

Evidence-Based Policy and Practice in Aged Care

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Brisbane, Queensland
October 17th, 2011

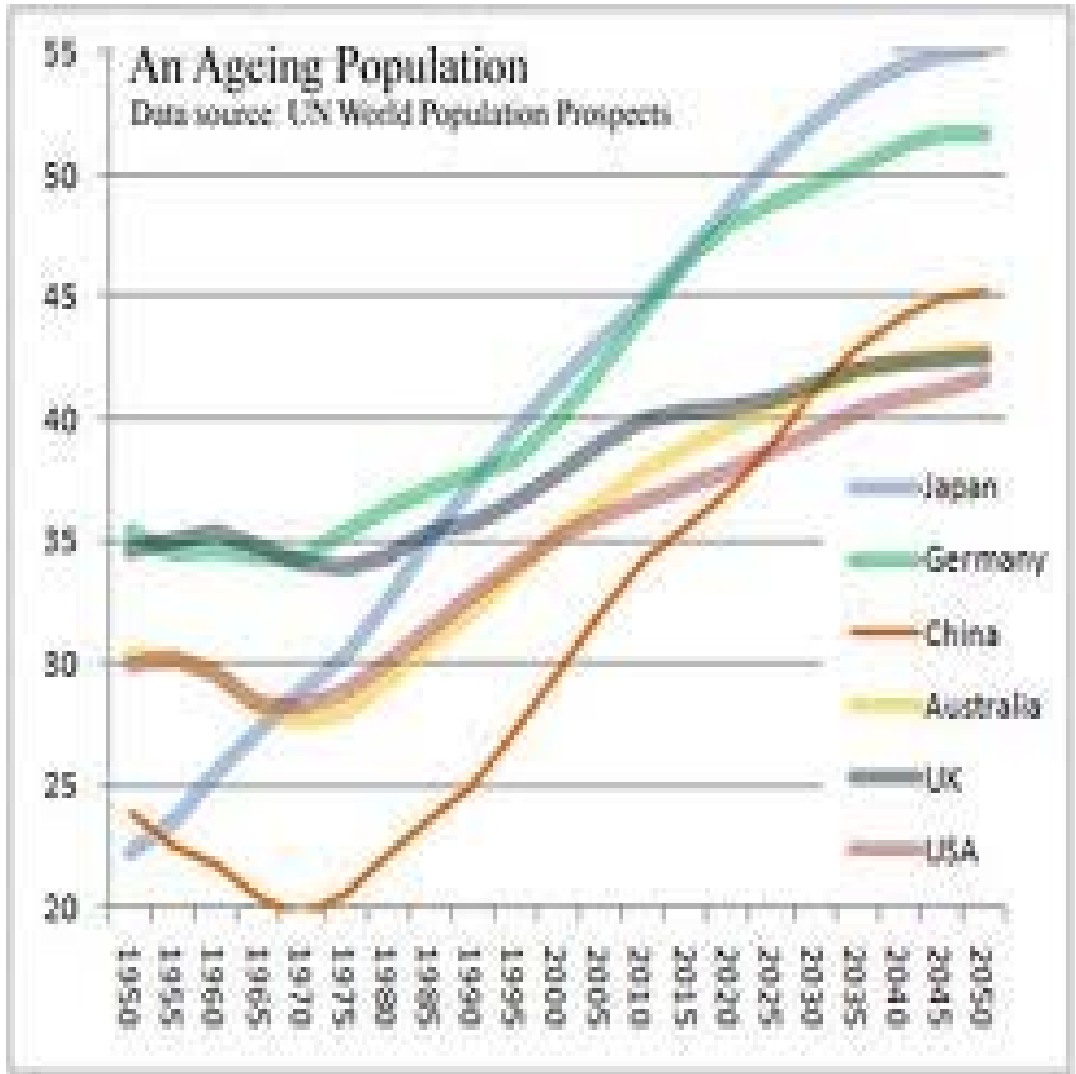
LINUX INSIDE THE SOFTWARE REVOLUTIONARY (P. 52)

CHINA'S ZHAO WHAT HIS LEGACY REALLY MEANS (P. 20)



