



The Optimizing Function and Independence QUERI, based in Durham, NC at The Durham Center for Health Services Research and Development in Primary Care (HSR&D) Center of Innovation, leverages scientifically-supported quality improvement methods to implement evidence-based practices rapidly into routine care and improve the timeliness, quality and safety of care delivered to Veterans and caregivers. The three Function QUERI programs address gaps in current clinical care for Veterans at risk for functional decline and disability.

- STRIDE focuses on prevention of disability related to immobility during hospitalization through a supervised walking program.
- Group Physical Therapy (PT) for Knee Osteoarthritis focuses on improving function in patients with symptomatic knee osteoarthritis through expanded access to PT in a group-based model.
- iHI-FIVES focuses on promoting functional ability and avoiding nursing home placement through caregiver training at the time of referral for home care services.

October 2017 Edition:

- STRIDE Site Visit– Atlanta VA
- Veteran and Family Input Initiative
- Communications Update
- Group PT Evaluation completed
- Papers/Presentations/Articles
- New STRIDE and iHI-FIVES Sites

STRIDE Site Visit to Atlanta VA

On October 11-12, the Function QUERI team conducted their first site visit at the Atlanta VA Medical Center. The site visit goal was to present the evidence-based STRIDE mobility program to key stakeholders and conduct strategic planning around the implementation process. A huge THANK YOU to our Atlanta Point of Contact, Dr. Melissa Stevens, and the entire team involved in the STRIDE program for hosting (the Atlanta team even prepared welcome posters and a display on STRIDE, photo below).



While in Atlanta, the Function QUERI team was able to:

- Present STRIDE in meet and greets, presentations, nurse huddles, and an “open house” and answer questions
- Hold active discussions with our Point of Contact, medical center leadership, STRIDE clinical champions, and frontline staff to ensure effective adaptation of STRIDE at the Atlanta VAMC
- Directly observe clinic workflows and setting to inform STRIDE rollout and logistics
- Review local documentation - CPRS templates and data source locations
- Conduct critical data collection to ensure accurate accounting of program impact and provider engagement

The site visit was a great success, and we are excited about the upcoming rollout of STRIDE in Atlanta starting in December!

Veteran And Family Input Initiative (V.A.F.I.I.)

(formerly the Veteran and Caregiver Engagement Panel– thank you to all of those who voted on the new name!)

Since it is November, the Function QUERI team would like to wish all of our Veterans a Happy Veterans Day, and Happy National Family Caregiver month to our Caregivers!

Thanks to the Caregivers and Veterans who participated in our last VAFII meeting! We had a robust and informative talk about the iHI-FIVES curriculum. The Function QUERI team has incorporated the input and feedback from our Caregivers and Veterans into the iHI-FIVES curriculum, which is now under review for editing.

Be on the lookout for a “save-the-date” for the next VAFII meeting. We will meet next in January, 2018 to review and pilot the revised iHI-FIVES curriculum.

In the meantime, we will be reaching out to a few of the Caregivers on the panel to pilot the Caregiver Survey, which will accompany the roll out of iHI-FIVES in the upcoming year.


STRIDE Communications Updates

In response to a suggestion from our Strategic Advisory Group, Function QUERI formed a Communications Committee to strategize about and respond to the project’s communications and marketing needs. To date, the Committee has generated many products, including:

- STRIDE patient and provider video interviews
- STRIDE, iHI-FIVES, and CONNECT flyers and brochures (for providers and patients). Sites receive editable STRIDE brochures to tailor to their STRIDE implementation and population (example below)
- Library of STRIDE patient and provider images to use for promotional materials
- PowerPoint presentations on Function QUERI
- Quarterly Function QUERI Newsletter

Benefits of STRIDE

- Walking can mitigate functional decline in hospitalized adults
- Reduce length of hospital stay (1 day, on average)
- 90% of patients feel better after their walk



Hastings SNEI et al. J Am Geriatr Soc. 2014 Nov;62(11):2180-4.

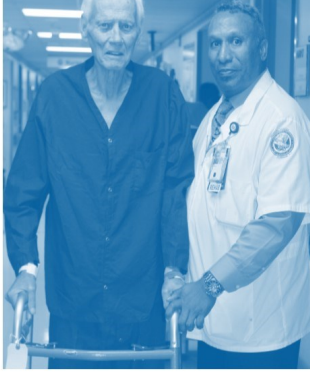
Importance

Less than 5% of hospitalized older adults have orders for bed rest, but only 3% spend their time standing or walking during their hospital stay.

