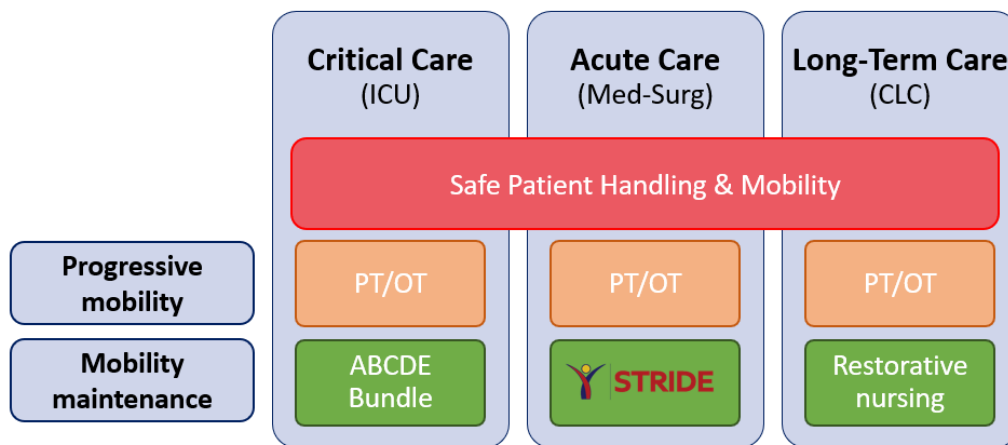# Function QUERI
NEWSLETTER | APRIL 2021 EDITION

Welcome to Function QUERI!

Adrian Brown recently joined the Function QUERI team! Adrian is currently assisting with QUERI Rapid Response Project, and he will be joining the Function QUERI research staff team. Adrian attended The Ohio State University, graduating with a BA in Sociology. Adrian grew up in Columbus, Ohio and recently moved to Durham, North Carolina. His hobbies consist of almost any outdoor activity, watching the HG channel, and traveling.
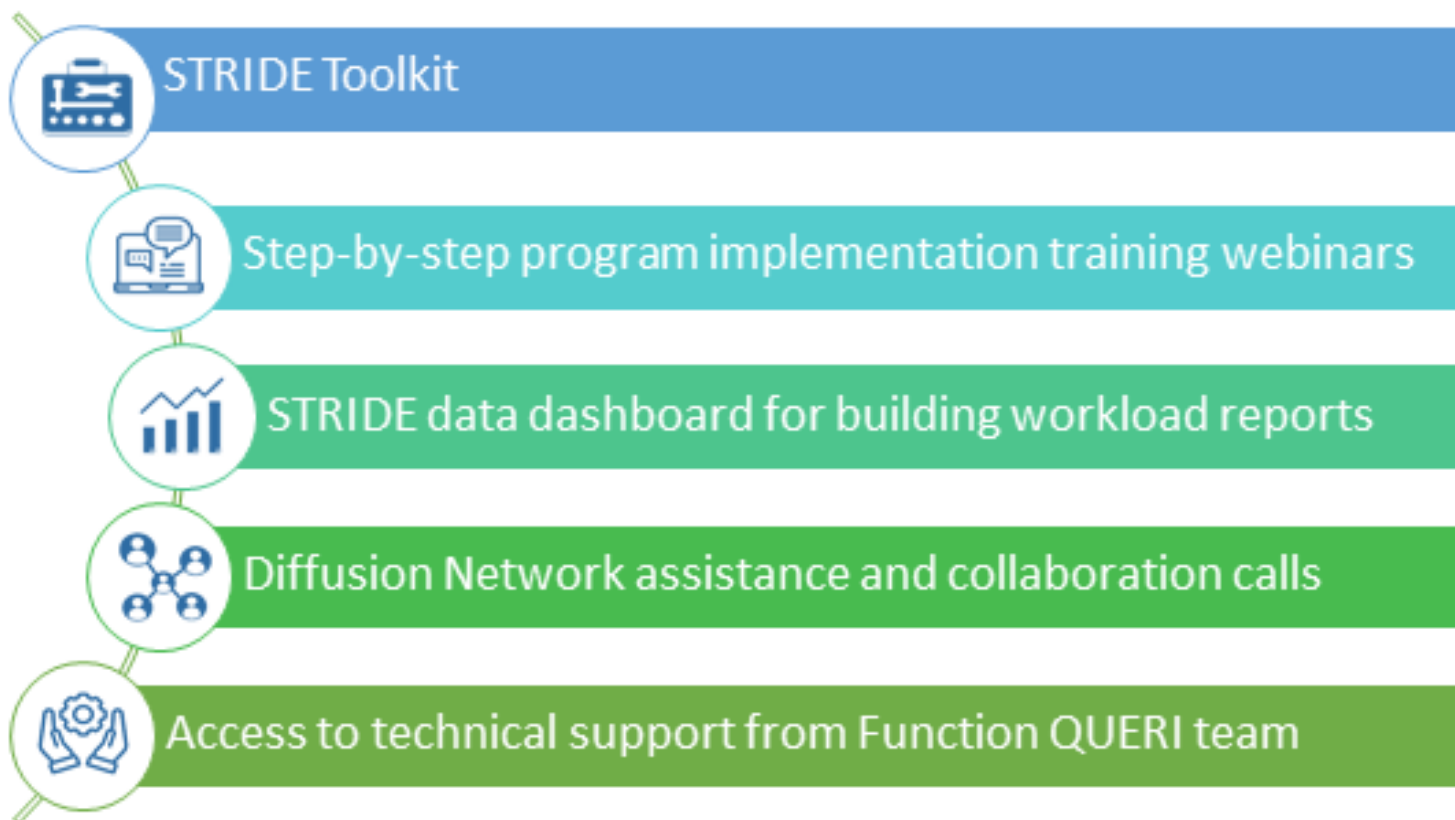

