Does Comprehensive Geriatric Assessment have a role in Care Homes?

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The Care Home Workstream Researchers
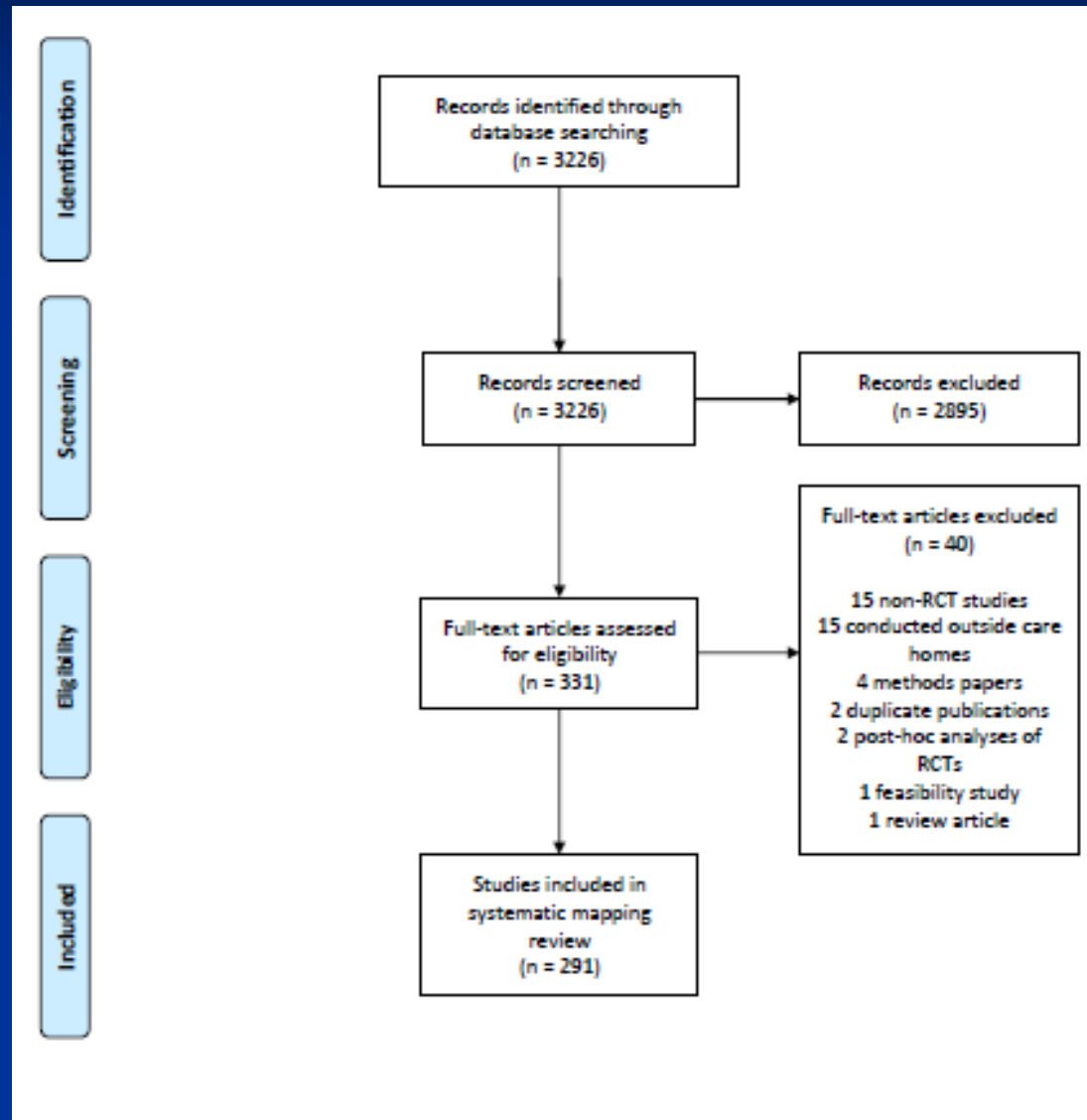
Isabella Robbins
Pip Logan
Jane Dyas
John Gladman
Lucy Bradshaw
Matt Franklin
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Rachel Elliott
Justine Schneider
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Phillip Clissett
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Care Home Literature Review