GLOBAL AGING

DAVOS SPECIAL REPORT It's not just Europe—China and other emerging-market economies are aging fast, too. There are solutions, but it's time to act. BY PETE ENGARDIO AND CAROL MATLACK (P. 40)



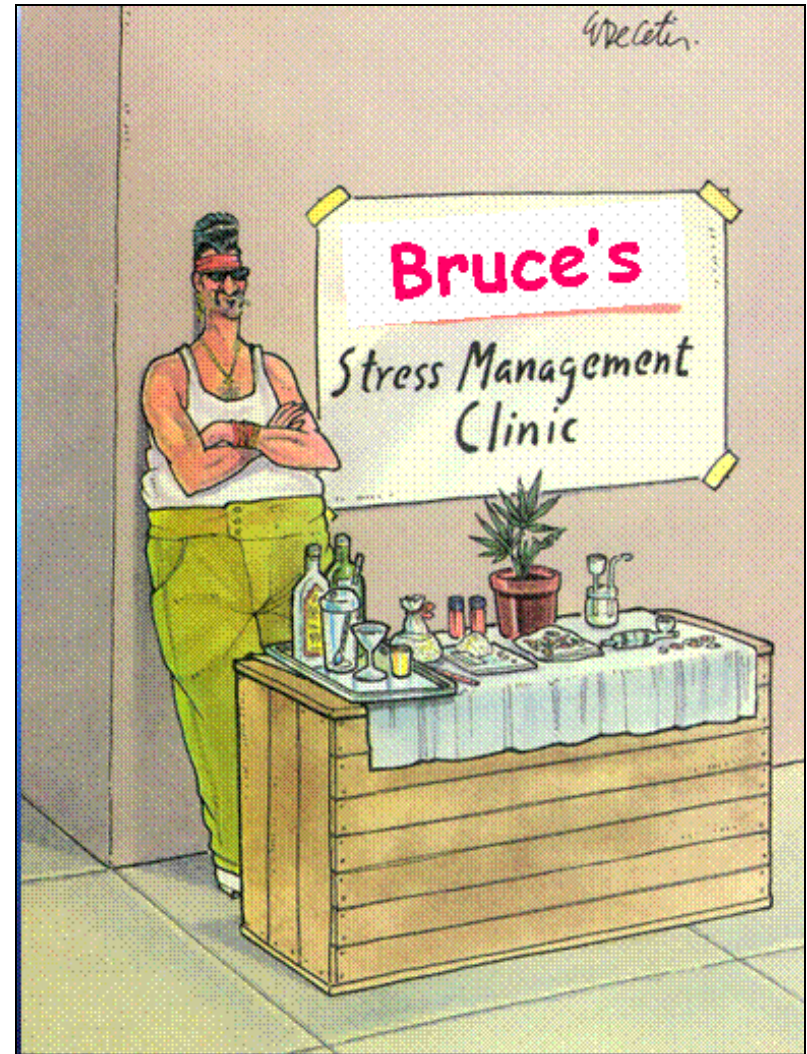
- Every country is looking for ways to meet the needs of its senior citizens
- How are we doing?



All sorts of "treatments" are available out there.



Ethically, it is important to provide services to clients that work and that are safe!



Can anything prevent Alzheimer's disease or delay its progression?

- Nutritional supplements? herbal preparations? dietary factors? drugs? social or economic factors? medical conditions? toxins or environmental exposures?



No Magic Bullet Against Alzheimer's Disease!!

Assumptions and realities

- Assumptions
 - Good intentions
 - Societal values
 - History of agency
 - Trained worker
 - Supervised service
 - Vogue practice methods
 - Others
- Reality and Scenario
 - None of those assumptions necessary holds
 - Lost public confidence
 - Lost funding to support services
 - Lost opportunity to serve needy clients
 - Lost job satisfaction

Validation Therapy

- **Description of the intervention:**
 - developed by Naomi Feil
 - The therapy is based on the general principle of validation, the acceptance of the reality and personal truth of another's experience, and incorporates a range of specific techniques.
- **Meta Analysis** shows insufficient evidence from randomized trials to allow any conclusion about the efficacy of validation therapy for people with dementia or cognitive impairment (Neal & Wright, 2009).
- **VT costs approximately \$130 per patient and, as of 2001, was operating in 75% of American dementia care services.**