STRIDE: Mobility Across the Trajectory of Care

STRIDE is particularly well-suited to support Safe Patient Handling & Mobility in more independent patients in the **acute care setting**, freeing up provider time to deliver skilled therapy services to patients with elevated mobility needs. STRIDE functions in the acute care setting the way restorative nursing programs function in the long-term care setting and the way ABCDE Bundles work in critical care – preventing potentially costly and unwanted physical functional decline in patients. Maintaining physical function and independence in general medicine patients not only shortens average length of hospital stay, but also significantly reduces discharges to nursing homes, CLCs, or other long-term care setting. Both **shorter inpatient stays** and **discharges to home** are not only desirable for improving facility metrics, but also beneficial for our Veteran patients and their families who want to **minimize costs** and avoid institutional care.

Implementing STRIDE with Function QUERI

Function QUERI will recruit 8 VA Medical Centers every 6 months for a total of 32 sites. We are **now enrolling** the first cohort of 8 sites interested in launching a STRIDE mobility program. Staring this summer, Function QUERI (in partnership with VHA's Diffusion of Excellence) will provide sites with the following implementation resources:

- STRIDE Toolkit
- Step-by-step program implementation training webinars
- STRIDE data dashboard for building workload reports
- Diffusion Network assistance and collaboration calls
- Access to technical support from Function QUERI team

STRIDE is **flexible** and designed to **adapt to suit unique local inpatient environments**. Find out how STRIDE could benefit your facility metrics and Veteran population! Do you know of any VA's that would like to participate in the STRIDE program? Contact **STRIDE@va.gov**.

