

### **Cork IDEAS project**

#### **Integrated Dementia Care Across Settings**

A 3-year innovative project funded by Genio/HSE



An integrated service for patients and their families  
Providing excellent acute hospital care where  
necessary, alternatives to admission where possible,  
and support for those caring for the person at  
home.



## **Mercy University Hospital Cork city community**

Dementia Nurse Specialist

Dementia Care Coordinator

Occupational Therapist part-time

In-home respite fund

*Education fund*

Consortium 45 members



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



<https://www.ucc.ie/en/ideas/>

## Cork Integrated Dementia Care Across Settings IDEAS Project



Spotlight  
News & Eve  
Read about c  
events

Cork-IDEAS Project   Hospital Initiatives   Community Initiatives





News and Events

19 SEP **Dementia Awareness Week 2016 »**



A Dementia Awareness Week is being held in MUH from 19th-23rd September

A number of events are planned for the week including a National Dementia Roadshow Event on 21st September at 2.30pm

26 APR **Dementia Awareness week »**

26 APR **Evening Reception »**

26 APR **The Mercy Foundation Raffle »**


[Read more news](#)

<http://www.muh.ie/>

Dementia Awareness • Mercy University Hospital • Cork, Ireland

## Cork Integrated Dementia Care Across Settings (IDEAS Project)

Last Updated: Monday 03 October 2016 11:18



The IDEAS Project Lead  
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Dementia Clinical Nurse Specialist  
Mary Morris  
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Research Support Officer  
Geren O'Sullivan  
[osullivan@ucc.ie](mailto:osullivan@ucc.ie)

### What is Genio?

Genio support individuals that are disadvantaged with enhancing their quality of life within the community. Genio work with the Department of Health and the Health Service Executive, supported by Atlantic Philanthropies. The Genio charitable trust provides innovation funding, and a Cork consortium, including many Mercy University Hospital staff and led by Dr Suzanne Timmons, has received €500,000 to improve the integration of dementia care in the Mercy and the surrounding Cork community, called the Cork IDEAS project. [More information at www.genio.ie](#)

### Cork IDEAS Project

Integrated Dementia Across Settings (IDEAS)

The Cork IDEAS project is an initiative to improve and integrate dementia care in Mercy University Hospital and the community. Care provision for people with dementia will be person-centred, with alternatives to admission where possible. Improved links between hospital and community and better supports for those caring for the person at home, housing care in Mercy

# Pathway initiatives supporting:

- Assessment / diagnosis
- Quality of experience
- Hospital avoidance
- Supported discharge

# Assessment / Diagnosis

## Delirium/Dementia Screening for Patient ≥ 70 years Presenting to the Emergency Department

### 4AT test

#### 1. Alertness

Normal (fully alert, but not agitated, throughout assessment)	0
Mild sleepiness for <10 seconds after waking, then normal	0
Clearly abnormal	4

#### 2. AMT4 (4-item Abbreviated Mental Test)

Age, Date of Birth, Place (name of hospital/building), Current Year	
No mistakes	0
1 mistake	1
≥2 mistakes/untestable	2

#### 3. Attention - Months of the year Backward

Achieves 7 months or more correctly	0
Starts but scores <7 months / refuses to start	1
Untestable (cannot start because unwell, drowsy, inattentive)	2

#### 4. Acute Change or fluctuating symptoms?

NO	0
YES	4

4AT Total Score: Maximum possible = 12

0 = Normal → not for pathway

1 = minor cognitive impairment → not for pathway

\*CNS Dementia: Mary Mannix  
→ Bleep\_\_\_\_\_ (Available 9-6 Tuesday -Friday)  
→ Place patient sticker in referral book out of hours

**ED Nurse Completes 4AT for All Patients ≥ 70 Years, post triage**

### 4AT Score 2-3: Cognitive Impairment

Also Possible Dementia – but many do not have dementia so don't label as such

Inform ED Registrar

Inform CNS Dementia\*

**Decision made to Discharge or Admit**

**Discharge:**  
Letter to GP to include details of disorientation or poor attention

**Admission:**  
CNM2 (Shift Leader) informs Bed Manager re high priority for bed (4 hours)

#### Dementia/Delirium Care Bundle:

- 1) Assign Dementia Cubicle
- 2) Carer Involvement
- 3) Hydration/Nutrition
- 4) Pain assessment

