

# **The Older Persons Journey: The Local Health District Perspective**

**Department of Geriatric Medicine**

**Nepean Blue Mountain LHD**

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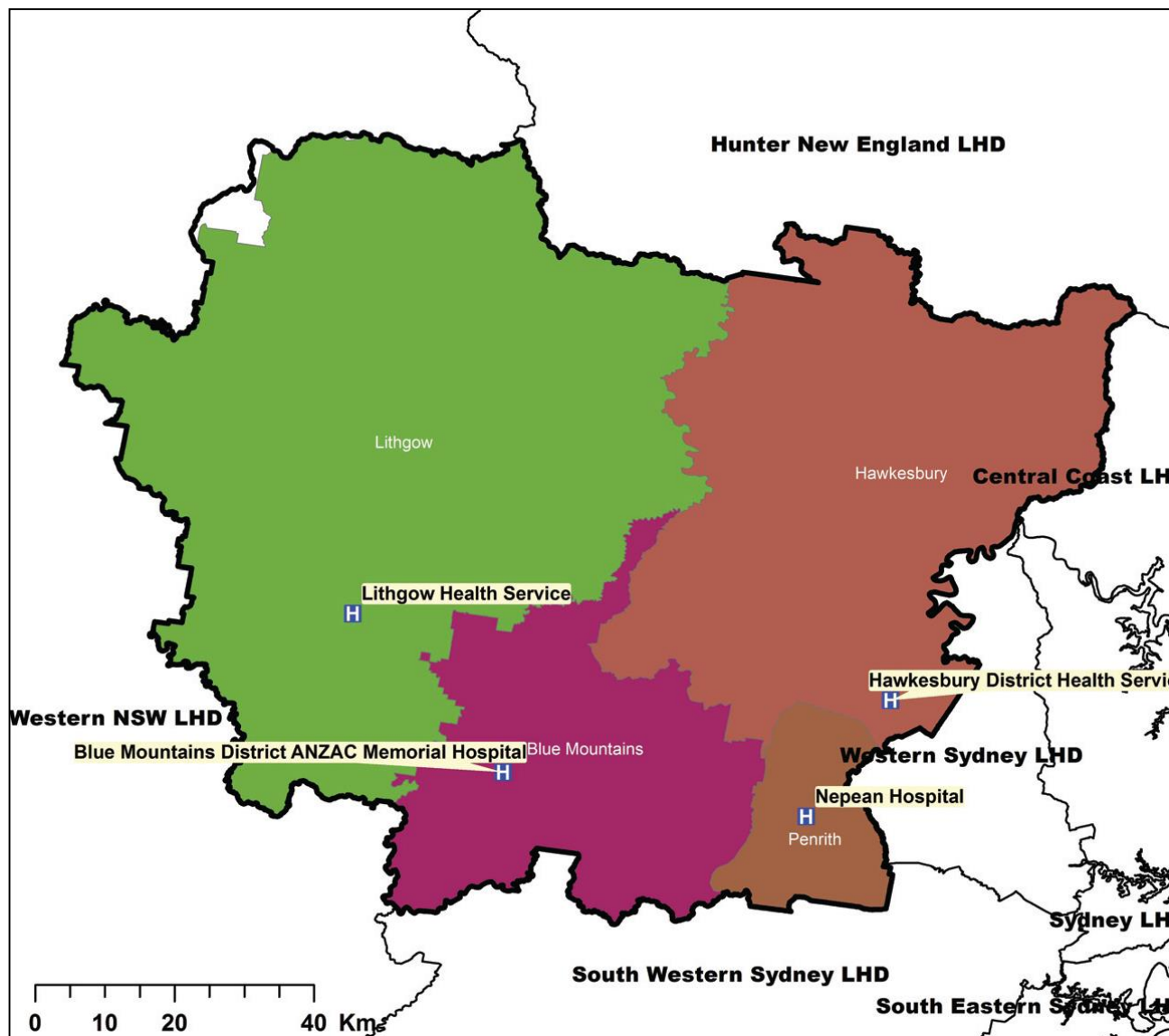
**27<sup>th</sup> August 2015**

# Vision

The care of the older person to be delivered across a continuum with multiple entry and exit points, flexible referral pathways, fluid boundaries and collaborative relationship between the important stakeholders.

