staff.
- Specialist palliative care input is not required for the majority of dying residents.

Marie Curie Cancer Care

Discussion

- Much of the improvements in palliative care in care homes can be sustained using locally available resources.
- Key champions and a stable care home management structure is central to sustaining good palliative care in care homes.

Marie Curie Cancer Care

Future plans

- Funding from the Robertson Trust and Marie Curie Cancer Care.
- Roll out program to promote and support palliative care in all care homes in South West Edinburgh.
- Ongoing evaluation

Acknowledgements

• The Robertson Trust and Midlothian CHP for funding
• Project steering group;
• Staff and managers from the seven care homes.