

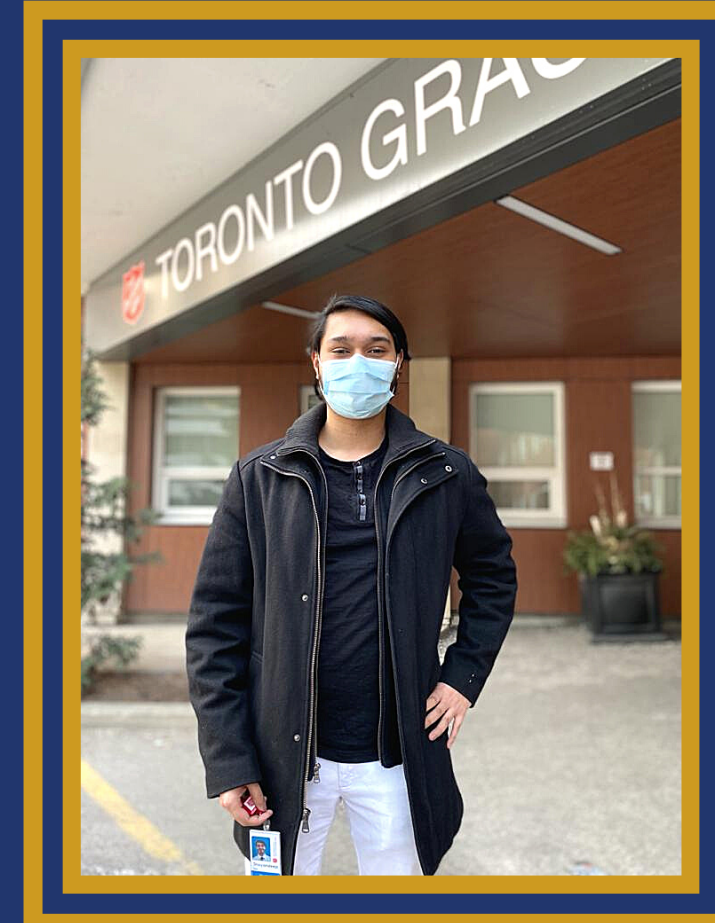
My practicum at Toronto Grace Health Centre

GUIDING, PLANNING AND MONITORING CARE FOR RESIDENTS IN LONG-TERM CARE SETTINGS THROUGH A NEW RESIDENT ASSESSMENT INSTRUMENT

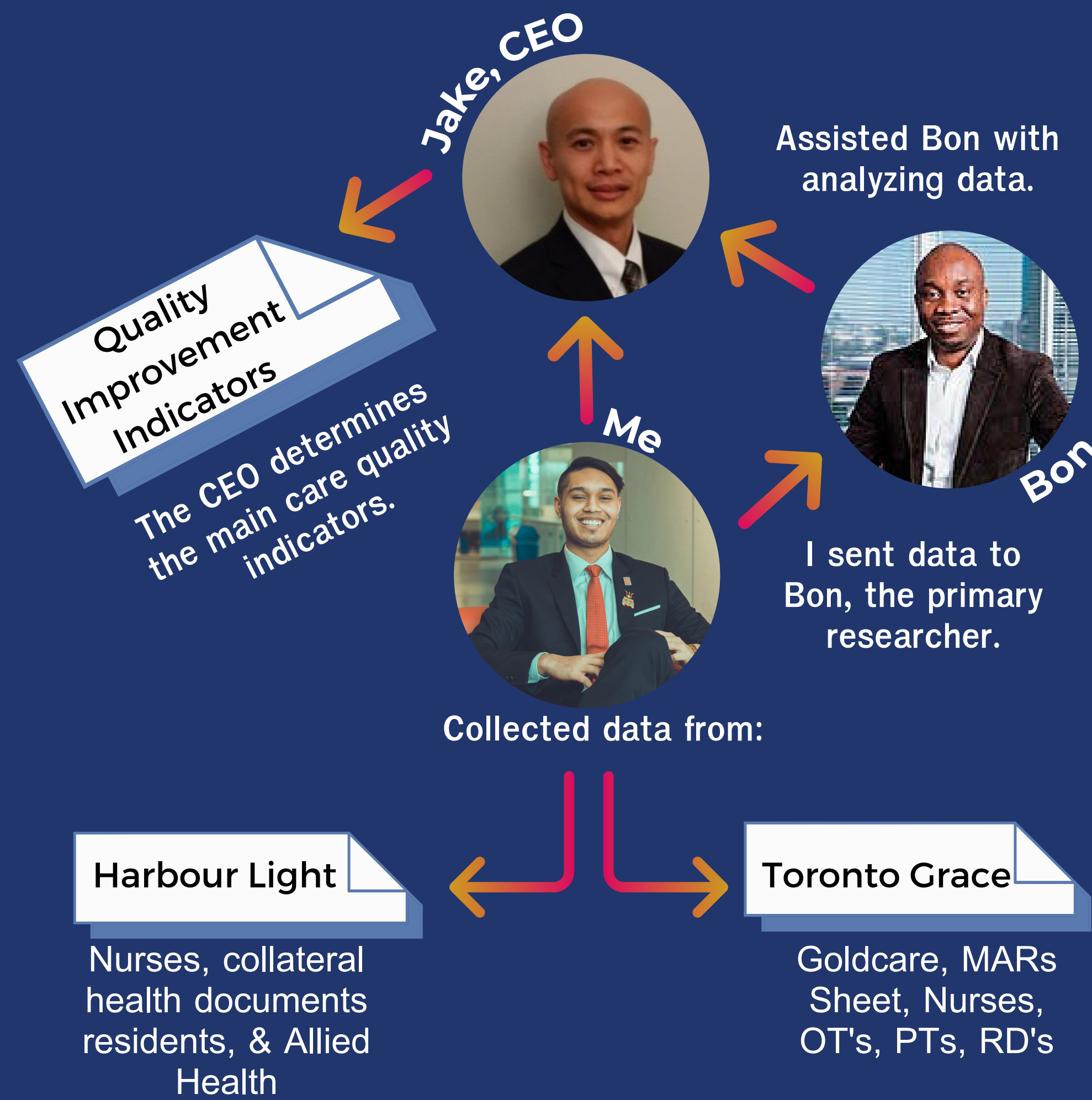
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Host Organisations

