

Using Outcome Measures to Inform Care Planning with Consumers

The experience of a newly established community recovery centre

Jamie Ryan Sarah Anstey Rebecca Talbot Liz Prowse



Acknowledgements

Care Planning Steering Committee

Staff and consumers of the Trevor Parry Centre

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Aims of the presentation

- > State wide context
- > Our processes – the local context
- > Case Study
- > Evaluation
- > Achievements, Ongoing Challenges and Future Directions

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The Stage



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State Wide (context)

- > Rehabilitation and Recovery reform agenda
- > CRCs for South Australia – TPC (SAHS)
- > SA care plan development

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What is a Community Recovery Centre?

- > Community based
- > Rehabilitation and recovery model
- > 24 hour support
- > Intensive, short term psychosocial residential rehabilitation
- > Consumer Profile

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Set Design

- Our Processes (Local context)



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Our Processes (Local Context)

Processes and Tools

- Progress Reviews
- Care Planning Meeting

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Progress Review

| | |
|--|-----------------------------------|
| Date of Entry: | |
| GOALS (As identified by Resident and staff): | |
| ACHIEVEMENTS: This information to be conveyed to Resident after Progress Review to inform Care Planning | |
| Past Month: | |
| Since Entry: | |
| CHALLENGES: (What is impacting on the Residents rehabilitation and recovery and preventing them from achieving their desired goals?) | |
| DATA COLLECTION: (Suite of measures are to be completed before Progress Review and date of collection noted) | |
| Current HoNOS: | /48 (40) Previous HoNOS: /48 (40) |
| Current LSP: | /48 Previous LSP: /48 |
| Current K10+: | /44 Previous K10+: |
| Comments: | |
| PLAN: (This information is given to the Resident to inform the next Care Planning Meeting) | |

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Care Planning Meeting My Recovery Plan

| Consumers Priority Rank according to the consumers priority | Identified Goals/Issues using HONOS scores/LSP/ K10 | My strengths to address these issues. What can I do? How can I help myself? | Interventions Include agreed actions and expected outcomes. | Person's Responsible Who is responsible for this intervention occurring? Or who will be assisting in this intervention. | Timeframe |
|--|--|---|--|---|-----------|
| | | | | | |
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Cast and Crew - Case Study



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Case Study

- > Bruce is a 27 year old man
- > Diagnosed with Schizoaffective Disorder
- > He has a history of substance misuse
- > Socially isolated, with most social interactions in the context of drug and alcohol abuse
- > Difficulty with self management of mental illness
- > Difficulties in a range of ADL's, further impacted by disorganised thinking
- > Bruce is at times a risk to himself through limited judgement and at risk of being exploited by others

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HoNOS and LSP

> HoNOS

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | Total |
|---|---|---|---|---|---|---|---|---|----|----|----|-------|
| 3 | 0 | 3 | 3 | 0 | 3 | 1 | 0 | 2 | 3 | 0 | 0 | 18 |

> LSP

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | Total |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|-------|
| 2 | 0 | 1 | 1 | 1 | 1 | 0 | 2 | 2 | 3 | 0 | 1 | 2 | 0 | 2 | 3 | 21 |

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Progress Review

| |
|---|
| <p>GOALS (As identified by Resident and staff):</p> <ul style="list-style-type: none"> Meal planning and preparation Visit own unit Home maintenance Budgeting Self-care Social skills |
| <p>ACHIEVEMENTS (This information to be conveyed to Resident after Progress Review to inform Care Planning)</p> <p>Past Month:</p> <ul style="list-style-type: none"> Spending more time at his own unit developing independence of TPC. Interest in photography and motivated to improve skills Now attending almost all agreed sessions with worker from MIND Stable mental state throughout this period. Co-morbidity appointments going well and sessions to continue. Less demanding of attention from staff. No further all night "red bull" sessions at TPC. <p>Since Entry:</p> <ul style="list-style-type: none"> Requiring less prompting with cleaning – can be prompted and left to attend to task, rather than standing with him and encouraging him throughout the entire task. Shown to have taken some pride in cleaning. Seeking help appropriately Involved in collating weekly planner Began to give more space to others however more recently problems recurred. |

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| | | | | | | |
|--|--------------------|--------------------|-----------------|------------------|------------------|-------------------|
| <p>CHALLENGES (What is impacting on the Residents rehabilitation and recovery and preventing them from achieving their desired goals?)</p> <ul style="list-style-type: none"> Confusion with medication missed three doses last week. Takes his medication before the staff have a chance to observe him. Increase in drinking over past few weeks. Smoking cannabis? Impulsiveness caused him not to stick to weekly planner. Impulsiveness affects budgeting. Impulsivity in relationships "flips" with others. Avoids cooking. Relationships with others are affected by his tendency to convince others to lend or give him cigarettes and food. Particularly those who are more vulnerable. Planning for the future. Little self initiated cleaning. | | | | | | |
| <p>DATA COLLECTION: (Suite of measures are to be completed before Progress Review and date of collection noted)</p> <table border="1"> <tr> <td>Current HoNOS: 13</td> <td>Previous HoNOS: 18</td> </tr> <tr> <td>Current LSP: 19</td> <td>Previous LSP: 21</td> </tr> <tr> <td>Current K10a: 19</td> <td>Previous K10a: 19</td> </tr> </table> <p>Comments: HoNOS – main issues – social scored 6 and behaviour score 3. LSP – main issues – antisocial 4 and self care 8.</p> | Current HoNOS: 13 | Previous HoNOS: 18 | Current LSP: 19 | Previous LSP: 21 | Current K10a: 19 | Previous K10a: 19 |
| Current HoNOS: 13 | Previous HoNOS: 18 | | | | | |
| Current LSP: 19 | Previous LSP: 21 | | | | | |
| Current K10a: 19 | Previous K10a: 19 | | | | | |
| <p>PLAN (This information is given to the Resident to inform the next Care Planning Meeting)</p> <ul style="list-style-type: none"> Chase up application for admin order with MACS. Set up exit date from TPC. Work with boundary setting after eat visiting hours, invites etc. Build on and positively encourage photography interest. Reinforce positive social contact through role modelling. Support with cooking. Encouragement to use his time productively. Achios social prompting. Plan for Bruce to build up the time he spends at his unit starting with overnight leave. | | | | | | |