### 4AT Score ≥4: Suspect Delirium +/-Dementia

Inform ED Registrar: urgent  
ED Registrar Refers to Medical Registrar

Inform CNS Dementia\*

Medical Registrar assesses patient within 1 hour

**Diagnosis of delirium or not is made**

No delirium

**Delirium is present**

- Follow National ED Delirium Algorithm
- Discharge only if senior doctor directs
- CNM2 (Shift Leader) informs Bed Manager re high priority for bed (4 hours)
- Family/carers informed
- Refer to MUH Challenging Behaviour guidelines

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### 4AT test

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 Normal (fully alert, but not agitated, throughout assessment) 0  
 Mild sleepiness for <10 seconds after waking, then normal 0  
 Clearly abnormal 4

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 Age, Date of Birth, Place (name of hospital/building), Current Year  
 No mistakes 0  
 1 mistake 1  
 ≥2 mistakes/untestable 2

**3. Attention - Months of the year Backward**  
 Achieves 7 months or more correctly 0  
 Starts but scores <7 months / refuses to start 1  
 Untestable (cannot start because unwell, drowsy, inattentive) 2

**4. Acute Change or fluctuating symptoms?**  
 NO 0  
 YES 4

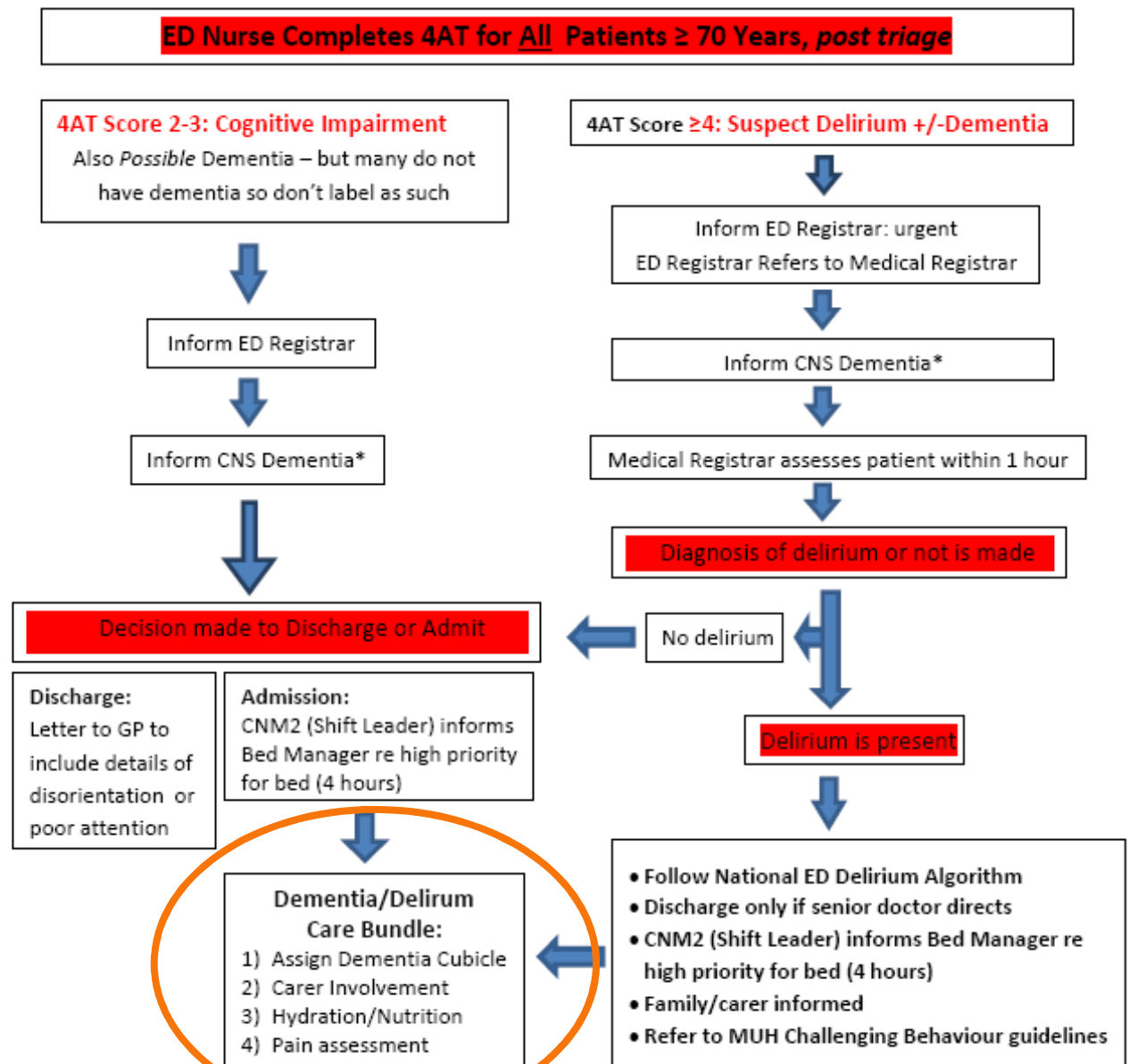
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 Also Possible Dementia – but many do not have dementia so don't label as such