Caregivers FIRST: Virtual Facilitation Lessons Learned after 1 Year of COVID Delivery

It's been just over one year since COVID-19 rapidly changed how Function QUERI sites delivered the largely in-person caregiver group training. On March 16th, 2020, the Function QUERI team gathered the eight "1.0" sites together to talk about how they could quickly transition to **virtual delivery**. Leaning on the experience of TN Valley Healthcare System who had been the first site to implement a training remote, the group discussed and refined tips on virtual delivery. Over the course of a few quarterly Diffusion Network calls, sites continued to share lessons learned, ranging from technical tips to strategies on managing caregiver dynamics when not in a room together. From March through October of 2020, "1.0" Function QUERI sites were able to train **103** friend or family caregivers remotely during COVID-19! The Function QUERI team was able to conduct qualitative interviews with some of those caregivers (n=13) who did participate remotely either by phone, video connect, or web conference. Overall, caregivers appreciated

From March - October 2020

Informal caregivers trained virtually during COVID-19
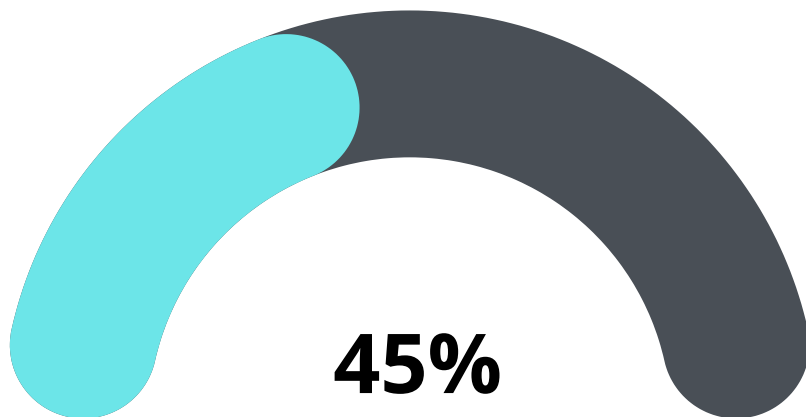
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remote formats for a variety of reasons, including **increased availability** and **ease** due to not having to travel or find care for their Veteran loved one. Some caregivers noted a preference for in-person classes, which tied into themes of valuing **caregiver connection**. For example, these caregivers said that there was a "different feeling" being in the same room with others and that "there is an atmosphere of caring and listening" that is not present over the phone or computer; however, they thought the remote format worked well. The Function QUERI team has summarized best practices for virtual facilitation of the caregiver training program, as well as gathered resources for most-used virtual platforms on our SharePoint site.

Caregivers FIRST SharePoint:
https://dvagov.sharepoint.com/sites/VHACaregiversFIRST/default.aspx

Caregivers FIRST is Gearing UP!

In January 2021, the Function QUERI team administered a voluntary survey to all program managers in the **Caregiver Support Program (CSP)** to assess plans to implement Caregivers FIRST as well as readiness to implement along with anticipated barriers and facilitators. So far, about **67 VA Medical Centers** indicated they will implement Caregivers FIRST this fiscal year as a "strong practice" program. All CSP programs have access to the Caregivers FIRST package and implementation support tools on our SharePoint site.