The core business of care of older person is about placing the patient at the centre of the journey and treating with respect and dignity

# NEPEAN BLUE MOUNTAINS LOCAL HEALTH DISTRICT



NBM LHD Population projections 70 + years							
	2011	2016	2021	2026	2031	2036	% change
Lithgow	2,439	2,947	3,559	4,057	4,542	4,872	100%
Blue Mountains	7,484	8,497	10,393	12,116	13,628	14,813	98%
Penrith	10,844	13,647	17,671	21,152	24,420	27,017	149%
Hawesbury	4,744	5,818	7,432	9,164	11,332	12,932	173%
NBM LHD	25,511	30,909	39,055	46,489	53,922	59,634	134%
NSW	730,129	835,890	994,326	1,156,174	1,330,287	1,489,310	104%

**NBMLHD WILL EXPERIENCE A MUCH HIGHER RATE OF GROWTH IN THE AGEING POPULATION COMPARED TO THE REST OF NSW TO 2036**

**•NBMLHD 134% CHANGE COMPARED WITH 104% FOR NSW**



**RACGP**

QI&CPD  
Accredited Activity  
CATEGORY 2

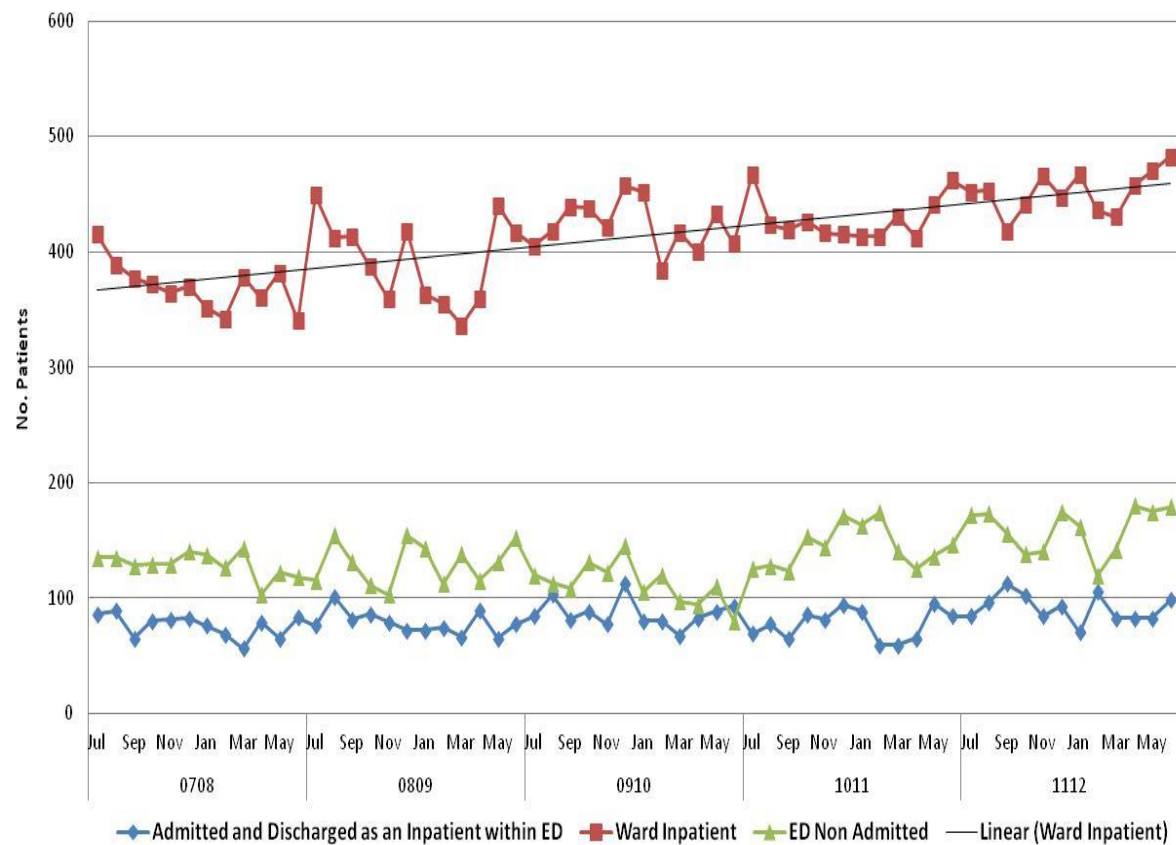


NSW  
GOVERNMENT

**Health**

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# ED Outcomes data for patients aged 70+yrs at Nepean Hospital



# Nepean Hospital

- Major public teaching hospital located in a metro area and services the rural/regional areas of the Blue Mountains and Hawkesbury regions.
- Each year, Nepean Hospital treats more than 51,000 people in its ED, has approximately 51,000 patients staying at least one night in hospital, performs more than 10,000 emergency and planned surgical procedures and provides 600,000 outpatient services