**4AT Score ≥4: Suspect Delirium +/-Dementia**



# Assessment / Diagnosis

ED: 4AT

- 400 older ED attendees: 51% score 0 (6% have dementia)

24% “possible delirium” (70% have delirium)

25% “possible dementia”

4AT score 1:  
18% of attendees  
Only 10% have dementia

4AT score 2/3:  
6-7% of attendees  
~65% have dementia

# Assessment / Diagnosis

ED: 4AT

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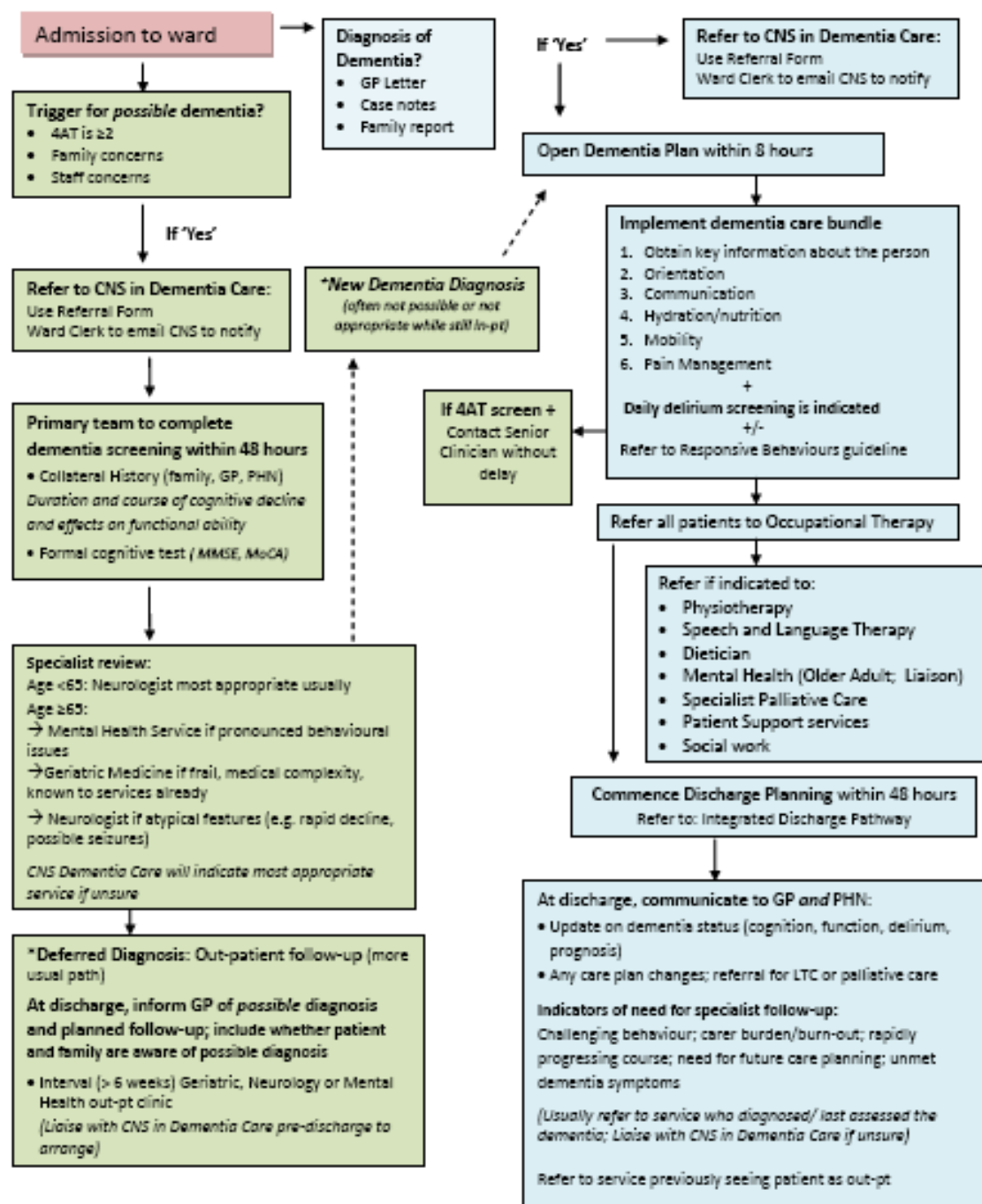