45%

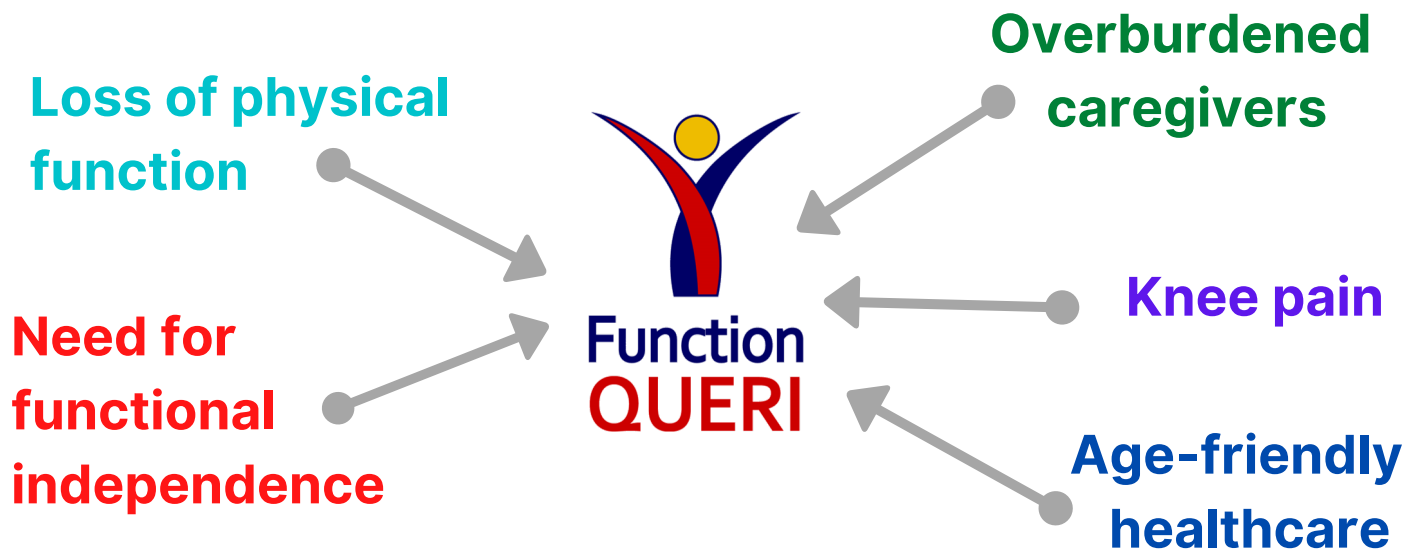*of all VA Medical Centers plan to implement Caregivers FIRST!*

The next **Diffusion Network** call will be **June 14th, 2021** at **3pm ET**. For more information, contact **CaregiversFIRST@va.gov.**

Group PT Recruitment

Group PT will begin enrollment of **16 sites** as part of Function QUERI 2.0 to further scale up the **Group Physical Therapy for Knee Osteoarthritis** program starting this fall. Right now, the team is finalizing the core curriculum package, implementation and marketing materials, custom CPRS templates, and the Group PT Toolkit. If your site is interested in participating with Function QUERI to offer Group PT at your facility, please contact **Caitlin.Sullivan2@va.gov.**

Mentoring Core

The Function QUERI Mentoring Core will be recruiting for two clinician and/or non-clinician scientists to begin in October. Trainees in fellowship programs sponsored by VA's Office of Academic Affiliations (OAA) and other early career VA researchers (e.g. Career Development Awardees) will be eligible to participate. Ideal scholars will be early career scientists who would like additional training and opportunities in the field of implementation science. Anyone interested can contact **Caitlin.Sullivan2@va.gov.**

Loss of physical function

Overburdened caregivers

Need for functional independence

Function QUERI

Knee pain

Age-friendly healthcare

INTERESTED IN ENROLLING YOUR FACILITY IN FUNCTION QUERI 2.0?

We are currently looking for sites interested in implementing one of our three clinical programs to enroll in Function QUERI 2.0!

- **Caregivers FIRST** - caregiver skills training program
  - Enrolling now for Fall 2021
  - Contact **CaregiversFIRST@va.gov** with any questions
- **STRIDE** - inpatient supervised walking program
  - Enrolling now for Spring 2021
  - Contact **STRIDE@va.gov** with any questions
- **Group PT** - group Physical Therapy program
  - Enrolling now for Fall 2021
  - Contact **Caitlin.Sullivan2@va.gov**

WANT TO LEARN MORE ABOUT OUR PROGRAMS?

Caregivers FIRST:
https://marketplace.va.gov/practices/caregivers-first
STRIDE:
https://marketplace.va.gov/practices/the-stride-program
Group PT:
https://marketplace.va.gov/practices/group-physical-therapy-for-knee-oa

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