

Navigating Complex Health Care Choices

Table of Contents

- What evidence is there to inform health care decision-making in Canada?2
 - interRAI Collaborative Research Network.....2
 - Palliative Care Assessment Tool Key Domain Areas.....2
- How do interRAI assessment instruments inform decision-making?2
 - At the Individual Level.....2
 - Health Index Scales2
 - Clinical Assessment Protocols (CAPs).....3
 - Example3
 - At the System Level3
 - Quality Indicators (QIs).....3
 - Example: Quality Indicators3
 - Example: Health Index Scales and CAPs.....3
- Conclusion3
- Funding.....3

What evidence is there to inform health care decision-making in Canada?

- interRAI data provides a **strong evidence basis** for health care decision making.
- The data can guide care planning for an **individual**.
- It can also help guide service delivery and quality improvement for a **program or region**.

interRAI Collaborative Research Network

- Roughly 37 countries, 100 researchers.
- Provides standardized, detailed, clinical assessment tools.
- interRAI Palliative Care Assessment (interRAI PC) is a standardized tool with approximately 250 items.
- 4.9 million assessment records in Canada.

Palliative Care Assessment Tool Key Domain Areas

- Cognitive status
- Mood/psychosocial well-being
- Physical functioning
- Health conditions
- Social functioning
- Pain
- Social supports

How do interRAI assessment instruments inform decision-making?

At the Individual Level

Health Index Scales

- Generated by the software.
- Numeric scores for an **individual**.
- Helps the home care assessor understand the person's level of functioning and their needs.
- Used alongside all other information.
- Can help track changes over time.

Clinical Assessment Protocols (CAPs)

- Generated by the software.
- Items in interRAI PC act as CAP “triggers” for an **individual**.
- Links the assessment and problem areas identified in the CAPs.
- CAP documentation provides a guide for further care planning.

Example

- An assessor rates multiple pain items on the interRAI PC assessment.
- A score is assigned based on these items.
- Depending on the scoring, the CAP can be triggered for that person.
- Assessor verifies the importance of the CAP.
- Clinical judgement, expertise, and client choice informs follow-up and care planning.

At the System Level

Quality Indicators (QIs)

- Values indicate frequency of a symptom/clinical issue in a population.
- Not a definitive measure of quality, but indicator of where to focus attention in the **system**, to target quality improvement efforts.

Example: Quality Indicators

- Rates on the pain QI, among home care clients who are seriously ill, across Canada.
 - Yukon Territory: 20% ○ British Columbia: 12% ○ Alberta: 15% ○ Ontario: 21% ○ Nova Scotia: 19%
 - Newfoundland and Labrador: 21%

Example: Health Index Scales and CAPs

- 71% of clients have pain every day based upon scores on the pain scale.
- Pain is the 3rd most often triggered CAP.

Conclusion

- The interRAI tools provide useful clinical data for determining the needs of an individual.
- They can assist in care planning and are valuable to guide changes to the health care system.

Funding

- This research was supported by the Canadian Institutes of Health Research (CIHR).