Care Home Literature Review
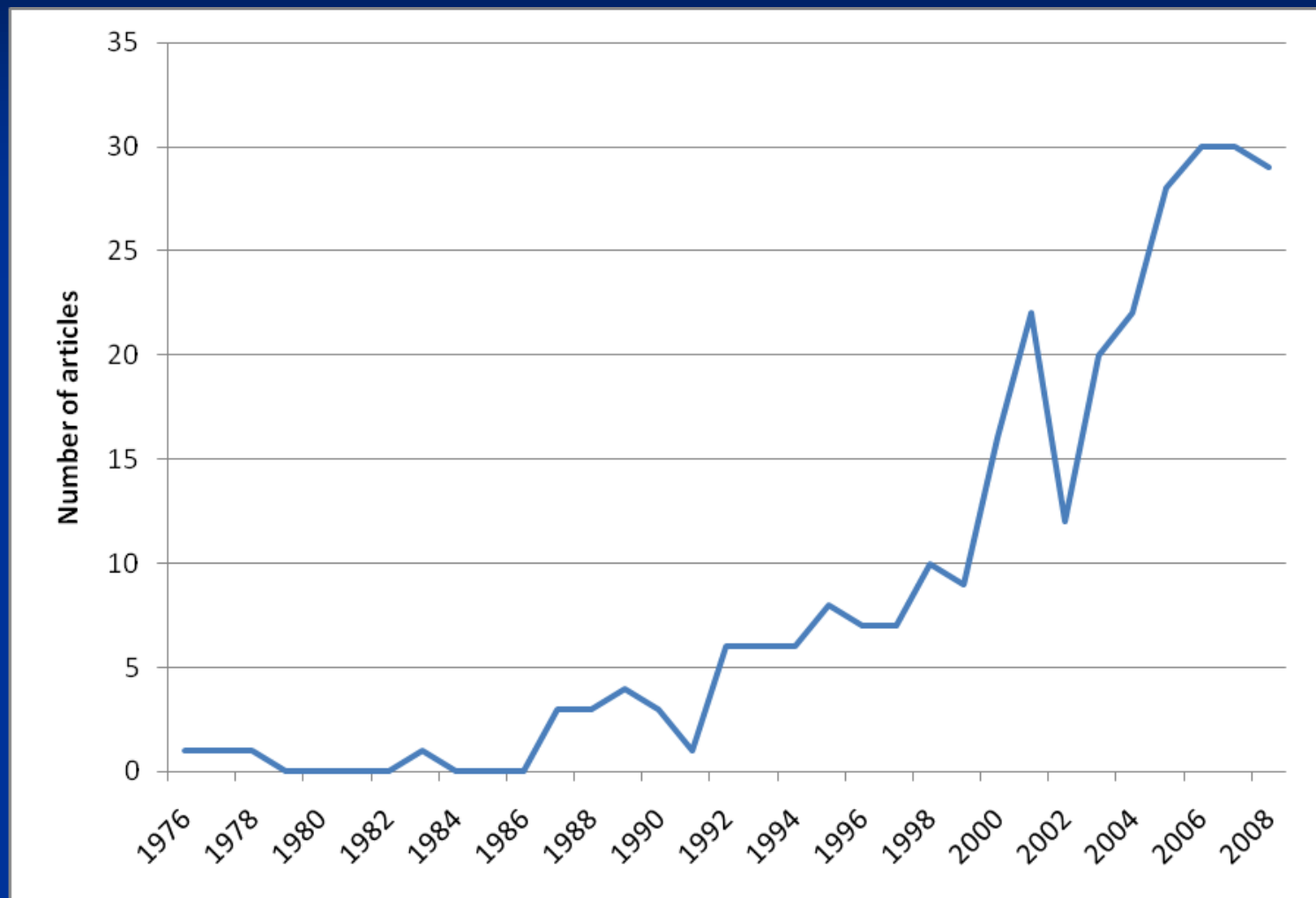
Issues....

- Often very small studies.

- Often not adequately blinded.

- Often not accounting for cluster effect.

- Or where they did, the cluster sizes were all wrong....

Existing models of care were inadequate

- 57% of residents couldn't access all healthcare services required.

- One of more prescribing error in up to 80% of residents.

