Reducing inappropriate prescribing of antipsychotics for residents with dementia

Making it Happen

Mountains Nursing Home, Brecon

5th December 2012
Mountains Care Home
Some facts

- EMI Nursing Home, Libanus, Brecon
- Since 2004, part of Milkwood Care Limited
- Number of beds: 47
- Manager: Stephanie Myles
- Deputy manager: Jane Saunders
Count us in!
Staffing levels

- RGNs: 7
- RMNs: 3 (including manager and deputy manager)
- Health Care Assistants: 38
- Activities officer: 1 (with extra support)
- Kitchen staff, Domestic staff and handyman
1000 Lives+ Pilot Project

- Initiated August 2011
- Multidisciplinary team:
  - Mountains Care Home
  - GP – Brecon Medical Practice
  - OPCMHT – Consultants
  - Powys tHB – Medicines Management Pharmacist
Aim of the Pilot Scheme

- Reduce unnecessary drug treatment
- Develop a multidisciplinary team approach
- Support carers in alternative approaches to managing challenging behaviour
- Improve communication and transfer of information between healthcare settings
Recognised strengths

- Enthusiasm and commitment of all those involved. Weekly visits from same GP.
- Already started reductions. Open to new ideas.
- Good working environment – staff feel valued, low staff turn-over rate.
- Excellent in-house staff training.
- Active activities officer working within the care home.
- Good interaction and communication with families.
Issues identified

- Discharge from hospital wards to care homes: information delay, poor quality info, and level of antipsychotic prescribing
- Lack of regular and formal engagement with CMHT
- Three monthly review: responsibility - CMHT/GP role?
- Education: GP & Care home staff (perceptions and attitude)
- In-house staff communication
- Need for non-pharmacological treatments/holistic care approach/person-centred activities
- Need for multi-agency approach and improved communication
Improvement methods/Interventions

- Staff awareness raising and training sessions
- Improved in-house communication
- Introduction of new care home tool: Antipsychotic Monitoring pack for individual residents; including behavioural monitoring chart
- Patient/carer leaflet introduced
- Defined review procedures and responsibilities
- Guidelines and Education for GPs
- Staff information posters – care homes, hospital wards, CMHTs, GP practices
Improvement methods/ Interventions (cont)

- Improved formalised links between OPCMHT and hospital wards. Improved communication
  - Secondary care antipsychotic initiation and review form form introduced
  - Secondary Care Discharge Summary template for EMI ward
  - Care home HCA visits to wards and Pre-assessment process additions.
Data collection and Outcome measures

Data collected every 3/12

- Number of patients who have a diagnosis of dementia
- % age patients who are receiving an antipsychotic
- % residents reviewed in past 3 months
- % of patients with dementia who have been receiving antipsychotic medication for more than 9 months
Process

- Regular meetings with care homes to assess outcome of interventions (PDSA cycles)
- On-going dialogue with lead GP and lead Consultant
- Baseline audit and 4 further audits
- Spreading the initiative into other Powys care homes
- Sharing experiences with other care homes, nationally
Baseline Audit 1—August 2011

- 30 residents with a primary diagnosis of dementia
- 16 prescribed an antipsychotic
- 40% reviewed in last 3 months
- 85% taking antipsychotic medication for more than 9 months
Audit 2—November 2011

Intervention Outcomes

- 7 residents: medication stopped
- 1 resident: dose reduced
- 1 resident: dose maintained
- 70% reviewed in past 3 months
- 75% taking antipsychotics for over 9 months
Audit 3—February 2012

- 4 residents: dose reduced
- 50% reviewed in past 3 months
- 62.5% taking antipsychotics for over 9 months
Audit 4—May 2012

Intervention Outcomes

- 2 residents: medication stopped
- 4 residents: dose reduced
- 1 resident: dose maintained
- 77% reviewed in past 3 months
- 55% taking antipsychotics for over 9 months
Data after initial audit demonstrates 70% reduction in patients on antipsychotics
100% reviewed in last 3 months
50% receiving antipsychotic medication for more than 9 months

Overall Outcomes

- Stopped: 34%
- Maintained: 33%
- Reduced: 33%
Improved Quality of Life

• Residents less sedated and more active

• Residents better able to interact, communicate and participate in activities

• Staff more confident to deal with challenging behaviour through person-centred care and non-pharmacological approaches

• Increased job satisfaction for staff
Thank you for listening!
Do you have any questions or comments?
Do you have anything you would like to share?