

BAYCREST BULLETIN

A snapshot of Baycrest news and events - May 2022

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Dr. Morris Freedman, Head of Neurology at Baycrest, Scientist at Baycrest's Rotman Research Institute.

An innovative, Baycrest-developed dementia care program can reduce the need for hospital admissions by 60 per cent, according to a new study published in the *Journal of Alzheimer's Disease*. The program, called Virtual Behavioural Medicine (VBM), allows clinicians to assess and manage patients with severe neuropsychiatric symptoms of dementia while the patients remain in their homes.

"Severe symptoms such as aggression, agitation and hallucinations are often the driving factor in people living with dementia being transferred to emergency departments, specialized behavioural units or acute care hospitals to receive treatment and care," says Dr. Morris Freedman, Head of Neurology at Baycrest, Scientist at Baycrest's Rotman Research Institute and senior author of the study. "The VBM program is a game changer for these individuals because it can significantly reduce the need for them to be uprooted from their homes, a move that can make their behaviour worse."

In the study, researchers reviewed the files of all patients assessed in the VBM program, from its inception in February 2020 until the end of December 2020. They looked at the patients' symptom severity during their initial assessment and compared them to those at the end of the study period. They found that the VBM program is highly effective for managing the majority of patients living with severe neuropsychiatric symptoms of dementia without the need to physically transfer them to a specialized program.

"The number of people diagnosed with dementia worldwide is expected to triple from 50 to 150 million by 2050. This means that more and more individuals and their families will be impacted by severe dementia symptoms," says Dr. Freedman. "As a fully virtual program, VBM can be adopted worldwide and therefore has the potential to help people living with dementia everywhere to live their best possible lives."

The VBM program is a collaborative partnership between Baycrest's Sam and Ida Ross Memory Clinic and the

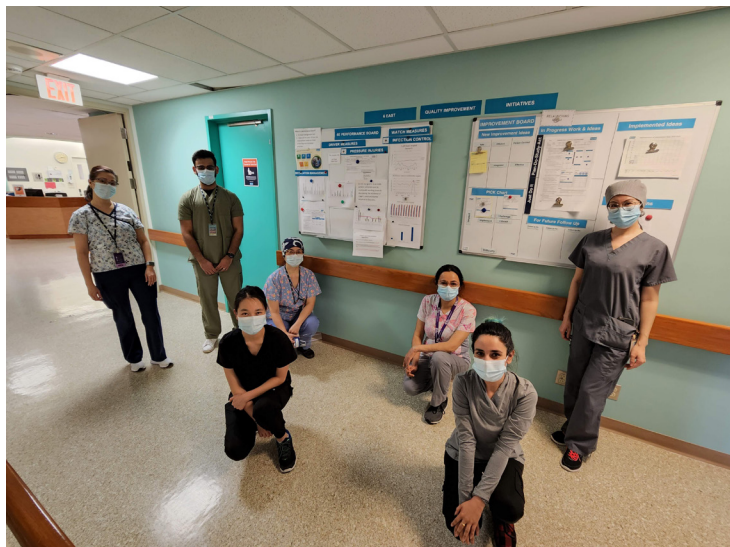
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Toronto Central Behavioural Supports for Seniors Program (TC BSSP). It is supported, in part, by the Toronto Central Local Health Integrated Network.

This study was supported in part by the Saul A. Silverman Family Foundation, the Morris Kerzner Memorial Fund and the DH Gales Family Foundation.

With additional funding, VBM could be expanded to serve a greater number of individuals with dementia across Ontario. In addition, new VBM programs could be developed across the province by leveraging the expertise of the Baycrest VBM team.

Nurse-led Program Supports Assessment and Management of Pressure Injuries



At Baycrest, a patient's risk for developing a pressure injury, also known as a bedsore or pressure ulcer, is assessed within 24 hours of admission and is reassessed regularly and when there has been a change in a patient's status.

To facilitate this process, Baycrest established a new pressure injury (PI) champion program in which two champions per unit were selected and trained on how to properly assess and measure wounds, process-related documentation, data collection, reporting, audit and feedback.

Recently, one of the point-of-care PI champions wrote a proposal that garnered funding from the Registered Nurses Association of Ontario to help solidify the PI champion program at Baycrest.

As a result of the fellowship, the PI champions were able to make their education module more evidence-informed with the most up-to-date evidence from the literature. They were also able to develop a standard quiz on the process and practices related to the champion's role.

The champion group also established more opportunities to stay connected and started a PI champion group email

and shared drive on the network to share information and resources.

Having an email group also allows for frequent conversations about upcoming learning opportunities for the champions.

There are currently 17 PI champions to help with the implementation of change ideas and prevalence and incidence data collection.

Each unit participating in the project has designated one champion from their team to share pressure injury project performance-related data during the performance board huddles.

The champions have a concrete understanding of performance board-related quality improvement concepts. The champions also have a deep understanding of how hospital quality improvement plans are developed and implemented.

"I will take this knowledge with me everywhere I go," says Abbas Virani, registered practical nurse and PI champion.

"I feel more confident in my skills in wound assessment and measurement, and I know that how I practice is the right way to practice."

Open forums have also been conducted with the PI champions to provide them with a platform where they can identify barriers and facilitators to the champion role and some of the changes required in order to overcome any barriers.

The PI champions have been the primary reason for increased sustainability of the point-of-care, nurse-led prevalence and incidence studies at the unit level.