- Quality outcomes Framework:
  - 29% exception reported for CHD
  - 34% for stroke
  - 35% for diabetes

# Care Home Outcome Study

- Observational Cohort study

- Baseline data collection with 6 month follow-up

- Inclusion criteria:

  - Care home resident

  - Aged 65 years or over

- Exclusion criteria:

  - Actively dying

  - Short-term respite

Care Home Outcome Study

Variable	Whole Cohort	Residential homes	Nursing Homes
Number of participants	227	124	103
Mean Age (SD)	85.2 (7.5)	86.8 (7.3)	83.2 (7.3)**
% of residents who are female	78.9	80.6	76.7
Mean no of GPs per home (SD)	4.63 (2.73)	5 (2.60)	4.2 (3.11)
Median no. of days since admitted to home (IQR)	79 (148)	68 (157)	94 (132)
Median MNA Score (IQR)	20 (6.5)	21.5 (5.5)	17.5 (7)**
Mean body mass index (SD)	23.8 (5.9)	24.5 (5.9)	22.8 (5.7)
Median Barthel Index (IQR)	9 (11)	11 (8)	5 (7)**
Median MMSE (IQR)	13 (18)	16 (15)	10 (18)**
Mean SOF Score (SD)	0.9 (0.7)	1.1 (0.7)	0.8 (0.7)**
Median grip strength in PSI (IQR)	4 (5)	5 (2.5)	3 (6)**
Mean no of diagnoses (SD)	6.2 (4)	6.9 (3.1)	5.5 (2.4)**
Median no of medications (IQR)	8 (5)	7 (5)	8 (5)
Median NPI score (IQR)	3 (15)	2 (9)	6 (27)**
**Significant difference between residential/ nursing homes ($p<0.01$)			

Specific Dependencies from BI	Whole cohort	Residential Homes	Nursing Homes	*p*-value*
	%	%	%	
Incontinent of urine (regularly)	56.83	42.74	73.79	<0.01
Incontinent of faeces (regularly)	41.85	28.23	58.25	<0.01
Need help to wash/brush hair	59.47	45.16	76.70	<0.01
Need at least some help to use the toilet (help on off; wiping)	74.89	62.90	89.32	<0.01
Need at least some help with eating (food cutting; spreading)	45.37	29.84	64.08	<0.01
Need help of two people to transfer to bed/chair	38.33	18.55	62.14	<0.01
Have no mobility (cannot walk even with aids or help of one person; unable to be independent with wheelchair	36.12	18.55	57.28	<0.01
Need at least some help to walk or wheel indoors	29.07	35.48	21.36	<0.01
Need to be dressed (unable to do half the task unaided)	86.78	81.45	93.20	<0.01
Unable to manage stairs	80.62	77.42	84.47	0.21
Needs help with bathing	93.83	91.94	96.12	0.19
* Calculated using Mann-Whitney U for difference between residential and nursing homes				

