

Put Residents' Goals of Care at the Heart of Your Practice: SeeMe®



Introducing SeeMe®: Understanding *frailty* together, a comprehensive framework designed to simplify and strengthen your approach to person-centered care in long-term care. Developed and rigorously evaluated at Perley Health, a leading long-term care home in the nation's capital, SeeMe® is an evidence-informed communication and decision-making framework.

SeeMe® provides your team with the tools, protocols, implementation support, and flexible training options needed to standardize and enhance how you discuss and align care with a resident's individual goals.

While the concept of prioritizing resident goals is clear, its consistent implementation can be difficult. SeeMe® offers a practical solution, backed by more than five years of real-world application in a long-term care setting.

Benefits for Residents and Their Families:

- **Enhanced Understanding:** Gain a clearer understanding of the resident's frailty and overall health status.
- **Informed Decisions:** Empower residents and their families to make more informed decisions about care preferences and treatment options.
- **Individualized Care:** SeeMe® ensures a truly individualized approach to care planning and delivery.
- **Consistent Communication:** All residents benefit from consistent, high-quality conversations about their goals of care.

Benefits for the Interprofessional Team:

- **Standardized Approach:** SeeMe® provides a standardized framework, ensuring more individualized care for every resident, regardless of the team member involved.
- **Improved Communication:** The framework fosters clearer and more effective communication amongst the care team, residents, and their families, supported by specific communication tools within SeeMe®.
- **Increased Confidence:** Your team will feel more confident in caring for residents, knowing they are working within a structured and supportive framework, bolstered by comprehensive training modules.

SeeMe®: Empowering Person-Centered Decisions

SeeMe® recognizes that every resident's journey is unique. It moves beyond a one-size-fits-all approach by prompting essential questions, often facilitated by structured conversation guides and assessment tools within the SeeMe® framework:

- What are the individual's quality-of-life goals?
- How can we honour individual wishes, if there is a health change?
- What lifestyle preferences should be considered?
- Which medical interventions are best aligned with the individual's goals of care?
- How does frailty impact the outcome of medical procedures?

Real Impact, Real Results, Supported by Training

The implementation of SeeMe® at Perley Health, accompanied by comprehensive staff training, has demonstrated significant positive impacts. Diane Eddy's experience highlights how SeeMe®, facilitated by staff using the framework's tools, enabled her husband to ensure her personal wishes and preferences were central to her care.

- Explore the article in Long Term Care Today (p. 36):
www.mediaedgemagazines.com/the-ontario-long-term-care-association-oltca/ol231/

Rigorous Evaluation Confirms the Value

The effectiveness of SeeMe®, including the impact of its associated training programs, has been rigorously evaluated, with findings published in the Canadian Geriatrics Journal. This peer-reviewed study showcased the positive outcomes of the SeeMe® approach, demonstrating:

- High levels of satisfaction with the SeeMe® program among nurses, physicians and families of residents in long-term care.
- Increased knowledge and confidence among nurses using the program, directly linked to the SeeMe® training modules.
- A shift towards less invasive interventions as residents and families, better informed through SeeMe resources and facilitated conversations, opted for care that prioritized quality of life. This included decisions regarding CPR and hospital transfers.
- Improved communication and understanding of resident wishes, particularly regarding end-of-life care, facilitated by specific communication strategies taught in SeeMe® training.

Learn More:

- Visit our website: PerleyHealth.ca/seeme
- Read the media release on the research findings:
PerleyHealth.ca/upload/documents/march_3_2022_media_release_seeme.pdf

For a Free Consultation – Inquire about Tools and Training:

Email: centreofexcellence@perleyhealth.ca



More evidenced-informed resources and tools available at
PerleyHealth.ca/knowledge-translation

The Perley Health Centre of Excellence in Frailty-Informed Care™ advances care for older adults living with frailty through innovative research, education, and best practice implementation.