



The Future of Caring

April 2019 Update

Board of Directors Approves Expansion Plan

The Perley Rideau's Board of Directors has approved the next stage of a significant expansion of our Seniors Village. The project involves the construction of a building attached to the Health Centre to house additional seniors, and responds to the growing need for supportive housing for seniors. Residents of the new building would access the additional services and therapies they need to live as independently as their health allows. They would then transition to higher levels of care as needed, fully realizing the continuum-of-care concept. The project supports the Government of Ontario's efforts to put an end to so-called hallway medicine and contributes to Perley Rideau's long-term sustainability. Construction is expected to begin in 2021. More information about the project will be available in June.



The Health Centre continues to discuss the possibility of partnering with Algonquin College to construct long-term care beds and seniors housing on the Algonquin campus.



Centre of Excellence in Frailty-Informed Care

Perley Rideau has hired a Research Chair to lead Canada's first Centre of Excellence in Frailty-Informed Care; the name of the Chair will be announced in June. The Centre of Excellence will help to improve quality of care through a mix of research, education, partnerships and the implementation of evidence-based best practices. The Centre of Excellence will also help to meet many of the imminent challenges facing the healthcare and long-term care sectors.

Interprofessional Clinic at Perley Rideau

January marked the opening of the Interprofessional Clinic at Perley Rideau. This teaching Clinic, established in partnership with University of Ottawa Faculty of Health Sciences and managed in collaboration with University of Ottawa Health Services, offers residents, tenants and members of the community a wide range of adult and pediatric treatments and services. These include audiology, occupational therapy, physiotherapy and speech-language pathology. This state-of-the-art learning facility also draws health professional from various disciplines for research purposes.



Generous Donor Support

The Interprofessional Clinic, the Centre of Excellence and the Village expansion project would not be possible without the generous support of the many people and organizations who donate to the Perley Rideau Foundation. Residents, family members, staff and volunteers extend a big “thank you” to all donors. Your support, along with strong leadership from the Foundation team, is essential to the ongoing success of Perley Rideau!



Best Practices Spotlight Organization

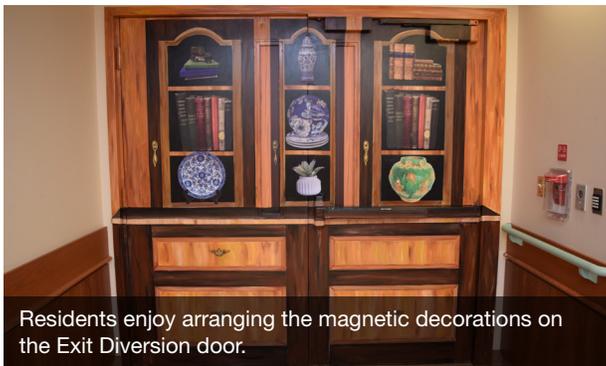
The Registered Nurses Association of Ontario – RNAO – has officially designated Perley Rideau a Best Practice Spotlight Organization. Under an agreement signed with RNAO in 2016, Health Centre staff implement and evaluate best practices in care. The Perley Rideau also works with the RNAO to share success with best practices across the healthcare and long-term-care sectors. The project is a big success, further improving the quality of care delivered to residents not only of Perley Rideau, but also of other long-term care homes. It’s yet another way that we increase our contribution to the healthcare system and to the community.

The RNAO also recognized Jennifer Plant, Perley Rideau’s Director of Clinical Practice with an Honoured Friend of Nursing award.



Jennifer Plant,
Director of Clinical Practice

Specialized Behavioural Support Unit Update



Residents enjoy arranging the magnetic decorations on the Exit Diversion door.



The Gentle Persuasive Approach (GPA) is just one of many approaches staff learn to address responsive behaviours.