	Number (%) of respondents		
	Any Behavioural Symptoms	Severe Behavioural Symptoms	Frequent Behavioural Symptoms
Agitation	**37.9%**	**16.7%**	**25.6%**
Nervousness	**33.5%**	**11%**	**27.1%**
Irritability	**30.4%**	**15.4%**	**21.1%**
Depression	**22.9%**	**8.4%**	**17.2%**
Difficulty sleeping	**20.3%**	**5.3%**	**14.1%**
Appetite disturbance	**17.2%**	**11.5%**	**15.0%**
Motor behaviour	**16.7%**	**11%**	**13.2%**
Apathy	**13.7%**	**7.5%**	**11%**
Disinhibition	**13.2%**	**10.1%**	**9.3%**
Delusions	**8.8%**	**5.7%**	**17%**
Hallucinations	**7.9%**	**3.5%**	**5.7%**
Elation	**2.6%**	**1.8%**	**1.8%**
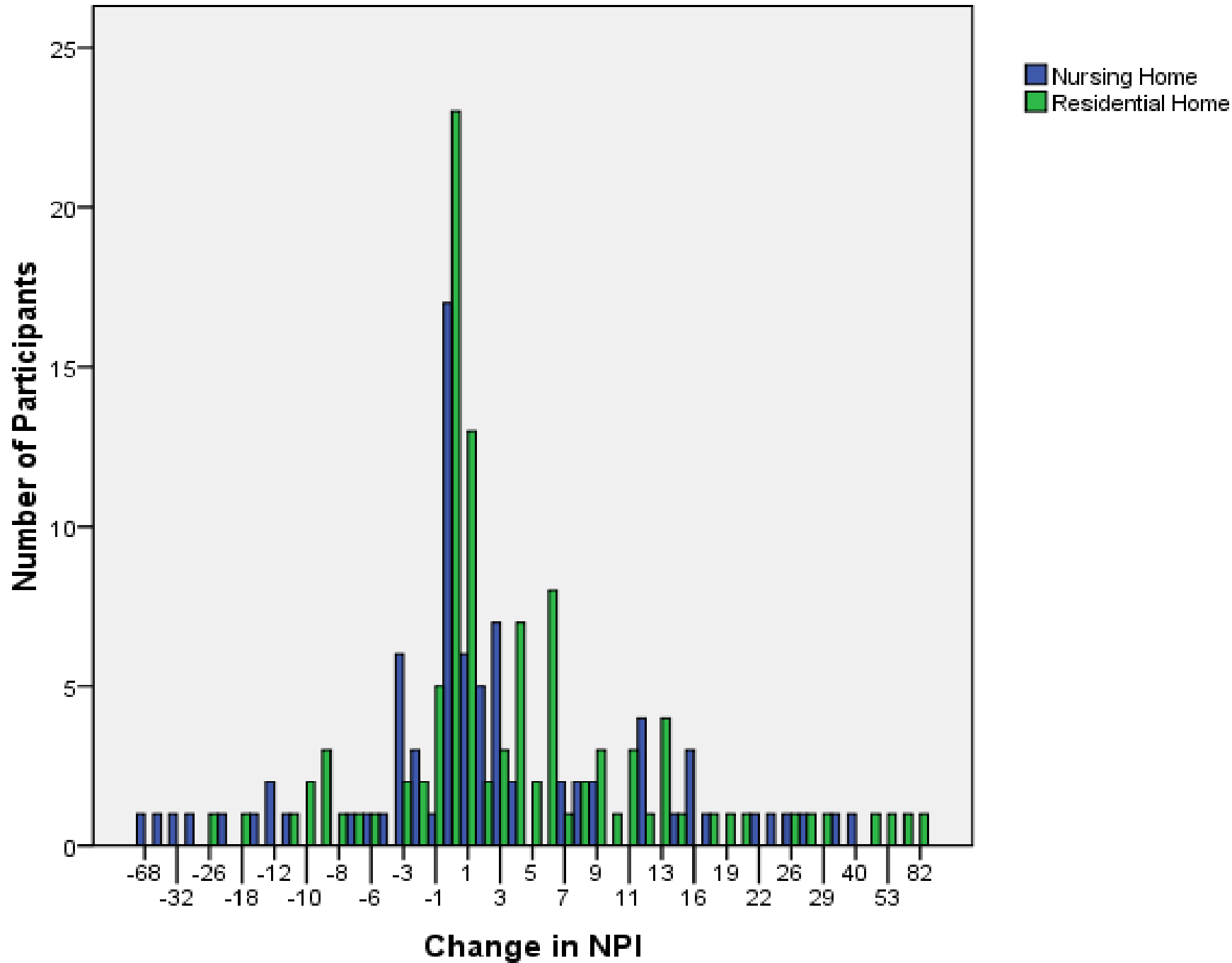
		MNA categories			Total
		Malnourished	At risk of malnutrition	Normal nutritional status	
Weight lost	No weight loss	23	97	28	148
	Weight loss	38	16	1	55
Total		61	113	29	203

Deaths

- Death rate over 6 months
    - 16% for whole group
    - Range 0-31% between homes
    - 21% for nursing
    - 12% for residential

- Mean no. of days to death
    - 83 for the cohort as a whole
    - 96 for residential homes
    - 72 for nursing homes

To summarise

- Care home residents:
  - Frail
  - Malnourished
  - Dependent
  - Effected by challenging behaviour.
  - Have multiple diagnoses.
  - Take multiple medications.
  - Are approaching death.

Effective healthcare responses will….