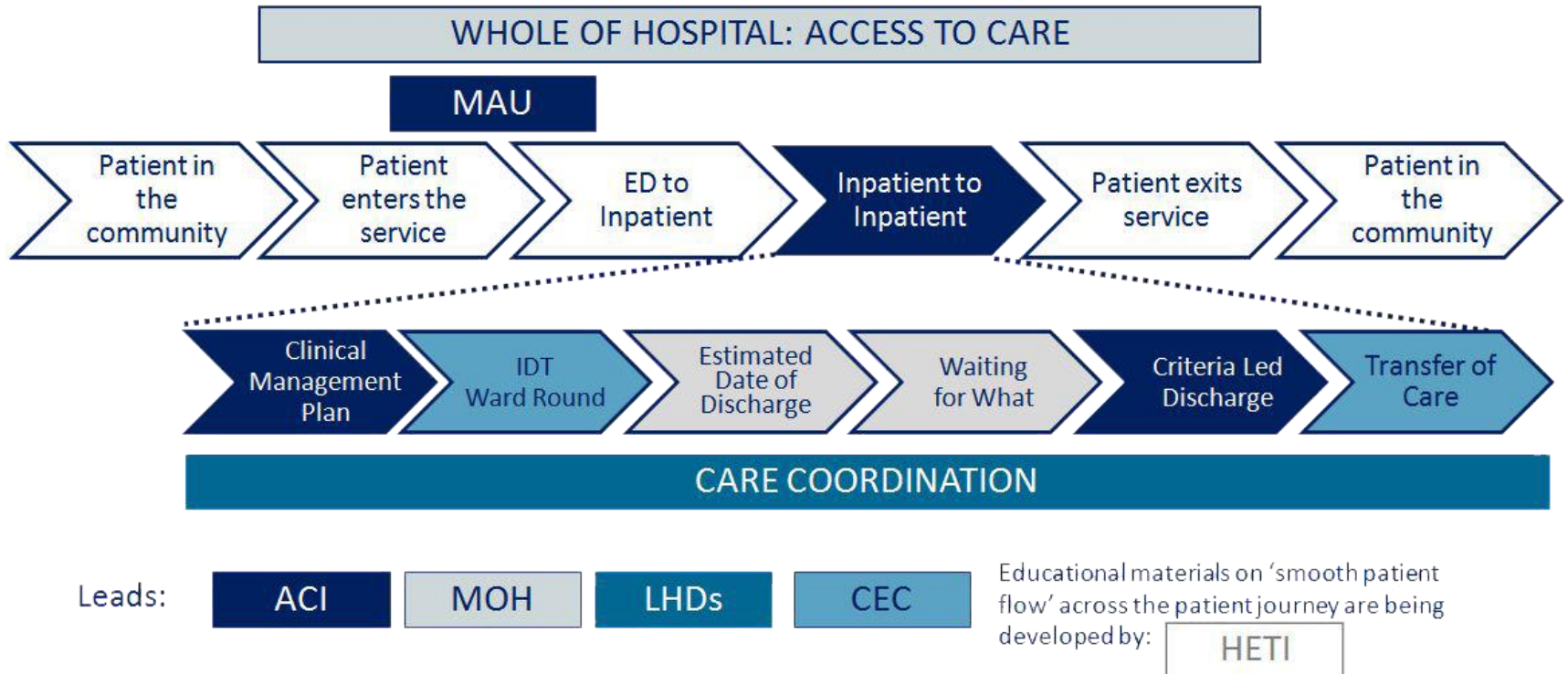


# **Geriatric Service description**

Nepean Hospital has a total of 600 beds of which Geriatric Medicine have 52 acute beds and 16 geriatric rehabilitation beds.

The Nepean Aged Health Service provides a comprehensive range of services that cover the continuum of care across acute assessment, acute inpatient, subacute, ambulatory, community, residential aged care and direct support to primary care services in the region.

# Overview





# Acute Services

Acute services are provided in dedicated aged health wards , unique aspects include:

- A multidisciplinary ASET team and ED Bypass model in ED that provides comprehensive screening, assessment, management and discharge planning.
- EDMAU (ED for Older Patients)/MAU and OPERA model for more extensive assessment and prompt discharge.
- Acute Aged Care Ward
- AARCS CNS
- Blanket referrals for peri-operative risk assessments and post-operative care in Ortho-geriatric
- Surgical Partnership
- General inpatient consults
- In-reach ACAT

# Sub-Acute Services

- Geriatric Rehabilitation (16 beds)
- Satellite Subacute beds in Springwood Hospital (10-15 beds)
- Recent commencement of Psychogeriatric Service
  - 10 beds (footprints 20 beds)
  - Case conferencing and consultative services

# Outpatient Services

- Speciality Clinics – Cognitive Disorders clinics, Heart Failure clinic, General clinic, comprehensive falls and fracture clinic and an outpatient drop-in Clinic
- Virtual Aged Care Service (VACS) provides Geriatric Outreach service in the community and in RACFs via a Single Point of Contact
- Innovative tele-health pilots with RACFs and outlying facilities using tablet technology

# **Community Programs**

- ACAT
- Virtual Age Care Service (VACS)

