

Cowichan EPIC Gathering

Synopsis

April 16, 2024

Ocean Front Suites Cowichan Bay



Thank you to all who were able to join us for a wonderful day of celebration, learning and considerations for moving forward in the future. In this document you will find notes from discussions, copies of the power point presentation and more.

Should you have an interest in participating in regular monthly meetings (third Thursday of the month at 10 am), or if you wish to have your name added to the contact list to receive invites, minutes etc., please don't hesitate to contact me cindylisecchn@shaw.ca ***If you have an interest in participating in the Falls Prevention Planning Team*** or participate in this next big thing please reach out to me as well.

EPIC Historical Recap is included in the attached power point presentation. More documents are available on the Our Cowichan website www.ourcchn.ca at the top of the home page you will find the EPIC Tab. The pdf document will also be added to this list of resources in the coming weeks.

EPIC Collective Impact:

What has made the EPIC initiative so effective? It was built using the Collective Impact Framework and included partners in health, primary care, First Nations and community. The group learned about how Collective Impact has been the catalyst for success and heard examples that include the 5 key conditions of Collective Impact. <https://www.youtube.com/watch?v=HNOrrrIYvdo>

- Common Agenda
- Shared Measurement Systems
- Mutually Reinforcing Activities
- Continuous Communication
- Backbone Organization

Although we didn't have time to share this at the learning day, you may also find the link below interesting in regards to Collective Impact and the Cowichan project. This video was created at a previous learning day. <https://vimeo.com/206195536>

EPIC and the Community Stream:

Participants learned about key initiatives undertaken in the last number of years via the Community Stream of EPIC that include:

- Leveraging grants, resources, capacity and knowledge
- The development of Information Packages that were directly provided to seniors while getting COVID and Flu Immunizations. An estimated 9,000-10,000 were handed out during the pandemic. Packages included:
 - How are You Aging? Identifying Frailty
 - Where Will I Live?
 - Advanced Care Planning
 - Transportation Project
 - Island Health Wellness Grant for Seniors Supported Transportation
- Pop Up Wellness Events held in neighbourhoods where seniors reside
- Island Health Wellness Grants to develop more Caregivers Support
- Better at Home for Cowichan Tribes and the broader community provide affordable supports such as light housekeeping, shopping, yard work and more to keep people in their homes
- Healthy Aging Core Funding helped to build the Social Prescribing Initiative connecting seniors to the resources they are seeking
- Seniors Expos have brought hundreds of seniors together for fun filled learning days and connections to resources
- Our team has supported the Development of the Primary Care Network
- OCCHN Small Grants such as
 - Soups On, Cobble Hill Seniors, Handmade Hugs, Luncheons, Caregivers Library, hospice learning events have led to long established initiatives in our region where funds have been leveraged and grown.
- Physical Literacy (to come)
- And so much more

Our Data Shows an Impact on Health and Health Services

Jennifer Sirup and Donna Juan Tapp provided presentations on Island Health and Primary Care Updates.

2021

- The launching of the Cowichan Health and Care Plan
- The Hamlets Long Term Care opens
- Cowichan Hospice House Opens
- STEPS (Short term enablement and planning suites) opens 6 beds
- The COPD team launches

2022

- STEPS grows to 10 beds
- New palliative resources are added

- An evaluation consultant is hired
- Seniors Outpatient Clinic team and resources are added that include Occupational Therapy and an RN

2023

- The COPD Team expands
- Hospice House expands from 7 beds to 10
- STEPS now has 14 beds
- An IV coordinator nurse and community connections nurse are hired
- Hospital at home is launched

In addition to the above there has been the introduction to Primary Care Clinics, 10 new social workers in the Primary Care Network, and improved access to rural and remote areas including Thetis Island. The Health Connect Registry has enabled the attachment of over 8000 patients to primary care providers.

Cowichan District Hospital staff have been working on process improvements with contribute to the collective impact for senior in Cowichan including:

- Familiar Faces- providing interdisciplinary care for those who present to emergency frequently
- Liaison and Social work help navigate challenging discharges
- Greater focus on structured team reports to identify discharge challenges and barriers
- Reducing functional decline while in hospital and new walking program

Community Health Services have enhanced the following:

- It has expanded in size and scope since the beginning of EPIC
- Home support and professional services are delivering twice the number of visits
- New team developed for rapid response for urgent needs and to prevent presentation at the hospital
- Expanded wound and IV services
- Expanded adult day program spaces by increasing access into evening hours to optimize the space and resources for this service

What has all of this collective work accomplished?