- Take account of the evidence-base.
- Have expertise in management of:
    - Multiple diagnoses
    - Immobility
    - Incontinence
    - Challenging behaviour
    - Polypharmacy
    - Manutrition
    - End-of-life care

Staff Interviews in Care Homes (STICH) Study

- 7 care home managers
- 2 care home nurses
- 9 care home care assistants
- 6 GPs
- 3 dementia outreach nurses
- 2 district nurses
- 2 advance nurse practitioners
- 1 OT

Important observation

- Care home managers are pivotal.

- Relationships between GPs and care home managers are pivotal.

Common problems

- Older people are very complicated.
- Trajectories are difficult to predict.
- Don't have the training.
- Resources are tight.
- Regulation is always present.
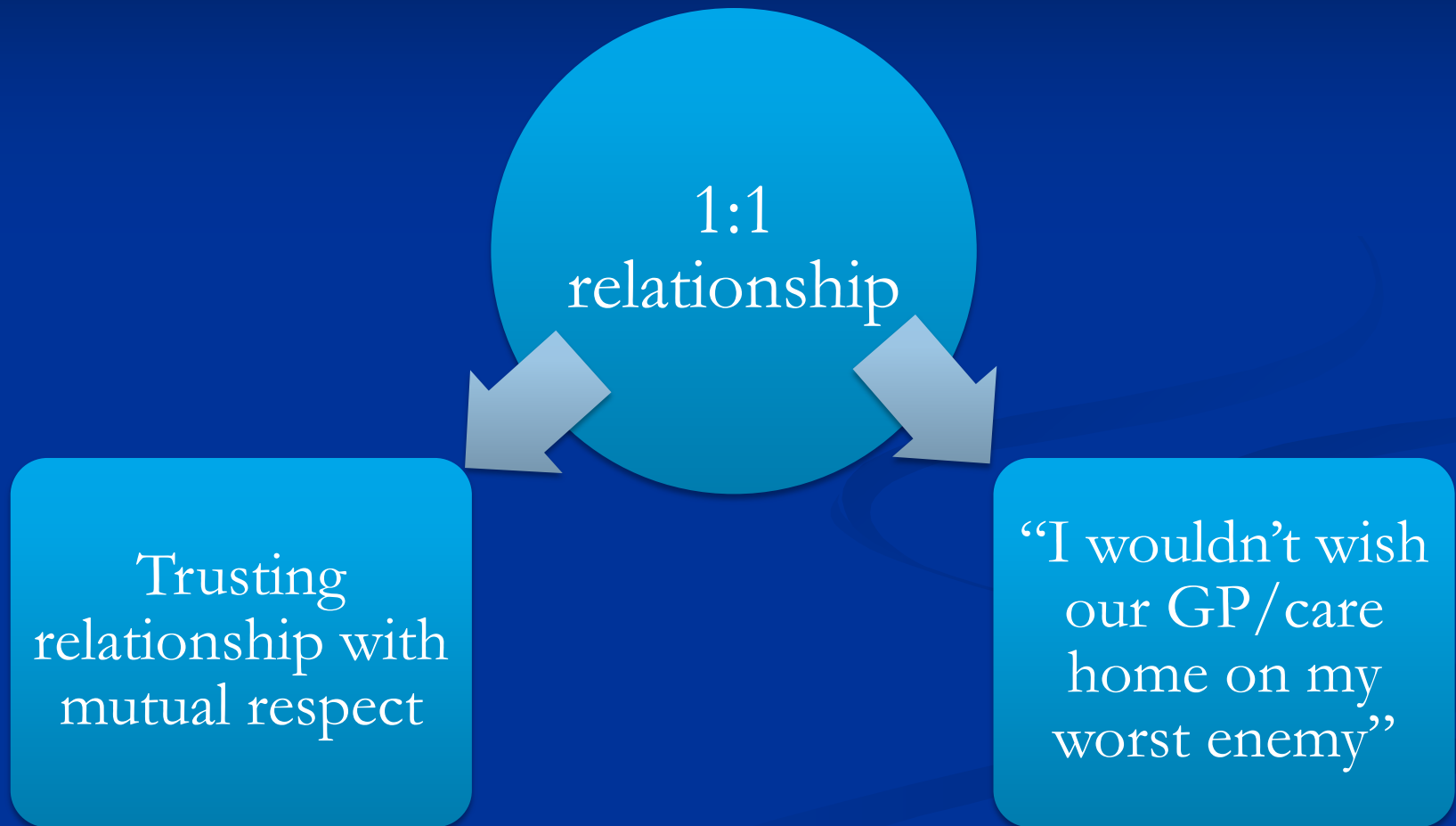- Roles and responsibilities aren't clear.
- Communication is a problem.

