Upper Valley Community Nursing Project: Evaluating the Effectiveness of the Community Nurse

Emily Crow, Courtney Lampert, Emily Martin, and Ashma Shrestha
Learning Objectives

➢ To increase awareness and understanding regarding the value of this pilot project in:
  ○ Managing client information
  ○ Facilitating the ability to better understand the role of the nurse and outcomes in client care
  ○ Identifying the needs of the Upper Valley frail, older adult population
Assessment
Partnering Agency: UVCNP

➢ Fiscal agent: Public Health Council of the Upper Valley
➢ Mission: support older adults in remaining independent while living at home
➢ Facilitate placement of a nurse in community to address non-acute needs of older adults
➢ Bridging the gap
# Community and Parish Nursing

## Nurses
- Health education
- Health advocacy
- Care management
- Medication reconciliation
- Physical assessment
- Facilitate support groups
- Referral agent
- Initiate advanced directives
- Offer affirmation

## Parish Nurse
- Funded by the parish

## Community Nurse
- Funded by the town
Steering Committees

➢ Includes 3-7 people from the community or the church the nurse serve
  ○ Includes retired and practicing nurses, nurse practitioners, and doctors and townspeople
➢ Provide accountability
  ○ Meetings with the nurse on a quarterly basis
➢ Relay information to potential donors and the community
  ○ Enhance funding for their nursing project
➢ Goal of this capstone: discover steering committee members’ perception of community nurses
# Key Informants

<table>
<thead>
<tr>
<th>Key Informant</th>
<th>Role</th>
</tr>
</thead>
</table>
| Laurie Harding, MS, RN (Co-director of UVCNP)     | ➢ Key point person  
➢ Set up meetings with other UVCNP Key Informants                   |
| Robert M. Rufsvold, MD (Co-director of UVCNP)     | ➢ Provided essential background information on the UVCNP             |
| Laleh Talebian, PhD (Dartmouth Institute Researcher) | ➢ Research analyst and statistical expert                           |
| Community and Parish Nurses                       | ➢ Provided the capstone group with home visit experiences             |
| Shari Goldberg, PhD, RN                           | ➢ Provided guidance to the capstone group throughout the academic year |
8. Integrity vs Despair

- Age 65 years and older
- Integrity
  - See life as successful
- Despair
  - See life as unproductive
  - Feelings of guilt about past
  - Life goals were not accomplished
- Success in this stage leads to wisdom
  - Completeness and acceptance of death without fear

(Hockenberry & Wilson, 2013)
Upper Valley ranked as one of the top three highest percentages of older adults in U.S.

(United States Census Bureau, 2015)
Health System Issue: Aging in Community

➢ The vast majority of older adults prefer to age in their own homes
➢ More comfort and less expense
➢ Most would prefer to not spend their last days in the hospital
➢ Difficulty managing
   ○ Impaired mobility
   ○ Frailty
   ○ Risk for falls
   ○ Polypharmacy
➢ Avoid hospitalizations and poor health outcomes

(Lerner, 2016)
Measuring Effectiveness of the Community/Parish Nurse

- Nurses are funded mainly through grants and donations from towns, community members, and non-profit organizations.
- Prior to August 2017, the nurses had no formal documentation system:
  - No way of demonstrating the effectiveness or need for the community nurse.
- “Evaluation” piece of the nursing process.
UVCNP began to utilize an electronic documentation tool in August 2017.

Used to gather clinical information to assist the nurse in developing a plan of care for her clients.

- Increased funding
  - Increase resources
  - Improved care for a larger percentage of CDOAs
Assessment Summary

➢ Population is aging
➢ More people wish to age in community
➢ Community and parish nurses support CDOAs
➢ Steering committees provide accountability and initiate fundraising to support the nursing projects
➢ Current need to evaluate the effectiveness of community nurses
➢ Recent implementation of the EDT will begin to address this need
Diagnosis
Health Diagnosis

➢ Readiness for enhanced understanding of the effectiveness of UVCNP nurses in improving client’s health outcomes among community members
  ○ Related to:
    ■ The lack of a formal, standardized documentation tool before August 2017
    ■ The recent initiation of the EDT
    ■ The lack of statistical evidence about the aggregate health outcomes
  ○ As evidenced by:
    ■ Stated need of data to present to the communities
    ■ Current lack of funding for the community and parish nurses
    ■ Gap in the literature
Planning
Plan: Presentation for Community Members

Step One
Collaborate with UVCNP to identify desired information

Step Two
Develop visual representations of data

Step Three
Develop a PowerPoint presentation

Step Four
Present to community members of the Upper Valley
Expected Outcomes

➢ Increase awareness and understanding of the effectiveness of the community nurse and the outcomes in client care
➢ Help the community and the larger health care system better understand the needs of its frail, older adult population
Implementation
Implementation Goals

Capstone Project

➢ Stepping stone
➢ Establish helpful information to share with community and steering committee members
➢ Increase awareness of the value of the community and parish nurse role

UVCNP Pilot Project

➢ Demonstrate the effectiveness of the community and parish nurse through the use of the EDT
Implementation Timeline

January 2018
- Established Plan

February 2018
- Collaborated with the UVCNP to identify desired information

March 2018
- Developed educational PowerPoint for the community

April 2018
- Presented community educational session
- Held a question and answer session
Evaluation
### Client Characteristics

- **Clients Living Alone or with One other Person:** 87.2%
- **Clients Taking Medications Correctly:** 68%
- **Clients with Living Will/DPOAH:** 83%
Top Health Problems and Interventions

➢ Health Problems:
  ○ Fatigue/weakness
  ○ Frequent falls
  ○ Chronic Pain

➢ Health Interventions:
  ○ Medication education/management
  ○ Symptom management
  ○ Addressing falls and safety issues
Community Educational Session

➤ Total of 23 community members present, including a representative from each community

○ In attendance:
  ■ Community and parish nurses
  ■ Leaders of the UVCNP
  ■ Steering committee members
  ■ Community volunteers
  ■ A newspaper reporter
  ■ Executive Director of the Upper Valley Public Health Network

➤ The first time each community has come together as a whole
Community Educational Session

- Initiated an engaging hour-long discussion with those present

- Discussion included:
  - Questions about the data presented
  - Future goals of EDT
  - Student’s experience with the project

From left to right: Laurie Harding, Robert Rufsvold, Shari Goldberg, Emily Martin, Emily Crow, Courtney Lampert, and Ashma Shrestha
Moving Forward

➢ The EDT will be a helpful tool for the UVCNP to use in order to demonstrate the effectiveness of the community and parish nurses

➢ This information will be important for the UVCNP and steering committee members to share with potential funders and the communities who hire town nurses
**Strengths**

- Receptive and supportive key informants
- Group members’ positive attitude
- Home visits with community/parish nurses
- Positive feedback from those present at the community educational session

**Limitations**

- Limited experience with using Excel to formulate visual representations of the data
- Time constraints due to varying schedules
- Conceptual nature of this capstone project
Recommendations

Partnering Agency
Continue to document through EDT and present data to steering committees and community members on a regular basis.

Future Capstones
Continue collaboration with the UVCNP and create a survey to measure the effectiveness of educational sessions in increasing awareness of the community nurse.

CSC Nursing Program
Incorporate a community home visit experience into the clinical curriculum.


References


Acknowledgements

Laurie Harding, MS, RN and Robert M. Rufsvold, MD
Laleh Talebian, PhD
Community and Parish Nurses of the UVCNP
Professor Shari Goldberg, PhD, RN
Questions?