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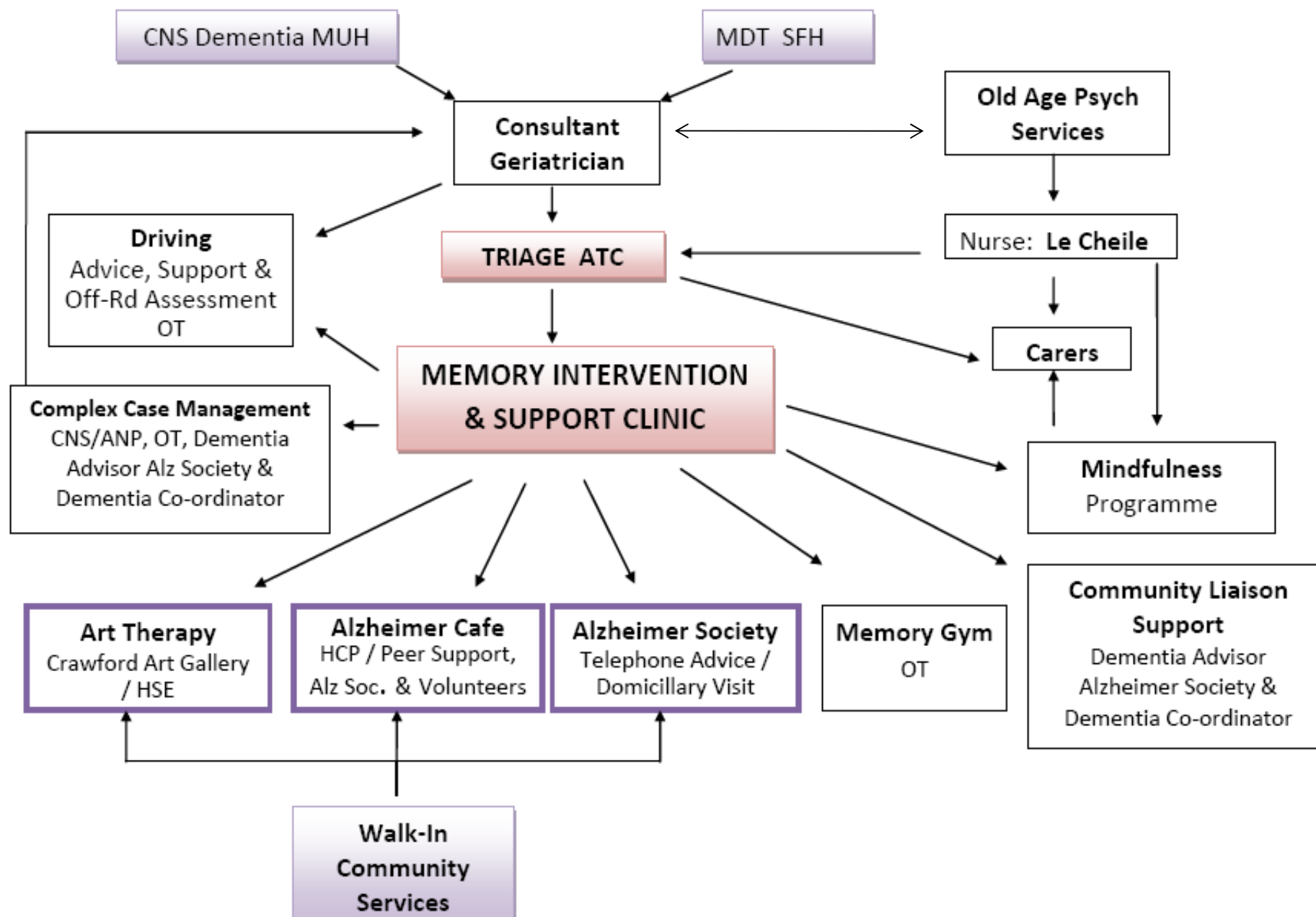
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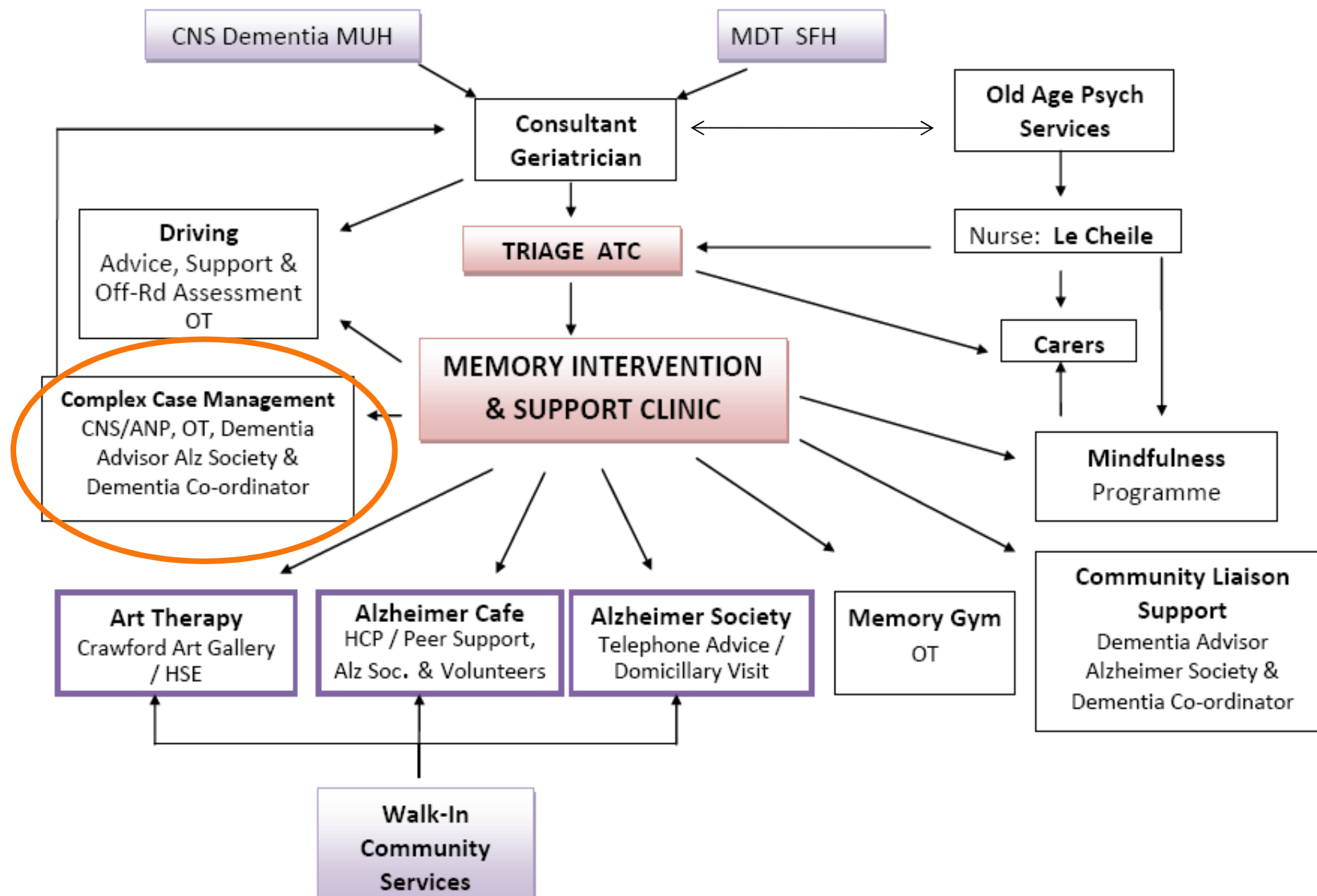