- CDH has been able to reduce their capacity and keep it reduced to levels at a sustained 94% while other hospitals are operating at over 110% or 125%. These drops are directly correlated to the resources put in place and supporting patients outside of the hospital.
- Actual predicted bed days have dropped significantly from what was to be a projected 186 bed days to 140 beds days at Cowichan District Hospital
- COPD and Palliative patient admissions are reduced from pre COVID days despite a growing and aging population in Cowichan



- Dementia admissions to hospital are reduced (this has been supported by the opening of the Hamlets Long Term Care, STEPS, seniors outpatient clinics, increase in home support and social work support and expansion of the adult day program)
- Emerging patient groups such as Congestive Heart Failure, Falls and Frailty will be focussed on next

Falls Prevention- Lina Alsakran (Presentation Attached)

Falls are the number one reason why someone enters the hospital and does not return to full independence and are among 40% of admissions. Falls are the highest growth of seniors in Canada and as a result 1 in 3 will fall and 25% of those will sustain serious outcomes.

Falls cost Island Health a staggering \$450,000.00 between 2010 and 2020 and resulted in over 23,000 hospital admissions and 486,624 bed days!

With falls being one of our most pressing concerns to address, Lina spoke of what strategies have been researched to be successful this includes public awareness campaigns and actions such as:

- ***Most falls are preventable***
- Physical activity is the most effective way to prevent falls
- Older adults should be informed about falls and physical activity
- Medication review
- Home safety checks
- Vision checks
- Hydration

Our NEXT BIG THING for Collective Impact in Cowichan

- Efforts are underway to establish a Falls Prevention working group
- Establish scientific/medical falls prevention working group
- Establish a patient panel for community engagement
- Develop Falls prevention tool kit and educational resources
- Develop videos and key spokespeople to target specific audiences
- Plan our campaign including social media, videos, websites, newsletters and more

Now What Else Needs to Be Considered?

EPIC planning and priorities began in 2015/2016 with many changes taking place since then. There are gaps that were not identified and that have risen to the surface. There are gaps and initiatives that still require our attention. Group work at tables created the following lists of priorities for us to consider. Items on this list can be related to any thoughts that could/should be considered. (These items will be categorized in the coming weeks).

- How can we influence transportation studies that document the lack of transportation?
- Explore Financial Health

- Scams
- Fast day loans
- Gambling
- Elder abuse to social media/ family/others
- Identifying who is falling between the cracks and not connected
- Falls prevention – include rec centres
- 60% of Warmland is seniors
- Lack of comprehensive transportation strategy for seniors
- Seniors spending more than 30% on housing
- High costs of prescriptions
- Less access to healthy foods
- Need for complex care housing and supports for those with addictions and mental health challenges
- Those that are rural and remote outside of downtown core and their needs/housing/transportation/ health care access
- Impact of heat domes/climate change
- People working longer
- Technology barriers
- Housing
- Elderly neglect
- Mental health resources
- Social isolation
- Cost of living
- Risk reduction
- Social stigmatism
- Family units (Indigenous)
- Clements Centre Space
- Shared care versus responsibilities
- Unsafe drug use
- Connections to youth
- Meals
- Ordering of groceries
- Advocates for vulnerable
- Those who don't have computers or cell phones
- System navigation
- Access to information for caregivers
- Food security
- Right to live with risk
- Advanced care planning
- End of life planning

- Identifying what people want
- Dementia support
- Literacy levels
- Forms and applications
- Brain injury
- Chronic pain
- Transportation literacy
- Grief and loss
- Tax supports
- Health fairs for information
- Poverty
- Healthy boundaries
- Alcohol use and supports
- Long wait times for hospital/doctor/specialists
- Homelessness
- Lateral violence within families
- Housing challenges
 - Insurance
 - Maintenance
 - Spousal death
 - Access
 - Safety
- Keeping a pet
- Community connections
- Cost of recreation
- Support for caregivers and spouses
- Pain medication
- Falls prevention
- Community gardens
- Respite and day programs
- System navigation
- Population growth
- Housing in centre core close to services
- Complex care in community

EPIC Moving Forward:

The question was posed regarding this day being valuable and if folks wanted to meet this way again. The consensus was that this day was helpful and that many had an interest in future meetings with once a year having the greatest response so stay tuned!