Immobility during hospitalization can have negative physical effects such as loss of muscle mass, deconditioning, and overall weakness.

Patients who have poor physical function can suffer adverse outcomes including: falls, delirium, aspiration/pneumonia, longer hospital stays, higher rates of discharge to skilled nursing facilities, and readmission.

References:
 • Courtney JAMA 2013;309(18)
 • Kenneth Arch Med Res 2010;41(2)
 • Zhang JACS 2011;29(2)
 • Jones JACS 2008;129(5)
 • Murphy Arch Int Med 2011;171(3)



Eligible Participants

- Age 60 years old and above
- Admitted from home (not nursing home or another hospital)
- Admitted into a general medicine unit

Group PT Evaluation Completion

The Function QUERI team recently completed a one-year evaluation of the Physical Medicine & Rehabilitation (PM&R) Service’s Group Physical Therapy (PT) for knee osteoarthritis program. This effort involved close collaboration with the PM&R Service to refine metrics and measures. The evaluation included information on:

- Group PT consults and completed appointments
- Summaries of telephone interviews conducted with Group PT participants who did not complete all sessions
- Patient reported measures of pain, function and satisfaction with the program
- Physical function tests

The following are some highlights from the one-year evaluation:

- Over the 1-year period there were 152 consults generated by a variety of Services.
- Among Veterans who participated in the program, there were good improvements in multiple outcomes. For example:
 - ◊ There was an 8.6-point decrease in the mean total WOMAC score, which is a clinically relevant improvement from baseline scores.
 - ◊ The median number of chair rises in 30 seconds increased from 10 to 12.
 - ◊ Participants were quite satisfied with the program: 85% indicated being “completely” satisfied and 15% “somewhat” satisfied; no participants were neutral or unsatisfied.

Thank you to Brandon Sheets and the entire Group PT staff in PM&R for assisting in data collection and analysis throughout the quality improvement project!

Presentations/Publications/Articles

A sampling from August – December 2017:

- Courtney Van Houtven gave a presentation about Function QUERI and iHI-FIVES as part of the Caregiver Support Program Process Improvement Summit on August 3, 2017.
- Courtney Van Houtven presented: “How can research best inform policies to support caregiving?” at the NINR Caregiver Summit on August 7, 2017.
- Nicki Hastings presented “Building Resilience to the Acute Stress of Hospitalization: The case of STRIDE ” at the 2nd Annual Center for Aging Research and Education Retreat on September 8, 2017.
- Courtney Van Houtven presented on the HI-FIVES trial and iHI-FIVES Implementation on a call with the Caregiver Special Interest Group Meeting on October 13, 2017.

Upcoming:

- Nina Sperber will be presenting on the poster: “QUERI-VISN Partnership to Implement a New Clinical Program in 6 VA Facilities in 100 days” for the Academy Health Dissemination and Implementation conference on December 4-6, 2017.
- Katina Morris and Virginia Wang will be presenting the poster: “Adapting to CONNECT: Modifying a Nursing Home-based Intervention to Improve Interactions within Teams in Hospital-based Settings” at the Academy Health Dissemination and Implementation conference on December 4-6, 2017.

STRIDE and iHI-FIVES at new VA Sites

We are excited to welcome the Louisville, Central Iowa, and Minneapolis VAs to Function QUERI STRIDE! All sites will begin implementing the STRIDE inpatient mobility program in early 2018.

We are currently recruiting sites for the Function QUERI Program-

Do you know of any VAs that would like to participate in patient mobility, or caregiver training programs?

If so, please have all interested in patient mobility contact:

S. Nicki Hastings: Susan.Hastings@va.gov

If interested in a caregiver training program contact:

Courtney VanHoutven: Courtney.VanHoutven@va.gov

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Please visit www.queri.research.va.gov for more information on the national QUERI program.

If you would like more information about Function QUERI, please contact the program coordinator: Elizabeth.Mahanna@va.gov

If you wish to be removed from this mailing, please contact: Caitlin.Sullivan2@va.gov.