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

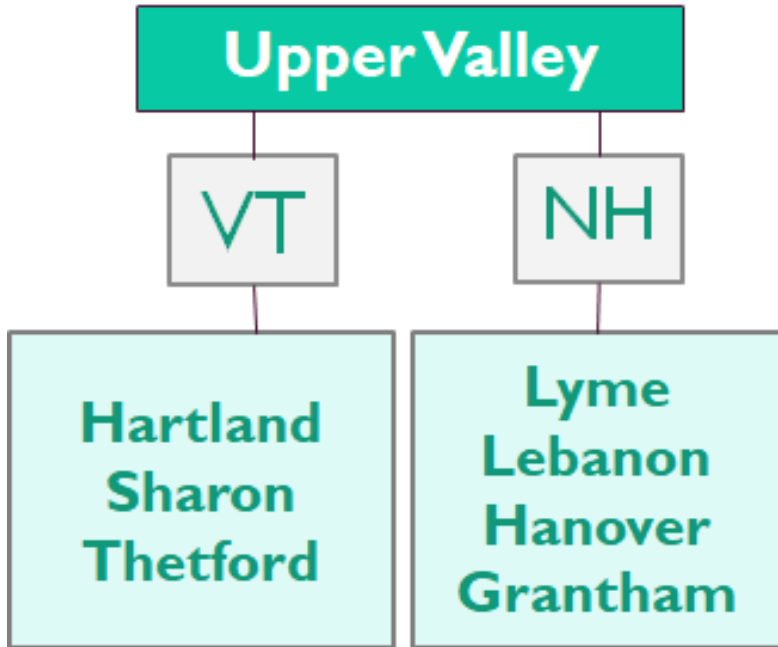
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Martin, and Ashma Shrestha

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

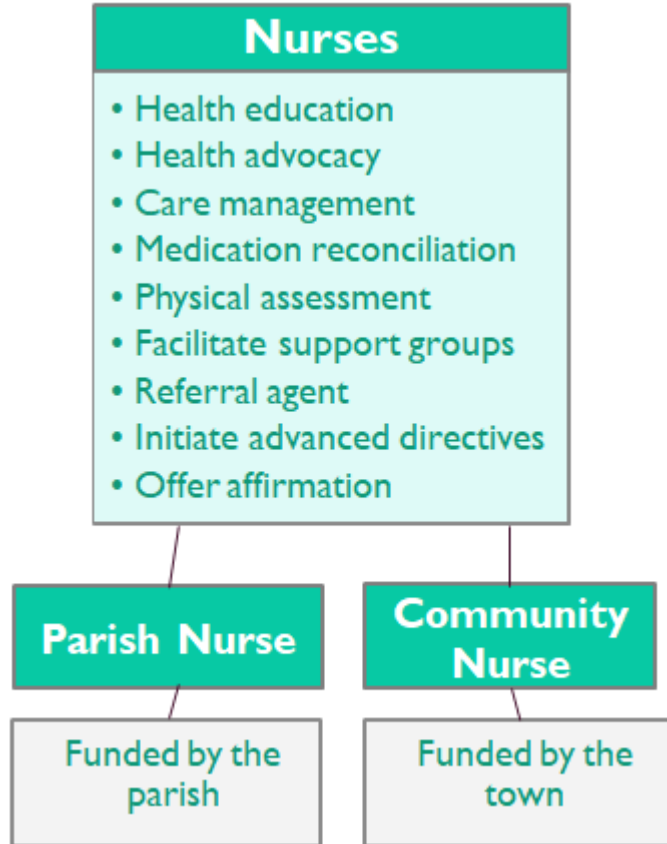
Assessment

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



Steering Committees

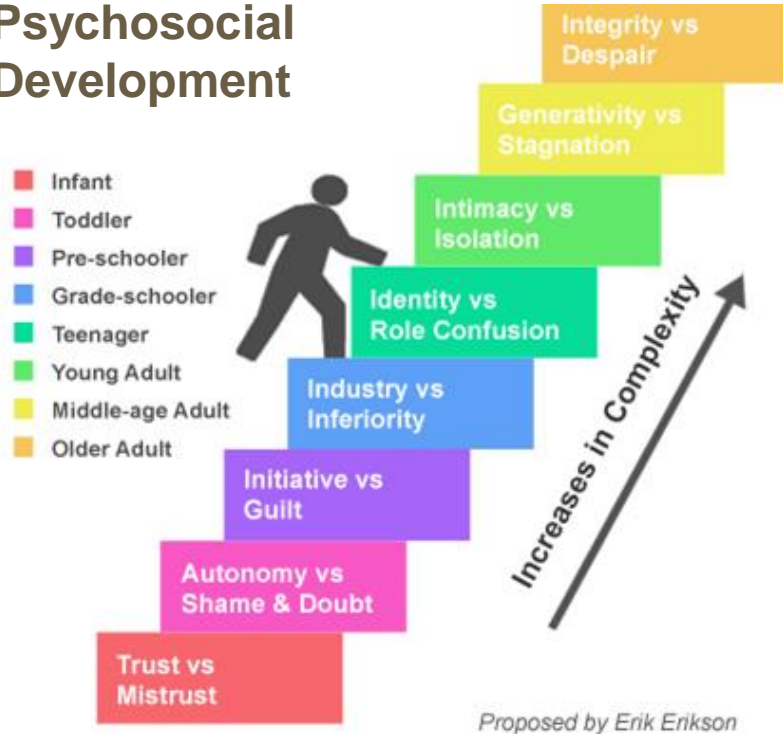
- Includes 3-7 people from the community or the church the nurse serve
 - Includes retired and practicing nurses, nurse practitioners, and doctors and townspeople
- Provide accountability
 - Meetings with the nurse on a quarterly basis
- Relay information to potential donors and the community
 - Enhance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