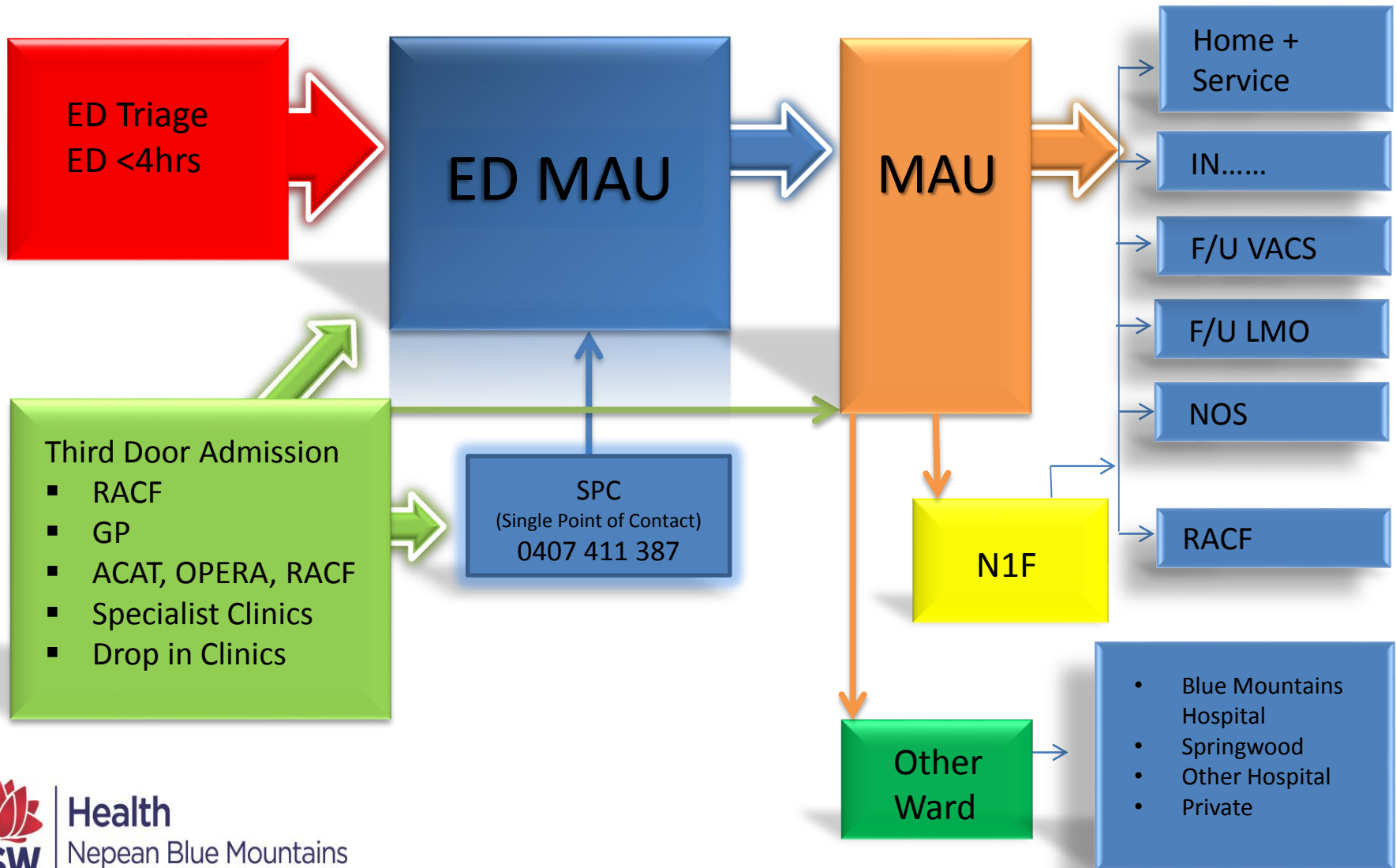
## **Primary Care and Community Health**

- Aged Community Based Transitional Care Program (TACP)
- Dementia Support Service
- 6 Beds in Community OPERA
- NGO /RAS

# **Research**

- **Academic: Prof Gustavo Duque**
- **Falls, Fractures and Prevention Clinic**
- **Research opportunities  
(PhD fellows) that could be sponsored by our  
research program**
- **Dementia Research in the future**
- **Education/ program**