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My Recovery Plan

| Priority | Identified Goals | My strengths | Interventions | Person Responsible | Timeframe |
|----------|-----------------------------------|--|---|--|--------------|
| #1 (10) | I would like to make my own meals | Good at making pasta | Encourage continued independence. Discourage borrowing from and eating others food | Bruce TPC staff | Next 2 weeks |
| #2 (10) | I would like to visit my own unit | Able to catch bus independently | Mum to by bus ticket. Longer term budget for a bicycle | Mum Bruce | Weekly |
| #3 (10) | Home Maintenance | Able to realise benefits. E.g. having space and clean cups for visitors | Ongoing prompting and encouragement. Begin cleaning for exit from TPC | Bruce TPC staff MIND will encourage environmental hygiene in his unit. | Month |

Comparative Outcomes

•HoNOS

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | Total |
|---|---|---|---|---|---|---|---|---|----|----|----|-------|
| 3 | 0 | 3 | 3 | 0 | 3 | 1 | 0 | 2 | 3 | 0 | 0 | 18 |
| 1 | 0 | 2 | 1 | 0 | 1 | 1 | 0 | 2 | 2 | 2 | 1 | 13 |

•LSP

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | Total |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|-------|
| 2 | 0 | 1 | 1 | 1 | 1 | 0 | 2 | 2 | 3 | 0 | 1 | 2 | 0 | 2 | 3 | 21 |
| 1 | 0 | 2 | 1 | 1 | 1 | 0 | 1 | 2 | 1 | 0 | 1 | 3 | 0 | 3 | 2 | 19 |

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The Review

- Evaluation



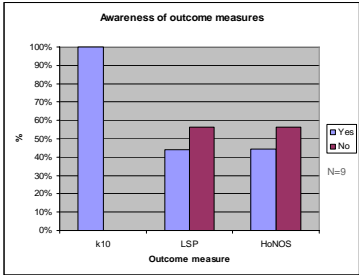
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Evaluation

- > Consumer Survey
 - Nine of current Trevor Parry Residents were surveyed regarding their understanding and experience with Outcome Measures

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Consumer Survey on Outcome Measures



| Outcome measure | Yes (%) | No (%) |
|-----------------|---------|--------|
| k10 | 100 | 0 |
| LSP | 45 | 55 |
| HONOS | 45 | 55 |

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K-10+ Consumer Self Measure

- > Generally, residents felt that the K10 was a useful tool.

Residents Comments

- > "Helped me in the past by letting people know how I feel" Resident
- > "The K10 is a chance to reflect on the past month, it makes me aware of where I'm at"
- > "Its really good, it gives you a sense of direction"

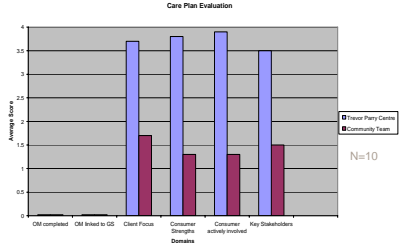
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Evaluation

- > Care Plan Audit
 - Case note audit of 10 current Trevor Parry Centre (TPC) residents

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Care Plan Audit



| Domains | Trevor Parry Centre (Score) | Community Team (Score) |
|----------------------------|-----------------------------|------------------------|
| Old completed | 0 | 0 |
| Old linked to GP | 0 | 0 |
| Client Focus | 3.7 | 1.5 |
| Consumer Strengths | 3.8 | 1.0 |
| Consumer actively involved | 3.9 | 1.0 |
| Key Stakeholders | 3.5 | 1.0 |

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Editing the Script

- Ongoing Challenges and Future Directions



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Progress to date

- > Trial Care Plan has been adopted as the tool by TPC staff and residents
- > OM routinely discussed in progress reviews
- > TPC Consumer Consultant employed as staff
- > CC and other staff have begun OM in Care Plan Meetings with residents
- > Resident survey has demonstrated high level of interest in OM
- > Appointment of Clinical Champions

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Ongoing Challenges and Future Directions

- > Ongoing evaluation of the care plan – improve its utility and relevance for residents
- > Continue to develop role of clinical champions and consumer consultants in progressing dialogue of OM
- > Adopt other tools for educating and informing carers, consumers on OM

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Ongoing Challenges and Future Directions

- > Continue to survey residents and improve survey tool
- > Develop tool to survey clinicians
- > Continue to identify opportunities and strategies

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Curtain Close

- Questions



jamie.ryan@health.sa.gov.au

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Government of South Australia

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