Key Informants

Key Informant	Role
Laurie Harding, MS, RN (Co-director of UVCNP)	<ul style="list-style-type: none">➤ Key point person➤ Set up meetings with other UVCNP Key Informants
Robert M. Rufsvold, MD (Co-director of UVCNP)	<ul style="list-style-type: none">➤ Provided essential background information on the UVCNP
Laleh Talebian, PhD (Dartmouth Institute Researcher)	<ul style="list-style-type: none">➤ Research analyst and statistical expert
Community and Parish Nurses	<ul style="list-style-type: none">➤ Provided the capstone group with home visit experiences
Shari Goldberg, PhD, RN	<ul style="list-style-type: none">➤ Provided guidance to the capstone group throughout the academic year

Client Population: Community-Dwelling Older Adult (CDOA)

Erikson's Stages of Psychosocial Development

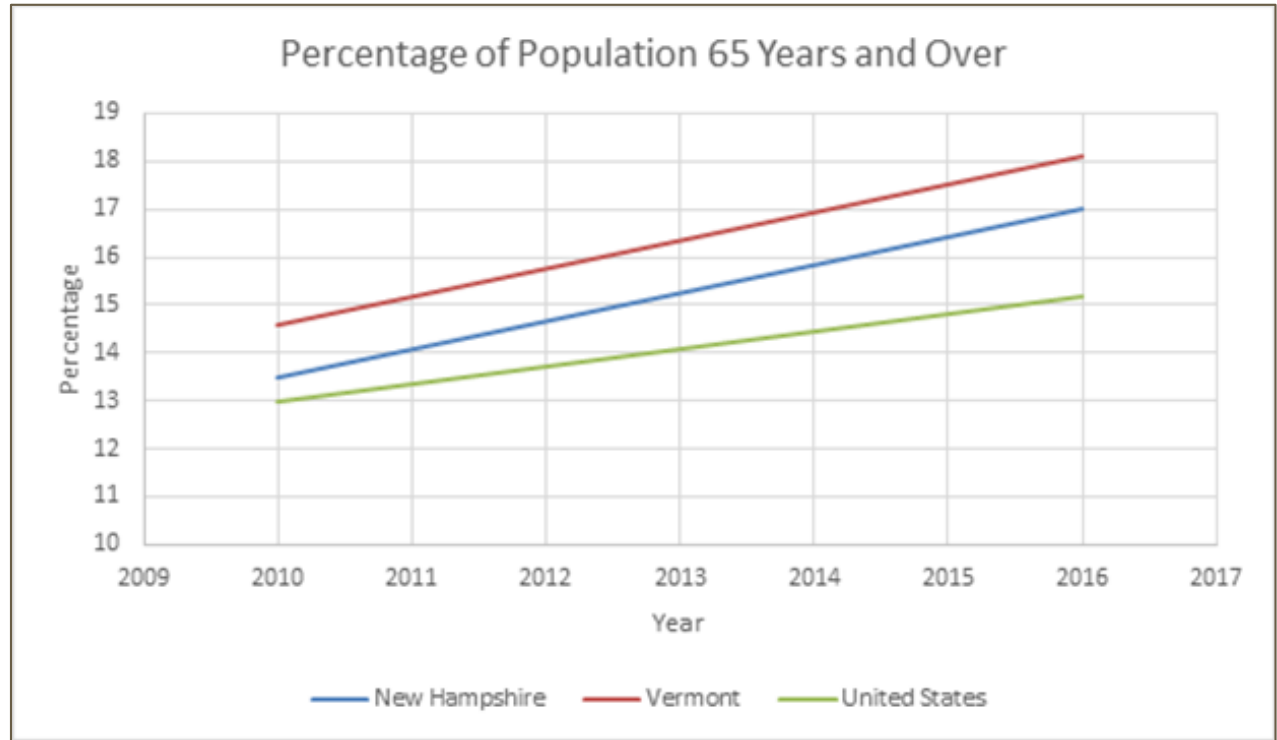


8. Integrity vs Despair

- 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

Upper Valley Population Statistics

- 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

Electronic Documentation Tool (EDT)