Fiscal Costs of Not Using EBPs

Aged care policy and programs

- Most countries failed to set up a policy according to older people's preference
- Most aged care programs suffer from
 - Unbalance between residential and home care
 - Cost burden
 - Poor quality of care and quality of life



Research evidence and EBP

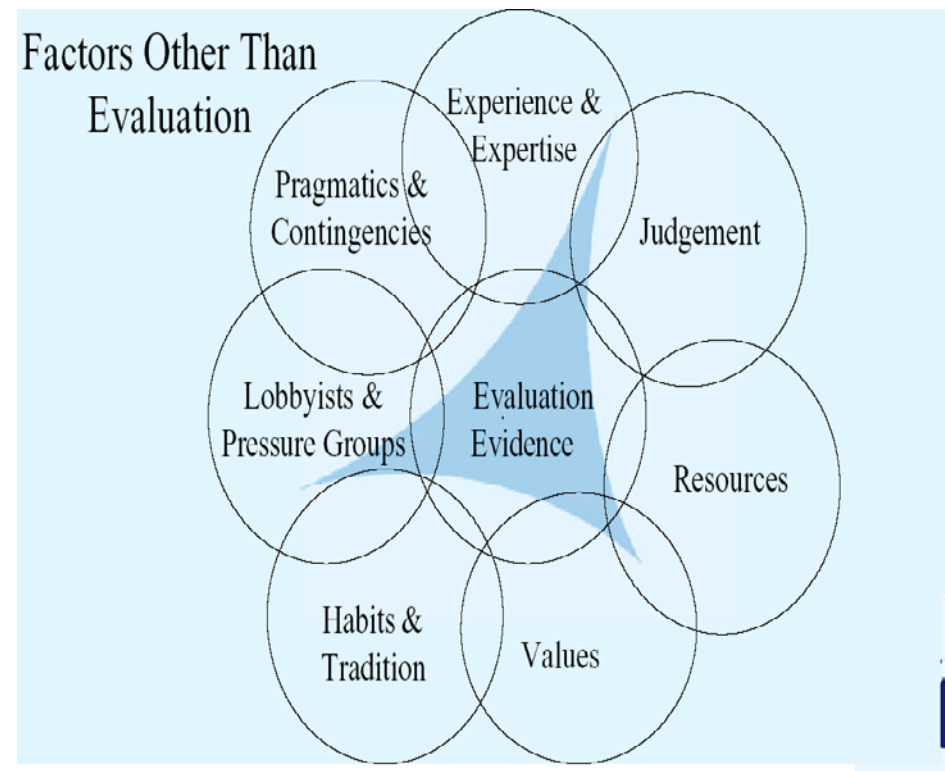


- Research evidence \neq EBP
- Research evidence may confirm or disconfirm assumptions
- Research evidence does not mandate decision making, but guides it

Evidence-based policy/practice (EBP) is not research alone, in conjunction with...

Evidence-based policy

a process for making informed decisions about programs and policies using the best research evidence available by integrating this evidence with the special social, economic and cultural circumstances in a given policy context