Identified responses

- Regulate (stick)

- Remunerate (carrot)

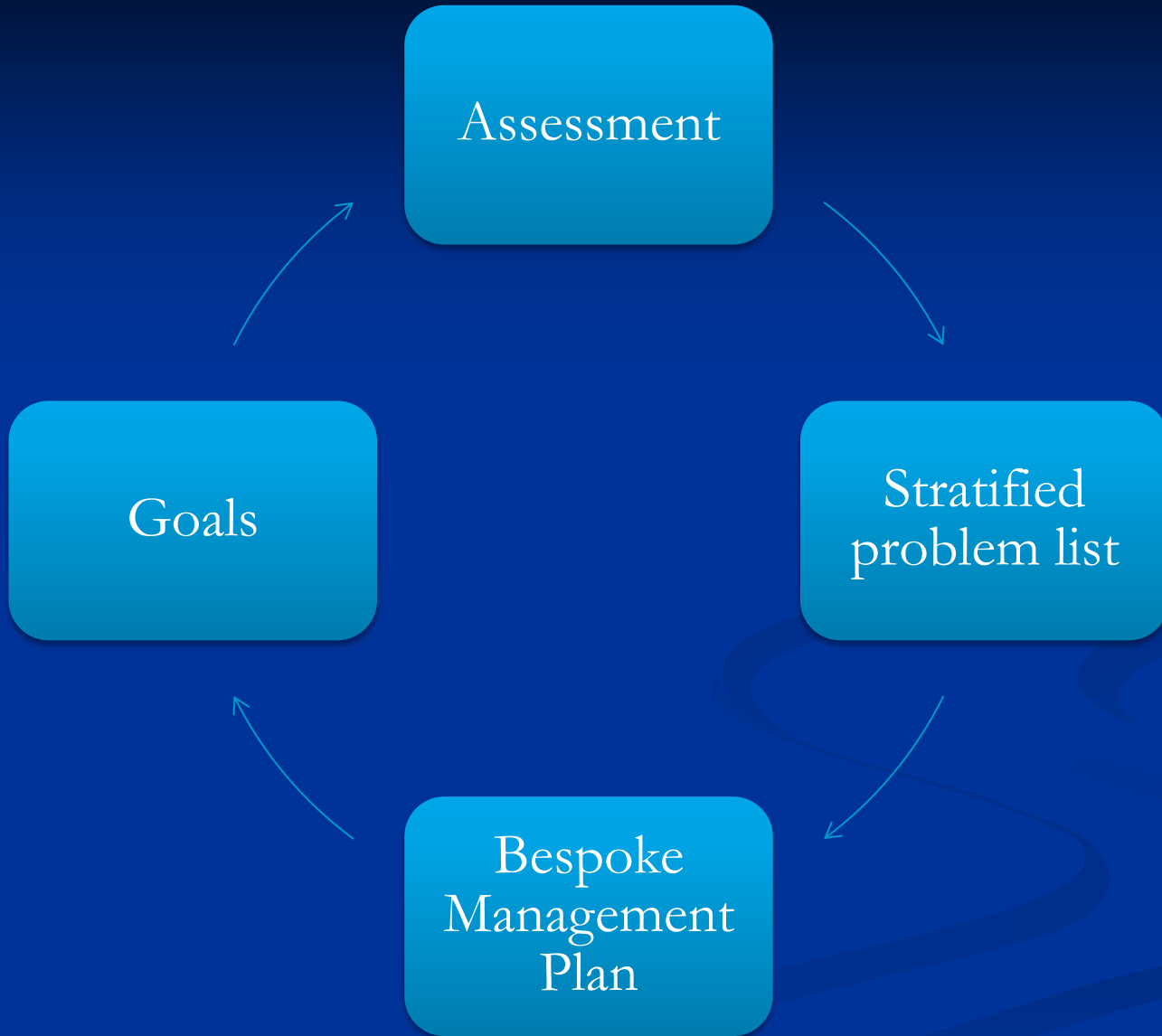- Parachute in troops

- The social movement model.
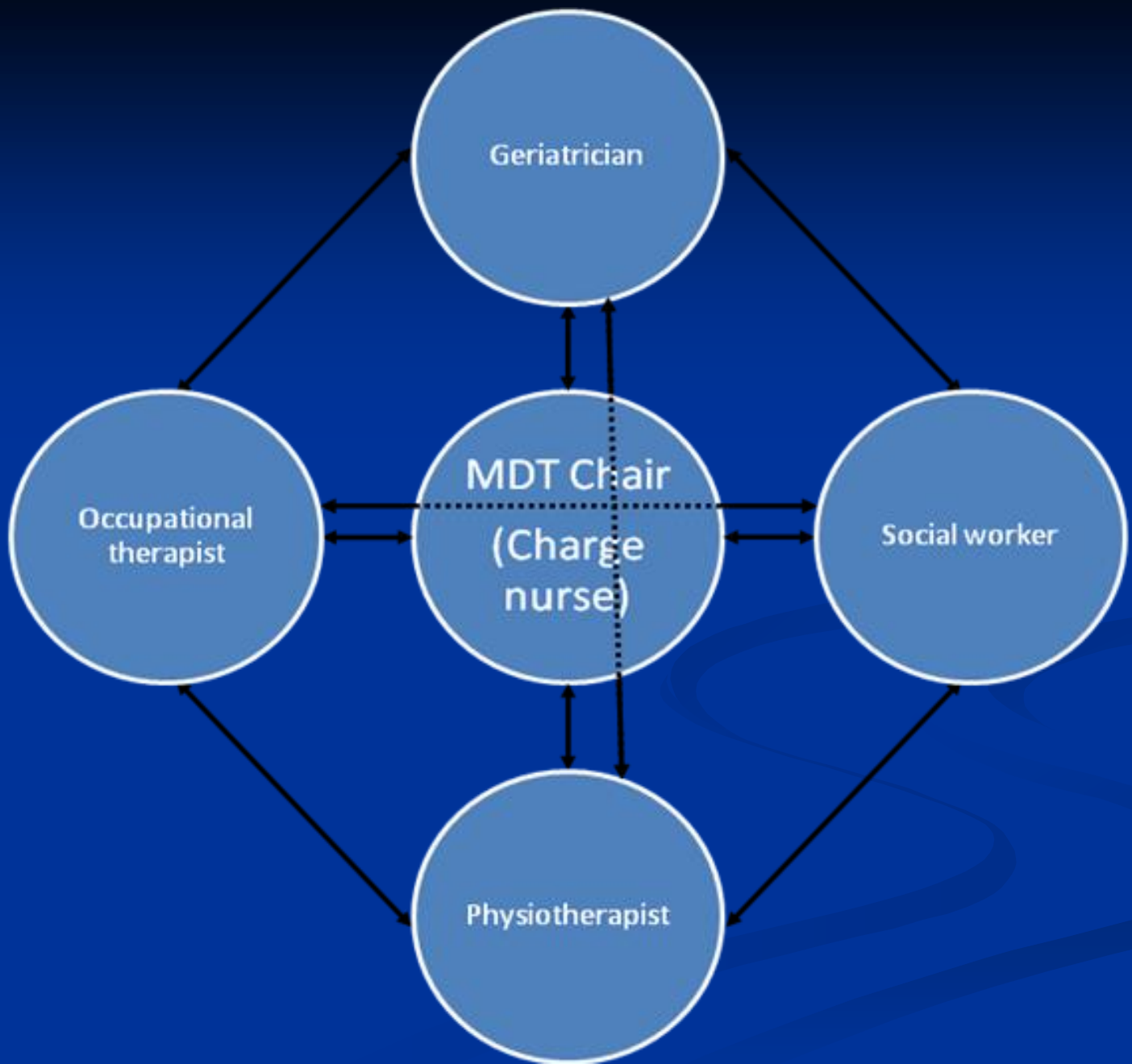
Mechanistic solutions – the "LES"

- Comprehensive assessment at the point of admission.

- Regular contact with home (at least two weekly).

- Regular review of resident (at least 6 monthly).

- 1:1 relationships GP:care home.

Necessary but not sufficient

1:1 relationship

Trusting relationship with mutual respect

"I wouldn't wish our GP/care home on my worst enemy"

References

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