- 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

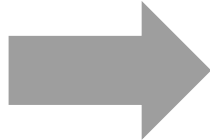
- Increase awareness and understanding of the effectiveness of the community nurse and the outcomes in client care
- Help the community and the larger health care system better understand the needs of its frail, older adult population

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

- Established Plan

January 2018

- Developed educational PowerPoint for the community

March 2018

February 2018

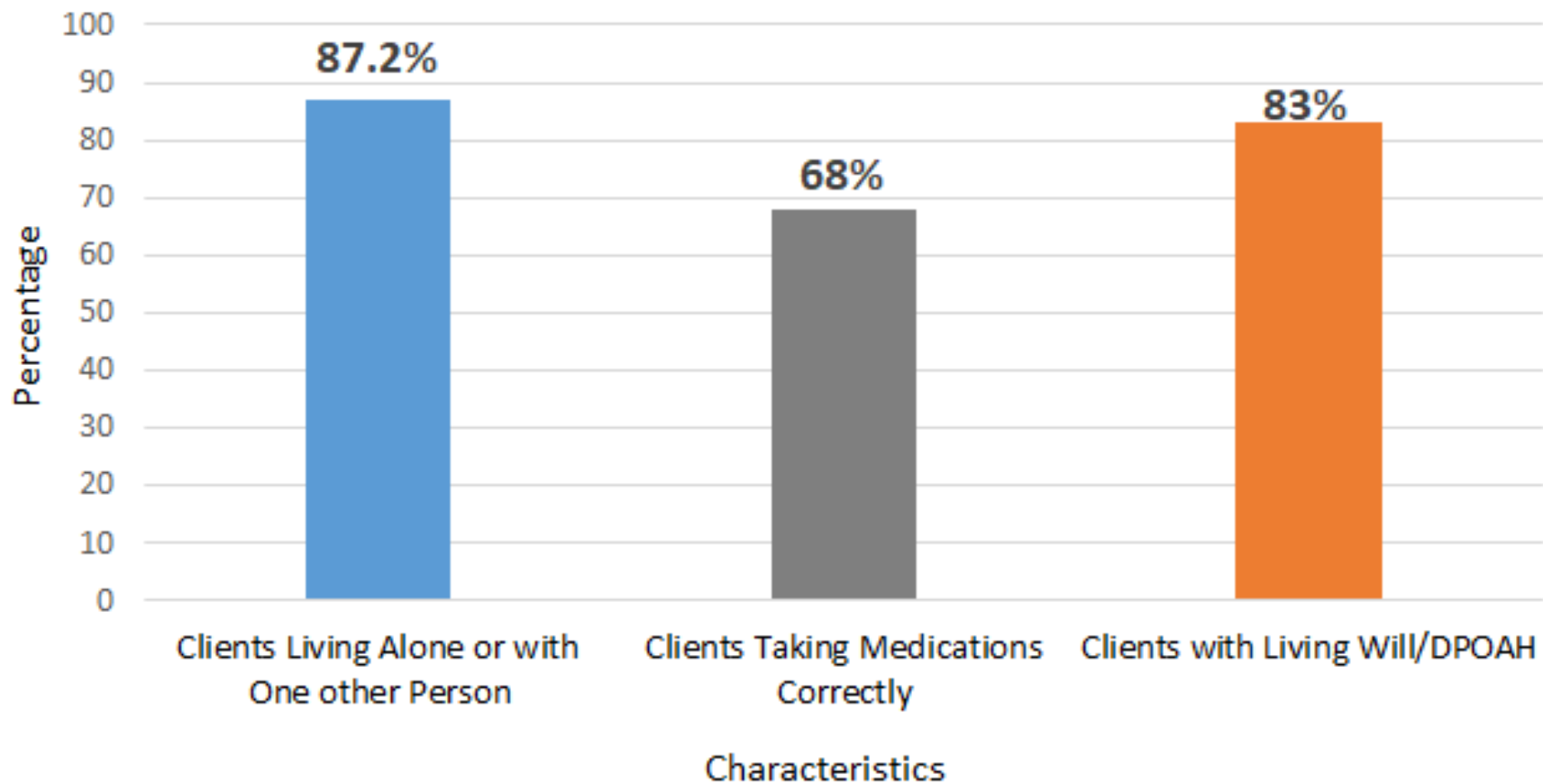
- Collaborated with the UVCNP to identify desired information

April 2018

- Presented community educational session
- Held a question and answer session

Evaluation

Client Characteristics



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

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Questions?