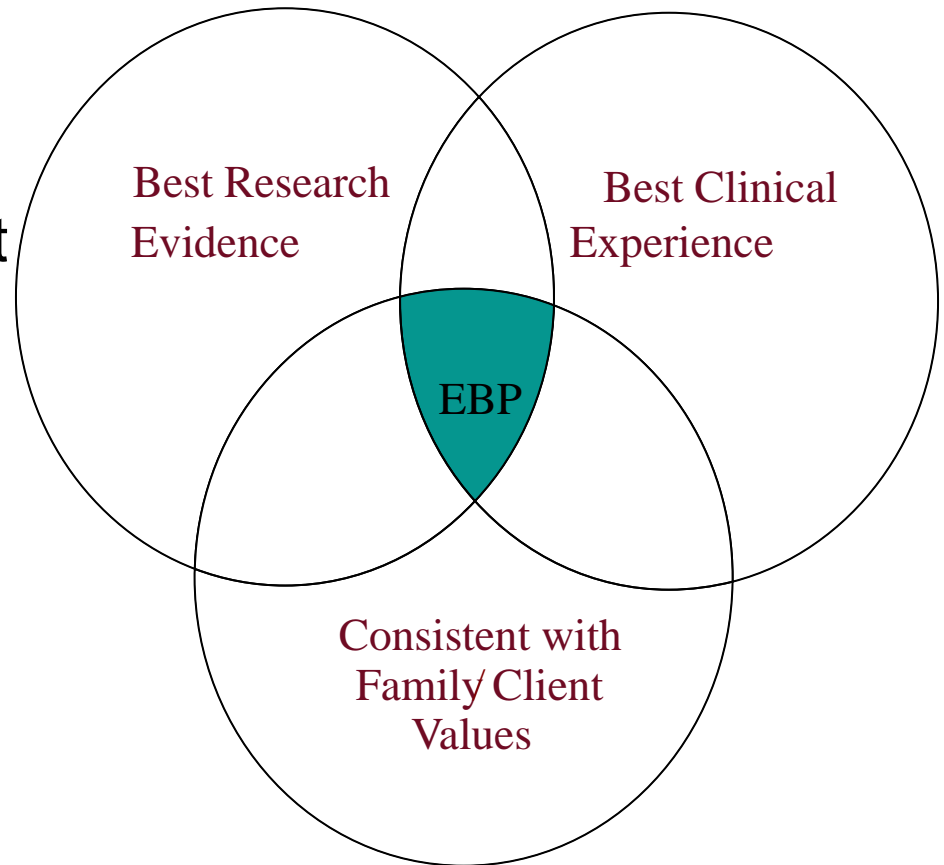
Evidence-based practice model

EBP is a process involving:

- Posing specific questions
- Searching for current best evidence
- Evaluating the evidence objectively

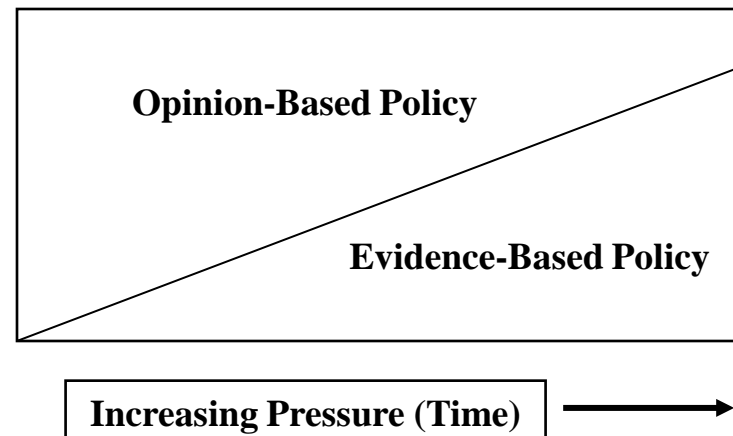
and...

- Taking action based on evidence



Evolution of EBP

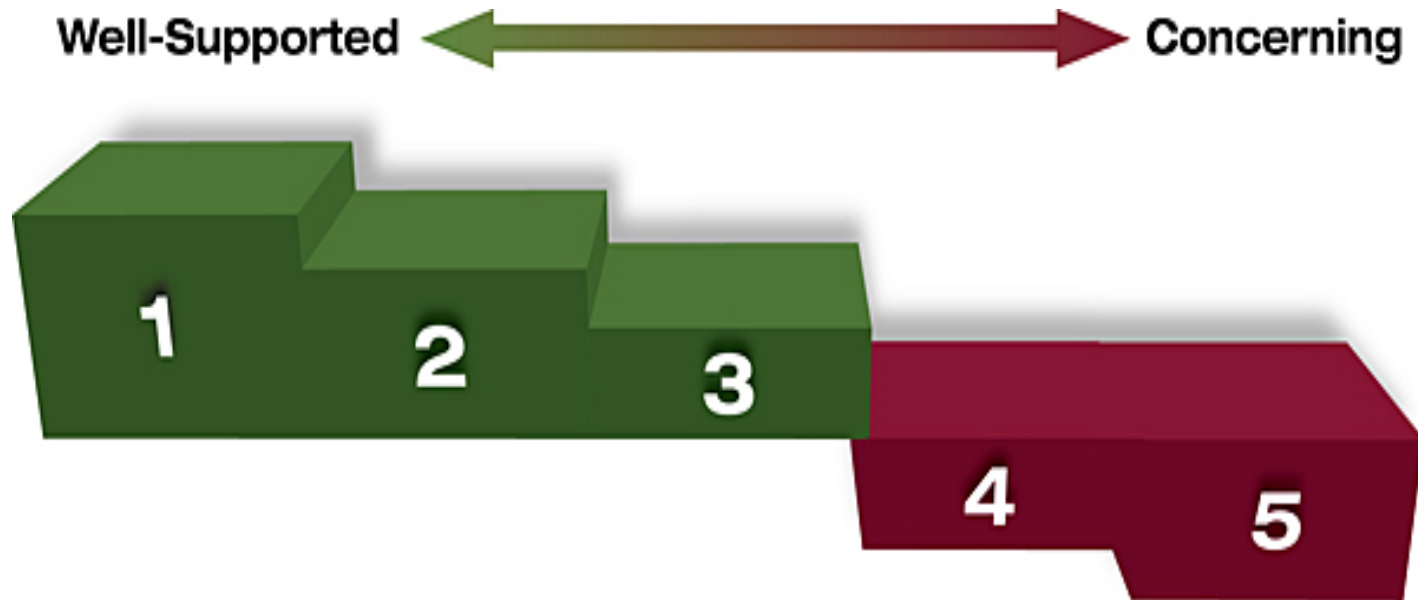
- Increased interest in outcomes and accountability
 - Make pre-requisite to formulating policies and developing programs