# Integrated Care Pathway for Dementia



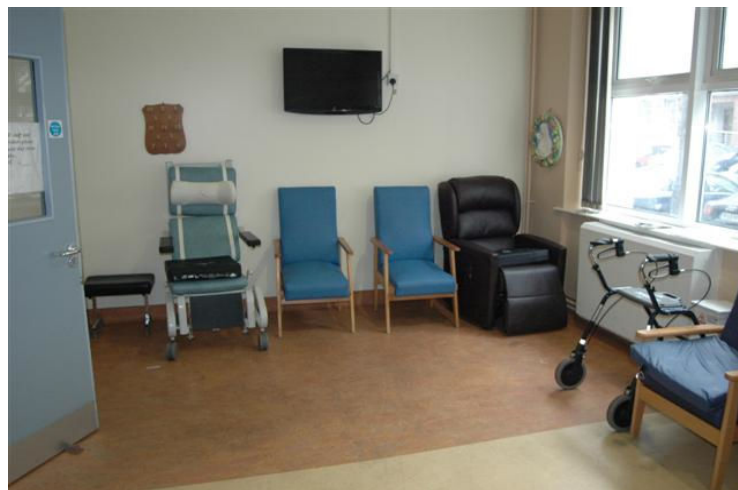
Integrated working approaches  
between hospital and community:  
hospital avoidance and supported  
discharge



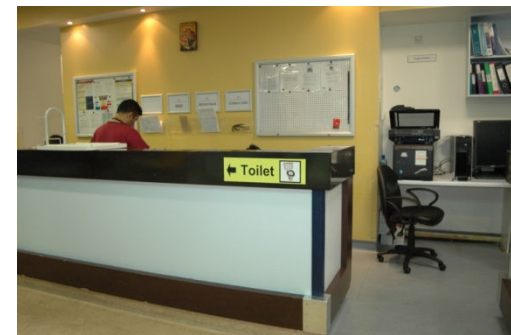


# Quality of Experience

# Environmental changes:







# Next Steps: link bridges





# Education / training /awareness



Hospital: Target approx 700 staff

## First Steps: Existing staff

475 general staff awareness session

47 x

## Next Steps: Induction Training

10 x

Part of UCC pre-intern training session – since June 2016

Part of new MU

Part of general

## “One-off events”

August 2015: ED dementia education week

Nov 2015: dementia awareness week

Sept 2016: dementia awareness week

DSIDC videos for loan



# Education / training /awareness



Community: Target PCT

## **First Steps: raise awareness**

Dementia Awareness sessions: 176 to date

Dementi

Mental H

## **Next Steps: Facilitate training**

“Dementia Education and Resource” booklet

Commitment from Dir of PHN North Lee to facilitate staff to complete Dementia Champion training.

