

Prescription for Physical Activity

Great Plains QIN Huddle – August 18, 2020

A partnership activity of the University of North Dakota (UND)
Geriatric and Age Friendly TeleECHO series

Medications: Medication Update

September 8, 2020

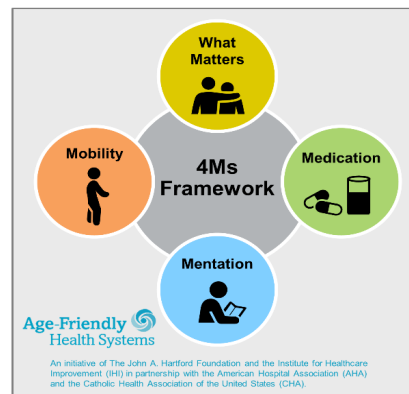
Featured Speaker: Donald Jurivich, DO

Chair of Geriatrics, UND School of Medicine & Health Sciences

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Geriatric and Age Friendly 4Ms Framework

- **What Matters?**
- Medication
- Mentation
- **Mobility**



For related work, this graphic may be used in its entirety without requesting permission. Graphic files and guidance at it.org/AgeFriendly

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Mobility

- Decreased Mobility → Frailty
- Frailty → Decreased Life Expectancy
- Being Active ⇔ Better Health Outcomes
- Motivation (What Matters) is the key to staying active

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Group Activity

- **What motivates someone to increase/start being active?** [Chat in your responses]

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Robust Mobility

- Better health outcomes
 - ✓ Hypertension (HTN)
 - ✓ Diabetes
 - ✓ Cardiovascular Disease (CVD)
 - ✓ Depression
 - ✓ Arthritis

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Mobility Stories - The Good & The Bad

- From Frail to Robust
 - ✓ Injury that led to frailty
 - ✓ Post-injury care revolved around What Matters
 - ✓ Was motivated to get back to being robust
 - ✓ Mobility goals were patient-centered

Have a mobility goal everyday

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Decreased Mobility - Frail

- Poor Health Outcomes
 - ✓ Re-hospitalization
 - ✓ Falls, fractures - needing SNF/LTC placement
 - ✓ Permanent Disability
 - ✓ Delayed recovery from acute illness like COVID, Flu
 - ✓ Poor management of chronic diseases
 - ✓ Mortality

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Mobility Stories - The Good & The Bad

- **From Robust to Frail**
 - ✓ Missed opportunity to prevent progression from pre-frail to frail
 - ✓ Lost purpose for being active
 - ✓ Led to steady decline
 - ✓ One setback compounded another

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Best Practice to Increase Mobility

- Motivational Interviewing and Goal Setting
- Four guiding principles:

R - Resist telling them what to do

U - Understand their motivation

L - Listen with empathy

E - Empower them

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Best Practices



- ✓ Ask What Matters most, document it and share What Matters across the healthcare team
- ✓ Align the care plan with What Matters most
- ✓ Review high-risk medication use and document it
- ✓ Deprescribe or avoid high-risk medications
- ✓ Identify and manage factors contributing to depression

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Best Practices...[continued]



- Screen for mobility limitations
- Include the family/caregiver
- Patient portal access and visit summaries
- Interdisciplinary care team
- Motivational interviewing
- Share advance care planning between settings with care transitions

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When to Talk about Mobility



- Medicare Annual Wellness Visits and other clinic visits
- New diagnosis or change in health status
- Life-stage change
- Chronic disease management
- Inpatient visits

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Resources

North Dakota

- [North Dakota State University Extension Aging Well programs](#)
- [North Dakota Community Clinical Collaborative – NDC3.org](#)
- [North Dakota Aging and Disability Resources Link \(ADRL\)](#)
- [Bone Builders-Fargo](#)

South Dakota

- [Better Choices, Better Health SD](#)
- [SD Fall Prevention Toolkit](#)
- [OsteoStrong Rapid City](#)



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National Initiatives

- [Stepping On](#)
- [Tai Ji Quan: Moving for Better Balance](#)
- [A Matter of Balance](#)
- [Walk with Ease](#)
- [Fit & Strong!](#)
- [Silver Sneakers](#) [YMCA Program]

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Prescription for Physical Activity

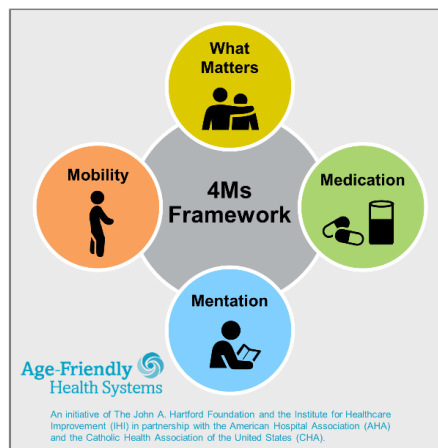
Summary



- Personal Impact
- Other Factors
- Best Practices
- Assessment and Community Resources
- National Initiatives

Prescription for Physical Activity

What has been the COVID-19 impact?



Commitment to Act

What is the first/next step you can take to improve prescribing physical activity for your patients? *[Post your ideas in the chat]*



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Geriatric and Age Friendly TeleECHO

Upcoming Topics	2nd Tues 12 PM CT	3rd Tues 12 PM CT
	UND TeleECHO	GPQIN Huddle

Medications: Medication Update	September 8	September 15
Mentation: Depression in Older Adults	October 13	October 20
What Matters: Decision-Making Capacity	November 10	November 17

<https://ruralhealth.und.edu/projects/project-echo/topics/geriatrics>



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Great Plains Quality Care Coalition

Better Together.

- Improve care in your community and organization
- Partner with an experienced team of quality improvement experts
- Access to tools, resources and education
- Connect with healthcare partners in your community
- Share ideas and best practices
- Learn how to better utilize data to drive improvement

FREE assistance through funding by the Centers for Medicare & Medicaid Services

Learn more, sign up or access current participants:

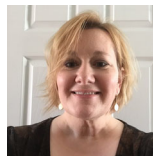
<https://greatplainsqin.org/initiatives/quality-care-coalition/>

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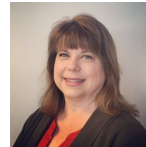
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Great Plains QIN aspires to make health in our region the best in the nation

<https://greatplainsqin.org>
800/458-4262

This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Innovation Network - Quality Improvement Organization for North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 12SOW-GPQIN-29/0820