This work is part of the BPSO® designation program funded by the Government of Ontario.

Baycrest Puts the “Health” in Digital Health Using MyChart™



A patient's health record, on its own, does not heal anyone. However, when that record is informed by patients' experiences, expert insight, and reflection on values and preferences, it can be transformed into health knowledge, so that people can better understand the steps they need to take to improve their health.

As a result of interdisciplinary co-design between Baycrest's clinical teams, client and family partners, and the MyChart™ program development team at Sunnybrook Health Sciences Centre, health records and self-reporting, accessible on the MyChart™ platform, can now be used to impact and improve patient health.

MyChart™ is a web-based software and mobile app that allows patients to access their health records from hospitals, outpatient clinics and an increasing number of healthcare providers across Canada. “We did a lot of training with our clinical team, not just on how to encourage and teach patients to sign up for MyChart™, but also how to use people's immediate access to our documentation of care to enhance our therapeutic relationships,” Rita Mileykovsky, Virtual Care Nurse Coordinator at Baycrest, explains.

Knowing that one clinical team does not typically have all of a patient's information or constitute a person's entire health experience, a Circle of Care feature was also developed for

MyChart™, among other features. Patients (with or without assistance) can add MyChart™ users to their own unique care team. Using the Circle of Care feature, a patient can invite a trusted family member, specialist, family doctor or their Interprofessional Care Team's dietitian, for example, to be part of a group on MyChart™, giving each person access to the patient's records and a secure way to communicate with the patient and one another. “We can now work alongside patients to look at new information and think together about how it fits with their health goals and their family doctor's care plan,” Mileykovsky elaborates.

“The Baycrest partnership has been fantastic and has allowed us to work closely with their clinical team to inform the development of new features. MyChart™ is growing into a groundbreaking patient engagement tool and has created a dynamic way for a care team and patient to be brought closer together, putting the full benefit of access and health information into the hands of the patient,” Sarina Cheng, Director of the MyChart™ program, says. “We are now working with multiple Ontario Health Teams to increase the number of people with access to their digital health records and add features to support remote self-monitoring and communication. Baycrest has demonstrated how to access information to improve a patient's health, their experience and health outcomes.”

Visit www.mychart.ca to learn more.

To view a webinar recording about this initiative, go to bit.ly/MyChartInnovationRounds.

Mattamy Homes Bike for Brain Health - June 5, 2022



BIKE FOR BRAIN HEALTH

SUPPORTING

Baycrest

Join Baycrest's first-ever Mattamy Homes Bike for Brain Health as we take on the Don Valley Parkway (DVP). Bike the DVP traffic-free, and go the distance to defeat dementia with thousands of other riders.

There is something for everyone, from a 25 km route to a 75 km one, so it is sure to be a fun-filled day for all involved. Together, we can reach the finish line and defeat dementia.

Visit <https://bikeforbrainhealth.ca/register> to register.

What Will Your Legacy Be?

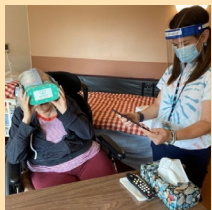


May is Leave a Legacy Month, a time to reflect on how we might make a positive impact on future generations. A legacy gift is a meaningful way to give back and make a difference.

By including Baycrest in your estate plan, you can have an extraordinary impact helping to support care, education, innovation and groundbreaking research into Alzheimer's disease and other dementias.

To learn more about legacy giving, please contact Becki Willoughby at bwilloughby@baycrest.org or 416-785-2500, ext. 3895.

Innovation Updates - Upcoming Webinars



Innovation Rounds: Implementation, Adoption and Impact of Virtual Reality at Baycrest - Wednesday, May 11

In one year, Baycrest's therapeutic recreationists have held more than a thousand virtual reality sessions for Baycrest residents, bringing the world and its wonders to our campus. Over this past year, there have been many lessons learned and even more wins when it comes to finding innovative ways to keep our residents connected and engaged using virtual reality. Join us on Wednesday, May 11, 2022, at noon to hear stories from Baycrest's very own therapeutic recreationists on the positive impact of this novel technology. To register, visit bit.ly/VRInnovationRounds



Upcoming Caregiver Webinar: What Does it Mean to Care? Revealing the Complexities, Recognizing the Contributions - Wednesday, May 18

From home and institutional contexts to public conversations, Dr. Amanda Grenier reveals some of the taken-for-granted assumptions about care. Starting with everyday examples, her talk will expand our ideas and practices of care into a broader social responsibility. Her presentation will be followed by a Q & A session. This webinar is for all ages and is open to family, caregivers and professionals in the cognitive fields - and anyone interested in feminist approaches and social gerontology. This webinar will be held on Wednesday, May 18 from noon to 1 p.m. To register, go to <https://bit.ly/May2022-Webinar>



Making Art Making Change: How Baycrest@Home's Virtual Art Studio Led these Caregivers to Create More than Just Beautiful Art.

For eight weeks, 12 caregivers came together via Zoom every Monday to participate in a shared art-making class. What they soon realized was the entire experience was about more than just the art - it was about connection. "I feel I can breathe deeply again for the first time in a very long while," said one participant. Read what other participants had to say about their experience. View their beautiful artwork at: <https://programs.baycrestathome.ca/making-art-making-change/>



**Thank you
Team
Baycrest**

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Baycrest



Baycrest is fully affiliated
with the University of Toronto

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