- The first site I worked at was the Toronto Grace Health Centre (Toronto Grace), a 119-bed healthcare facility specialising in complex continuing care, post-acute rehabilitative care and palliative care located in the downtown area.
- The second site I worked at was the Toronto Harbour Light Ministries (Harbour Light), a 36-bed site providing a residential treatment program for those seeking an addiction recovery-based program. This site has residents come in from CAMH, acute care etc.



My role in the organisation



Overview of my projects and work



TGHC has utilised a system called the Resident Assessment Instrument-Minimum Data Set (RAI-MDS) 2.0, which is designed to collect the minimum amount of data to guide care planning and monitoring for long-term care residents. Care quality indicators are computed using the collected data, and TGHCs QIPs (Quality Improvement Plans) are dependent on these data sets. However, CIHI has declared that they will stop supporting the MDS by 2023, and thus, a new RAI is being tested and used to gather data.

I collected data for the new RAI called RAI-PACs (Post-Acute Care) at Harbour Light and the Toronto Grace.

I conducted assessments of residents by interacting directly with them to assess their Cognitive ability, Speech and Vision, ADLs, IADLs, continence etc. and help input the data into the Qualtrix software.

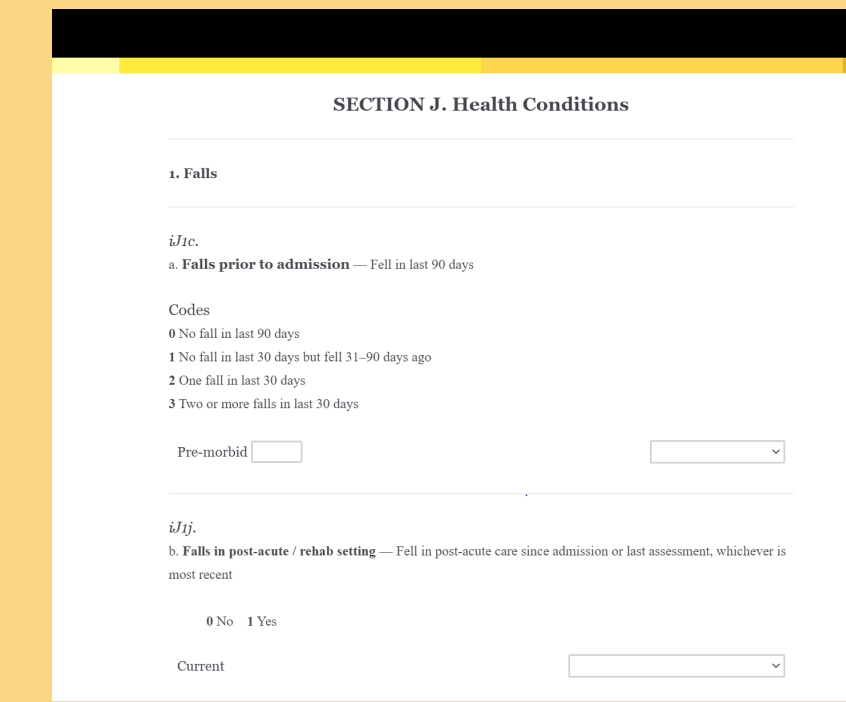
Harbour Light

- Continued the data collection process for the RAI-PACs
- Conducted assessments by extracting health data from patient collateral documents and transfer sheets
- Interviewed the residents to determine their levels of ADL, cognition, etc
- Consulted with the nurses, support workers for additional information for the assessments.
- Help train incoming nurses on how to use the RAI-PACs software

Toronto Grace

- Piloted the data collection process at the Toronto Grace
- Helped set up the best practices for data collection, extraction and input
- Conducted the RAI assessments by consulting with OTs, PTs, RDs, and RNs
- Extracted data from Goldacre, MARs sheets and patient collateral documents
- Interviewed residents of the 4th floor for the assessments
- Helped fix IT-based issues at the 4th & 5th floor of the Grace along with the IT manager

My impact



- Set up the best practices for data collecting at both sites by reducing redundancy and adopting efficient practices.
- Helped improve the RAI-PAC assessment by highlighting redundant assessment questions, improving the user experience of the software so that health professionals can easily understand the prompts without confusion.
- Completed RAI-PACs admission, quarterly and discharge assessments of over 50 patients during the Span of the practicum.
- Helped decrease the workload of nurses taking care of residents by taking over the RAI data collection process.
- Data collected from the RAI-PACs might be used to determine the critical quality indicators for the Grace in the near future.

My personal reflection

- Best HLST course I have taken in my undergraduate journey!
- It served as an opportunity to finally implement all the skills and knowledge I have picked up over my undergraduate journey.
- I learned a lot about myself not only in a professional sense, but also in a personal sense.
- It gave me the chance to prove to everyone that I have what it takes to succeed and speak my mind when I can see improvement.
- The mentorship I received from Jake and the people I met and became friends with overtime will be invaluable.



My message to future students

- Please do not give up on an opportunity to take this course; it will be one of the most rewarding university experiences you will have!
- The people you will meet, the opportunities you will get, and the things you will learn will be unparalleled.