# ED MAU/MAU Patient Journey



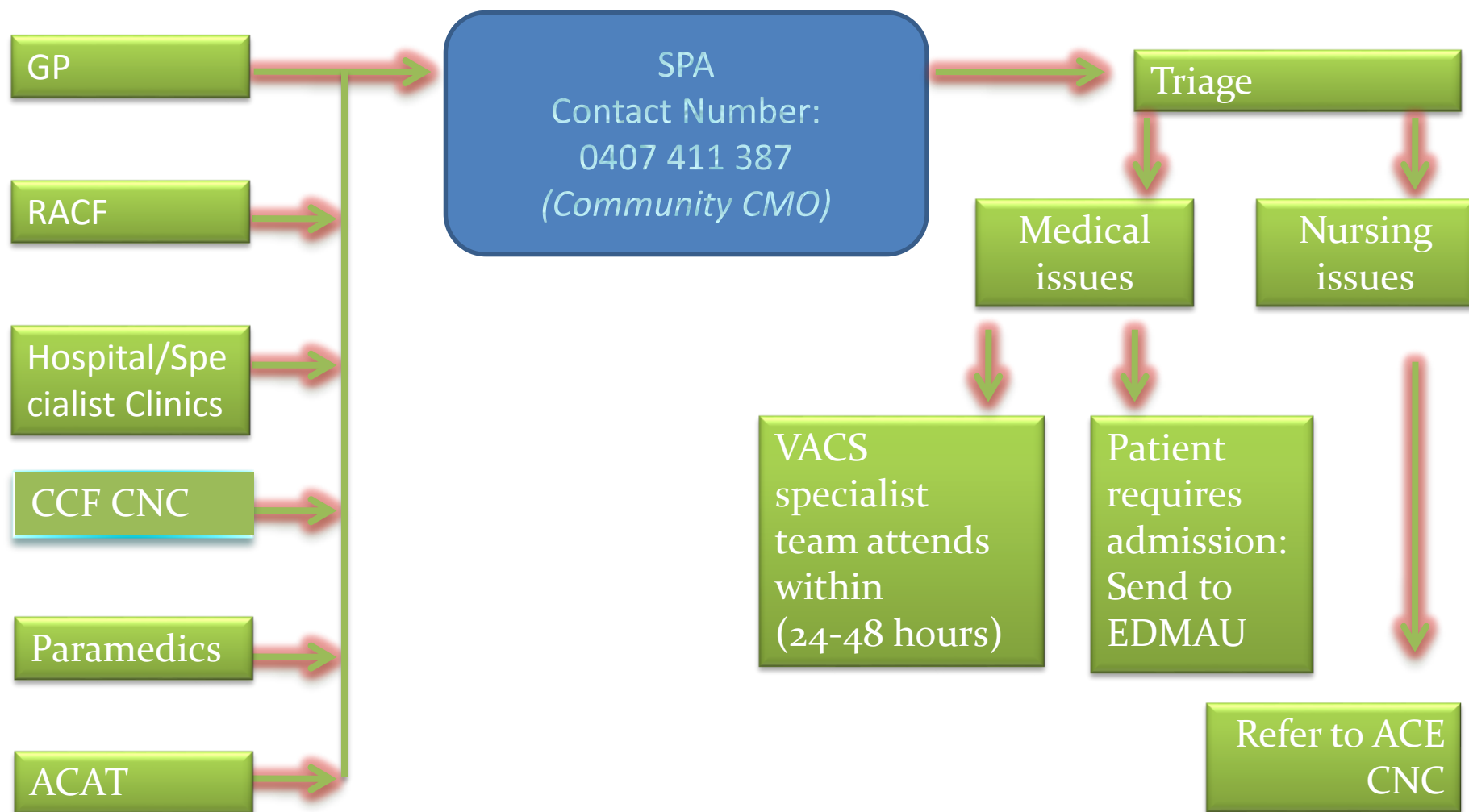
# VIRTUAL AGED CARE SERVICES (VACS)

- New model of care introduced in 2008 to strengthen the links between hospital and community care
- A specialist Multidisciplinary Team (MDT) led by a Geriatrician
- Deliver specialist MDT service in the community via Single Point of Contact (SPC)



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# VACS



**After hours contact Aged Care Specialist on-call**  
via Nepean Hospital Switchboard  
**4734 2000**



**Health**  
Nepean Blue Mountains  
Local Health District

Dr Anita Sharma  
Head, Geriatric Medicine, MAU and ACAT  
revised 01/11/2013



# Aims

- Facilitates early hospital discharge
- Avoid unnecessary hospital presentation or readmissions
- Streamlines older patients entry point to the hospital by bypassing ED via ED Medical Assessment Units (EDMAU)

# TELEHEALTH

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- Roll out of Telehealth service to selected RACF's
- Complement and expand VACS
- Deliver specialist multidisciplinary service to RACF's
- Videoconference residents post discharge
- Assessment and management of medically unwell residents
- Provide ongoing education



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# VISION



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# Key Relationships

- Good relationship with RACFS in the region
- MDT monthly meeting with DON's RACF, paramedics, ACAT, Nurse Educator, ARCS CNS
- Tele health into local RACFs (using Wi-Fi and tablet technology)
- Nepean BM Primary Health Network
- Integrated Care

# Summary

- Inform current availability of Aged Care services
- Need to change culture, improve resources, IT platform to provide integrated service to the older person at the right place and right time

# Thank you

- Questions??