In April 2018, Perley Rideau opened a 20-bed Specialized Behavioural Support Unit under a partnership with the Champlain Local Health Integration Network and the Royal Ottawa Hospital. The Unit features a secure environment and provides safe, enriched care to people with dementia who exhibit responsive behaviours. During its first year of operation, the Unit has been a great success. In a recent survey of the family members of residents transferred to the Unit, all respondent gave the highest possible rating to both the Unit and the care provided.



Enhancing Joy in Work



A project underway at Perley Rideau aims to help address a growing problem for the long-term-care sector: burnout among Personal Support Workers (PSWs). Known as Enhancing Joy in Work, the project aims to identify the root causes of burnout, along with effective prevention strategies. An interim outcome is the development of a simple tool during shift report that facilitates teamwork, a strategy that can prevent burnout. The tool is a standardized report that provides RPNs and PSWs starting their shifts knowing the plan for the day, also support each other to have a great shift. After initial testing on two resident units, the report will soon be implemented across the Health Centre.

Virtual Reality Relaxation Therapy

Another joint research project involves Virtual Reality Relaxation Therapy for residents with dementia. In partnership with researchers affiliated with York University, the project explores whether a Virtual Reality environment can help decrease responsive behaviours during stressful events such as changing the dressing on a wound. For a period of about 20 minutes, the resident wears a Virtual Reality headset and headphones that depict a calm scene from nature. Initial results have been positive.



New Learning App



A learning project now underway for Perley Rideau's Registered Nurses, Registered Practical Nurses and PSWs promises to improve quality of care. Through the use of an online game and learning modules, the care team members enhance their ability to identify signs of deterioration in the condition of frail elderly. The app, known as S.O.S. Acute Deterioration, challenges users to choose from a list of potential actions, including treatment options, based on a description of a person's condition. The challenges become more difficult as the learner's performance improves. There is growing evidence of the effectiveness of this so-called "gamified" learning, and we continue to strive to engage staff in new and innovative ways.

Innovative Collaboration to Engage Families

Family members of Perley Rideau residents report great satisfaction with the notification system introduced in 2018. When a resident has an upcoming medical appointment or care-plan review, or if their unit experiences an infectious-disease outbreak, the system automatically notifies appropriate family members. The system also frees up Perley Rideau staff to focus on their primary duties: caring for residents. Our innovative collaboration has been recognized as a Leading Practice by the Health Standards Organization.



The Enchanted Forest

A final bit of news is the installation of a new interactive environment in the Met Gallery on the second floor. Known as the Enchanted Forest, the installation is designed to stimulate all of the senses. The Forest features elements created by



residents in our therapeutic-arts studio. Previous environments – Winter Wonderland and The Jungle – proved popular getaways for residents and their families during the cold winter.

Community Liaison Meeting on May 15th

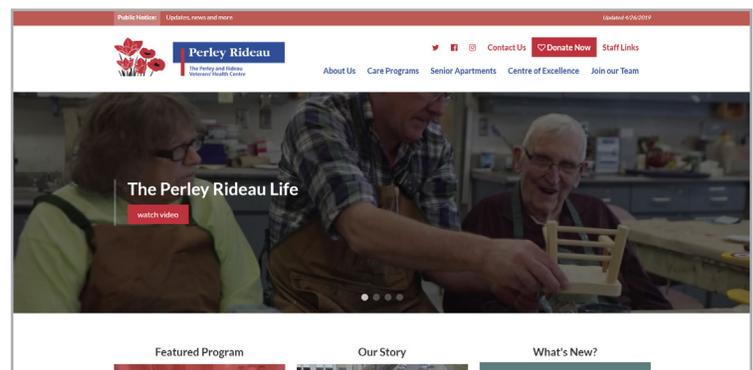


As part of our ongoing commitments to transparency and accountability, members of the community are invited to attend Perley Rideau's Community Liaison Meeting, set for Wednesday, May 15th at 5:30 pm in the Perley Rideau Boardroom.

Everyone is welcome.

New Website

Please visit www.PerleyRideau.ca to view our newly designed website and check out the latest CEO Update Video.



Perley Rideau



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