



The [Optimizing Function and Independence QUERI](#), based at the Durham VA Health Services Research 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.
- iHI-FIVES focuses on promoting functional ability and avoiding nursing home placement through caregiver training at the time of referral for home care services.
- 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.

April 2018 Edition:

- STRIDE Site Visit to Minneapolis VA
- Louisville and Minneapolis launch STRIDE
- New STRIDE and iHI-FIVES Sites
- STRIDE Marketing and Promotional Materials
- Presentations/Publications/Articles
- Acknowledgements

STRIDE Site Visit to Minneapolis VA

The Function QUERI team conducted a site visit March 13-14 at the Minneapolis VA Medical Center. While in Minneapolis, the Function QUERI team was able to:

- Present the STRIDE program to medical center leadership and answer questions
- Hold active discussions with the Points of Contact, STRIDE implementation team, and frontline staff to ensure effective adaptation of STRIDE at the Minneapolis VAMC
- Directly observe ward setting to inform STRIDE rollout and logistics
- Conduct critical data collection to ensure accurate accounting of STRIDE program impact and provider engagement

The site visit was a remarkable success. The Function QUERI team would like to give a huge THANK YOU to our Minneapolis Points of Contact, Dr. Wei (Denise) Duan-Porter and Kristen Ullman and the entire team involved in the STRIDE program for hosting us.



Louisville and Minneapolis Launch STRIDE

We are pleased to announce that the STRIDE teams in Louisville and Minneapolis launched the STRIDE mobility program!

- Louisville started walking patients on February 20th and completed 38 STRIDE walking sessions in their first month of implementation.
- Minneapolis successfully hired their dedicated STRIDE delivery team and started walking patients on April 2nd.

Congratulations to both teams on a successful launch!

New STRIDE and iHI-FIVES Sites!

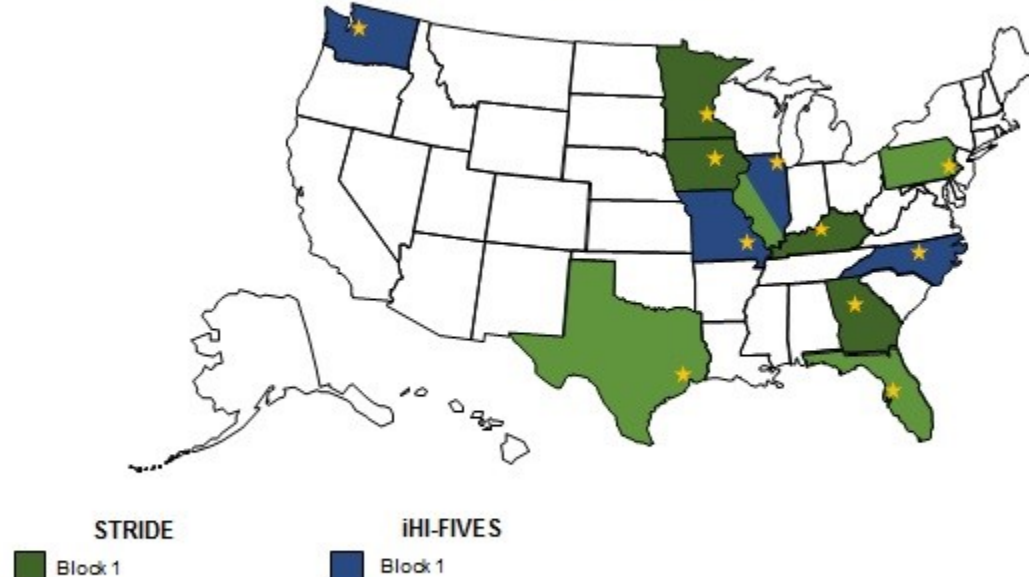
Welcome to Function QUERI STRIDE! The following sites will begin implementing the STRIDE inpatient mobility program in 2018-2019:

- Edward Hines, Jr. VA Hospital in Hines, IL
- Corporal Michael J. Crescenz VAMC in Philadelphia, PA
- Michael E. DeBakey VAMC in Houston, TX
- James A. Haley Veterans' Hospital in Tampa, FL

Welcome to Function QUERI iHI-FIVES! The following sites will begin implementing the iHI-FIVES caregiver training program in 2018-2019:

- John J. Pershing VA Medical Center in Poplar Bluff, MO
- VA Puget Sound Health Care System in Seattle & Tacoma, WA
- Durham VA Health Care System in Durham, NC
- Edward Hines, Jr. VA Hospital in Hines, IL

Function QUERI Participating VAMC Sites 2017-2020



We are currently recruiting sites for the Function QUERI iHI-FIVES Program-

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

If interested in a caregiver training program contact:

Courtney Van Houtven: Courtney.VanHoutven@va.gov

STRIDE Marketing and Promotional Materials

The Function QUERI Communications Committee has been working on a number of communications and marketing products, including:

- STRIDE press release templates and infographics (see below) for sites to send to their PR / Public Affairs team for dissemination at the program launch, and at 6 months post launch with initial results
- STRIDE patient and provider video interviews, [see link](#) to STRIDE patient testimonial
- 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

If any Function QUERI sites need marketing or promotional materials, please send a request to our program coordinator (see contact info in acknowledgements)!

Helping Veterans Get Back on their Feet

The [name] VA Medical Center recently launched the STRIDE supervised walking program to promote early, safe mobility among hospitalized Veterans.

Why Mobility Matters

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

Safe Mobility Through STRIDE

- The goal of STRIDE is to conduct an early assessment of the Veteran within **24 hours** of hospital admission so their mobility needs are addressed quickly.
- Veterans who are eligible to participate are guided by trained staff to walk up to **20 minutes a day** for the duration of their stay.
- STRIDE has shown promising results in reducing length of hospital stay by **1 day, on average**.

The [name] VA Medical Center is implementing this program as part of the VA's Quality Enhancement Research Initiative (QUERI).

★ STRIDE Function QUERI sites
 ● Coordinating Center

For more information, visit:
<https://www.queri.research.va.gov/programs/function.cfm>

Presentations/Publications/Articles

A sampling from February 2018 – April 2018:

- Courtney Van Houtven was the discussant of "The Cyclical of Informal Care: Mommaerts & Truskinovsky" at the American Economic Association Annual Meeting on January 6, 2018.
- Courtney Van Houtven gave a presentation on "Emerging Models and Methods of Implementing Psychosocial Care for Cancer Caregivers" at the American Psychosocial Oncology Society (APOS) Annual Conference in Tucson, AZ on February 22, 2018.
- Courtney Van Houtven gave a presentation on "Intra-family moral hazard, family spillovers and long-term care insurance" at the Health Policy Grand Rounds at Vanderbilt University Medical Center on March 27, 2018.
- Nicki Hastings gave a presentation on "Getting Vets out of beds: why and how to create a successful mobility program in acute and post-acute care" at the Society of General Internal Medicine (SGIM) Annual Meeting in Denver, CO on April 11-14, 2018.
- The Function QUERI [protocol paper](#), led by Virginia Wang: "Supporting Teams to Implement Clinical Programs Optimizing Function and Independence in Veterans: A Multi-Study Program and Mixed Methods Protocol" was published in the journal Implementation Science on April 20, 2018.

Upcoming:

- Function QUERI STRIDE will be featured in the May 2018 issue of [QUERI: Veterans' Perspective](#).

Acknowledgements

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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