- A growing body of scientific knowledge
 - Advancements in evaluative research
 - Computerization of information

Scientific rating scale

Grading of Recommendations Assessment, Development and Evaluation (GRADE) system



1 = Well-supported by research evidence
5 = Concerning practice

Aged care EBP information in the US

- National Council on Aging (NCOA)
 - Center for Healthy Aging on EB Prevention Programs
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- Rosalynn Carter Institute on Caregiving (RCI)



Effectiveness of dementia caregiver interventions: A systematic review

- Evidence supports the use of well-designed psycho-educational or multi-component interventions
- Factors contribute to effective interventions including:
 - Involved both the person with dementia and the caregiver
 - Encourage active participation in educational interventions
 - Offer individualized programs rather than group sessions
 - Provide information on an ongoing basis and coaching new roles



Parker et al., 2008

Chinese Clearinghouse for Evidence-Based Practice and Policy (CCE)

- Jointly developed and maintained by Chinese Cochrane Center, Chengdu, Sichuan, P. R. of China, (www.ebm.org.cn), and the University of Southern California's (USC) School of Social Work, (<http://sowkweb.usc.edu/>)



CCE mission

To provide human services professionals, community organizations and policy-makers with easy access to the latest empirical evidence on social work practice and related care services (www.chiclearinghouse.org) to be hosted by (www.ebm.org.cn)



