Reducing Antipsychotic Use in Long Term Care

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Maine Nursing Summit

Tarsha Rodrigue, RN BSN, Clinical Nursing Supervisor
MaineGeneral Rehab and Long Term Care
Glenridge Living Community
Aging Population/Incidence of Dementia

• The geriatric population accounts for over 12% of the population in America but over half of the hospital resources.

• 25% of hospitalized older adults have dementia.

• 90% of people diagnosed with dementia will have at least one or more behavioral symptom.

A new day.
CMS Challenge

• At the end of 2011 Centers for Medicare and Medicaid Services challenged nursing homes to reduce the rate of antipsychotics in their facility by 15%.

• CMS used December of 2011 as baseline data for the challenge. Nursing facilities would have one year to achieve this goal.

• There are 3 approved diagnoses for use
Challenge Accepted

• After researching the CMS challenge, and the evidence against the use of these medications our facility went into action.

• A committee was formed that included primary nurses, nurse managers, our medical director, administration and social workers.

• Our antipsychotic rate at Glenridge was 46.9% in December of 2011.
Action Plan:

• Research
• Build a Committee
• Action steps into place
• Education to staff and families
• Evaluate
• Stay Passionate
• Stop Making Excuses
Action:

- Each month every resident on an antipsychotic was reviewed individually. Residents medications were reduced slowly, in collaboration with the entire team. Behaviors and mood were evaluated each shift.

- A consent form was developed as education for family members.
  - Every resident in our facility on an antipsychotic for more than 7 days will have education provided by a physician or Nurse.
  - Family Response
Education:

- “Dementia Beyond Drugs” by Dr. Allen Powers was read and discussed in a book club format.
- Education was provided at CNA meetings, Med Tech meetings, License Nurse meetings with emphasis on WHY and on Evidenced Based Practice.
- Specific residents have required Focus Groups that have brought direct care workers together with Employee Health.
- Our facility joined the Maine Partnership to Improve Dementia Care. The purpose of the team is to reduce the use of antipsychotic medications in LTC state wide.
Education:

- We evaluated the required education for all staff in Long Term Care.
  - Dementia Training on Hire
  - EASE Training biannually
- Several informal educational opportunities were provided as well.
  - Poster presentations in the break room with candy for staff.
  - Information was included at Skills Fairs in the facility.
  - An antipsychotic questionnaire was sent out with prizes to staff that got answers right.
Education: The Unmet Need

• What is the resident trying to tell you by their behavior?
• Individualized Care Plans
• Life Story
• Dedicated RN and CNA Assignments

A new day.
Side Effects of Antipsychotics

- Blurred vision, confusion, constipation, diabetes, dry mouth, drowsiness, effects on motor control, headache, hypotension (orthostatic), increased heart rate, intense dreams, involuntary repetitive movements (tardive dyskinesia: may be irreversible even when the medication is stopped), lethargy, muscle weakness, sweating, tremors, urinary incontinence, retention and weight gain.
Education: Myth Busters

• “The reduction task force is trying to reduce all behavior medications for our residents”
• The risks of the medication is worth the benefits...
• Our residents NEED these medications to have quality of life.
• These medications help our residents with hoarding, wandering, repetitive verbalizations, and yelling out
• These residents are violent....Someone is going to get hurt.
• There is nothing that the nurse can give the person when they get agitated right now.
Results

• In February of 2014 we reached a new low of 9.7%. Our current rate March 2015 was 12.8%.
• Behavior incidents between residents has decreased over 50% in the past 2 years.
• In 2012 we had an 11% reduction at Glenridge in Reported Staff Incidents and Accidents. This was maintained in the following years.
• Significant improvement in resident engagement, interactions, and self care.
Results

• In February of 2014 Glenridge was able to present their positive outcomes to the Maine State Legislature Department of Health and Human Services Committee.

• In December of 2014 and January of 2015 Maine was recognized as the #1 most improved state in the nation.

• Our facility was asked to mentor other facilities in Maine on successful reduction of antipsychotics.
A new day.
Glenridge Antipsychotic Use: Tracking Our Success

A new day.
Increasing our Scope

• The Reduction Team at Glenridge has been tracking admissions since July of 2012.
• 39% of residents are coming to our facility on an antipsychotic.
• As a result of this trend:
  – Ongoing work with the Maine Partnership to Improve Dementia Care
  – Education to Family Medical Institute physicians
  – MaineGeneral Health was recently NICHE certified.
    • Nurses Improving Care for Healthsystem Elders.
Glenridge Admissions

- 45% of residents have had successful d/c within 30 days
- 62% of residents have had successful d/c within 90 days.
Bronze Award Recipient

A new day.

MaineGeneral Health
Conclusion

• Research-Stop Making Excuses
• Utilize front line workers on your team
• Put Action steps into place
• Education: Make it fun
• Evaluate
• Stay Passionate
• Celebrate
Do the best you can until you know better. Then when you know better, do better.

~Maya Angelo
Resources:

- CMS Updates Survey Guidelines for Antipsychotic Drugs in Dementia Care. (2013, May 31). *McKnight's Long-Term Care News*.