## **Next Steps: GP / PCT training**

Cork GP faculty presentation May 2016

Linking with “Prepared” project

New GP dementia module

# Volunteers



Initial stakeholder interviews

Required new hospital policy

## **SAGE volunteers:**

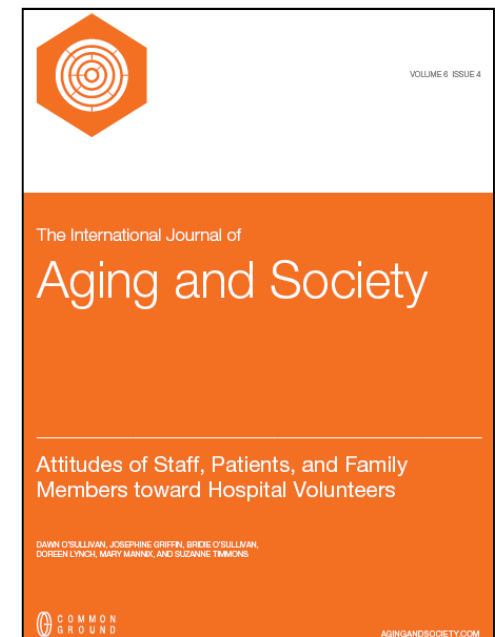
Coordinated by SAGE

Evolution: regular → as needed calls  
supporting transitions to long-term care  
literacy support

## **Hospital volunteers (10 → 8 → 18)**

Coordinated by an “expert volunteer”

Evolution: In initial under-use → novel roles  
Buddy walking  
Branding: T-shirts plus ID badges  
ED: needs to be highly responsive



# Enablers of education, environmental change and change management



- National agenda item
- National dementia education availability
- MUH special qualities
- Dedicated staff for the project
- Leading out with dementia awareness
- Regular updates
- Fundraising as awareness raising

## **Acute Consortium Members**

Dr. Suzanne Timmons, Geriatrician

Mary Mannix, Dementia Nurse Specialist

Sandra Daly, CEO

Dr Elaine Dunne, Psychiatry of Old Age

Dr Gemma Browne, Consultant Lead for Acute Medical Assessment Unit

Josephine Griffin, Patient liaison Officer

Margaret McKiernan, Director of Nursing MUH

Prof. David Kerins, Clinical Director MUH

Sile O' Grady, Emergency Department Advanced Nurse Practitioner

Geriatricians: Dr. Colm Henry, Dr. Kieran O' Connor, Dr. Catherine O'Sullivan

Dr Adrian Murphy, Emergency Department Consultant

Ms Eileen Looney, Discharge Coordinator

Anne O' Hea, Anne Quirke, Occupational Therapists

Ruth McCullagh, Physiotherapist

Micheál Sheridan, Mercy University Foundation

Dr Paul Gallagher, CUH geriatrician, Dr Ciara McGlade MGH geriatrician

Sharon Maher, CNM St Mary's ward

Colman Rutherford, Head of Social Work

Emer O' Regan, Dietician

Grace O'Sullivan, Coordinator, Hospice Friendly Hospitals programme



## **Community consortium members**

Gabrielle O’Keeffe, Lead for Social Care CHO 4

Dr Aoife Ni Chorcorain Psychiatry of Old Age

Dr. Eoin Monahan GP

Dr. Jim Harty, GP

Cora Williams, Director of Public Health Nursing North Lee

Jon Hincliffe, Alz Soc Ireland Cork branch

Aidan Warner, Primary Care Community Worker

Patrick O’Keeffe, Carer

Bruce Pierce, St. Luke’s Home, Director of Education

Mary J Foley, ANP Older Persons, Memory Support Clinic / Alzheimer’s Cafe

Peter Cox, Family Carers Ireland

Dr. Tony Foley, GP

Esther Kennelly, Community Mental Health Nurse

Garett Cody and Ken Anthony: Home support manager, North and South Lee

Dr. Catherine Sweeney, Medical Officer, Marymount University Hospice and Hospital