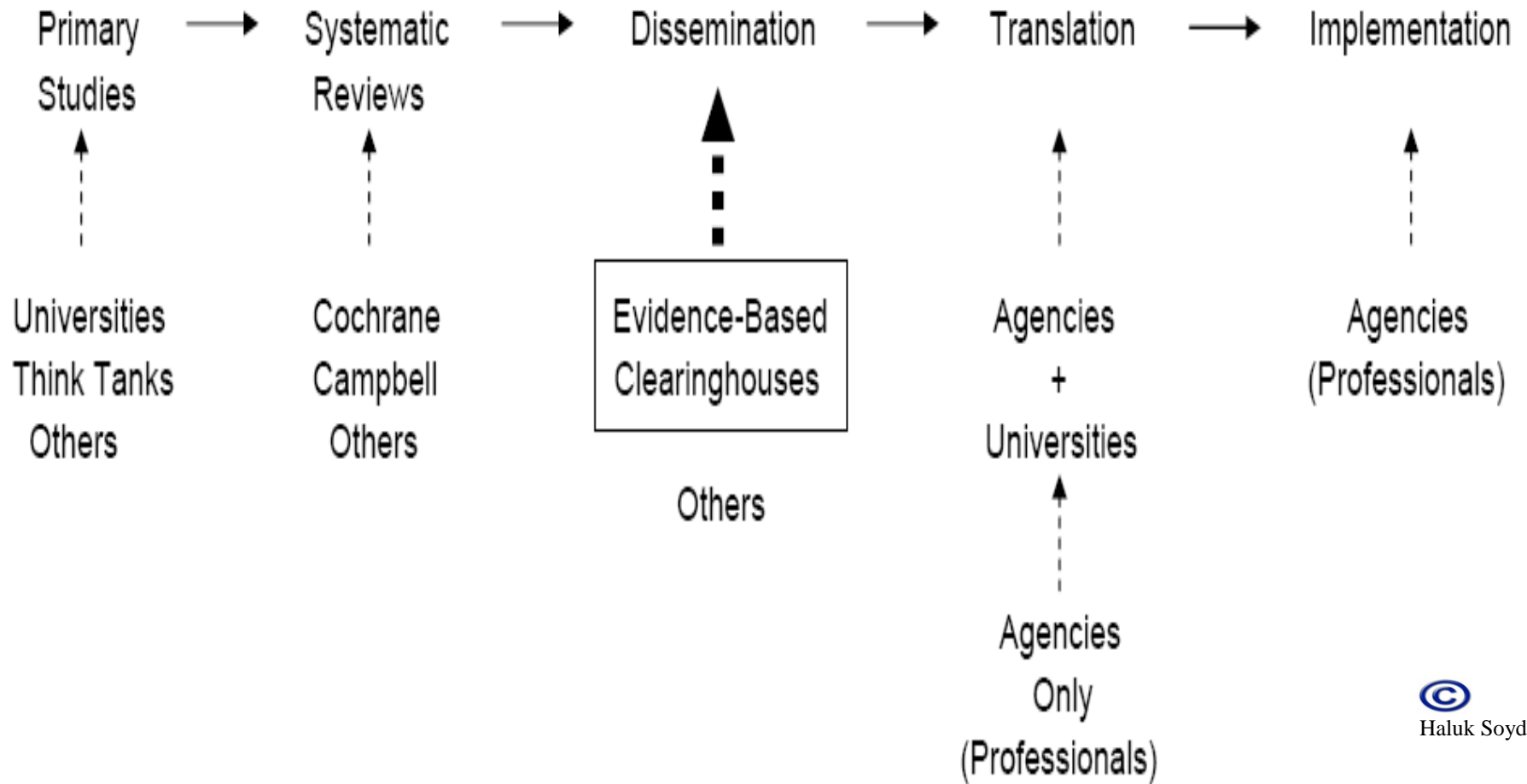
Challenges to EBP

Many limitations of research and research methodology

- Intervention
- Outcomes
- Generalizability
- Sustainable implementation



FROM BENCH TO TRENCH



Program of All-Inclusive Care for the Elderly (PACE)

- A provider-based managed care program that integrates acute, chronic and long-term care for nursing home certified seniors
- Interdisciplinary teams assess need, provide care, and manage contract services
- Funded by monthly capitation for services
- PACE providers assume full financial risk
- On Lok Lifeways Story 2010



<http://www.youtube.com/watch?v=hEmKpZEqSx8&feature=related>

Cash and Counseling Model (CC)

- CC gives consumers a monthly allowance that they may use to hire workers, and to purchase care-related services and goods
- CC allows flexible use of an allowance, use of representatives, can hire anyone including their family members, and availability of counseling and fiscal services
- YouTube - Cash & Counseling
<http://www.youtube.com/watch?v=VVRBO6AwrGo&feature=related>



Comparing with HCBS

Effective of PACE

- Improve health management outcomes
- Increase preventive care
- Reduce hospital use
- Fewer depressive symptoms



Effective of CC

- Receive more personal assistance
- More likely to meet needs
- More satisfied with care
- Lower rate of adverse events
- Improve quality of life
- More caregiver satisfaction

Mathematica Policy Research 2007 & 2008

In order for EBP to become a widely used approach, it must become a truly joint effort of both researchers, policymakers and practitioners



What should we do?

- Question about ongoing policy and practice
- Plan and engage in research-informed policy and practice
- Partner with practice-oriented researchers and engage in practice-informed research
- Researchers must be more responsive to the needs of practitioners and program participants
- Research, Effectiveness, Adoption, Implementation, and Maintenance (RE-AIM) framework (Glasgow, 2006)

Thank you

