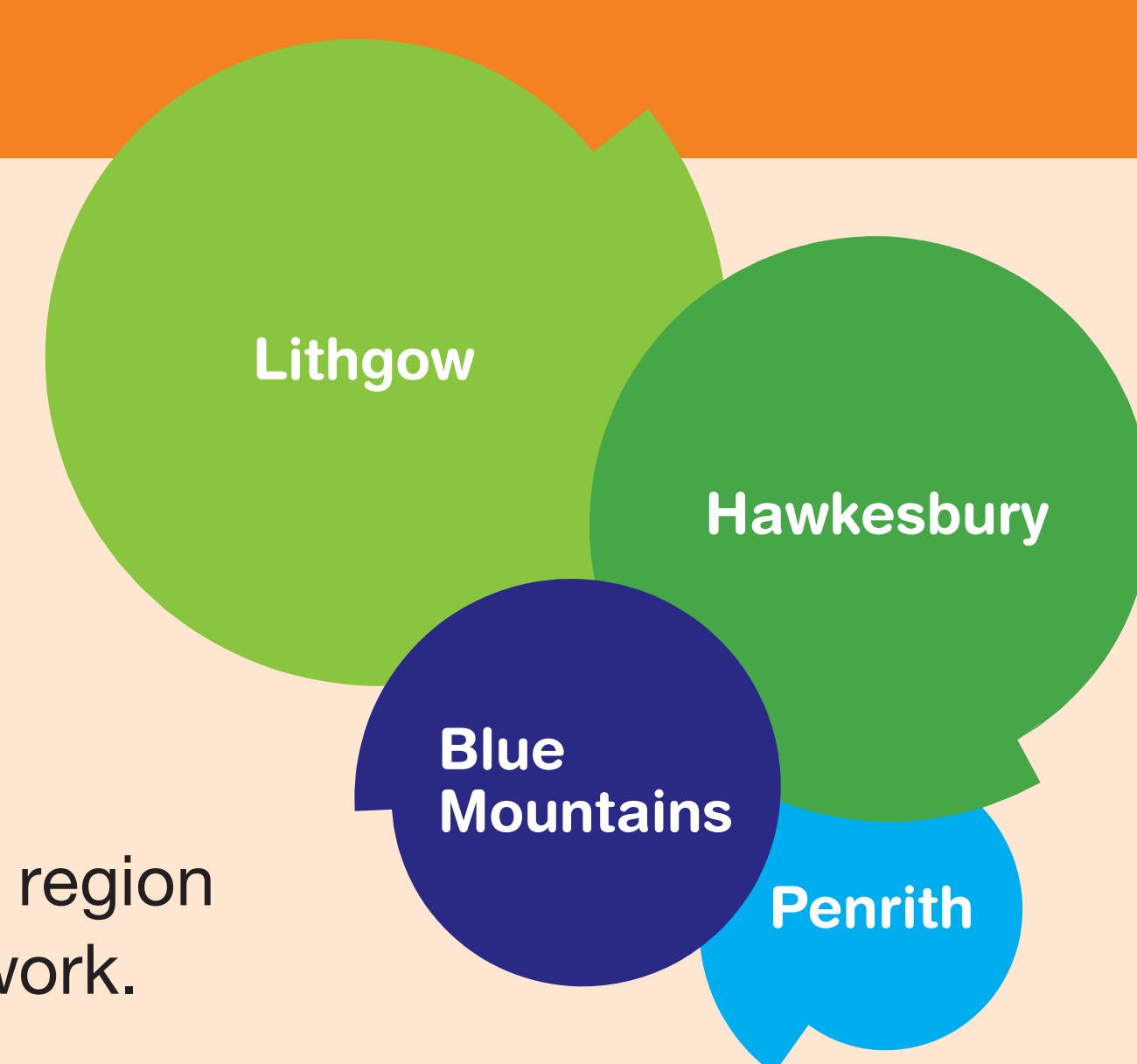


Adopting the 5M Framework in General Practice for Healthy Ageing Quality Improvement

Presenter: **Caz Gatenby** representing Healthy Ageing and Palliative Care Team, Wentworth Healthcare

Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network (NBMPHN), is a local not-for-profit organisation striving to improve the health and wellbeing of people in the Blue Mountains, Hawkesbury, Lithgow and Penrith.



Background

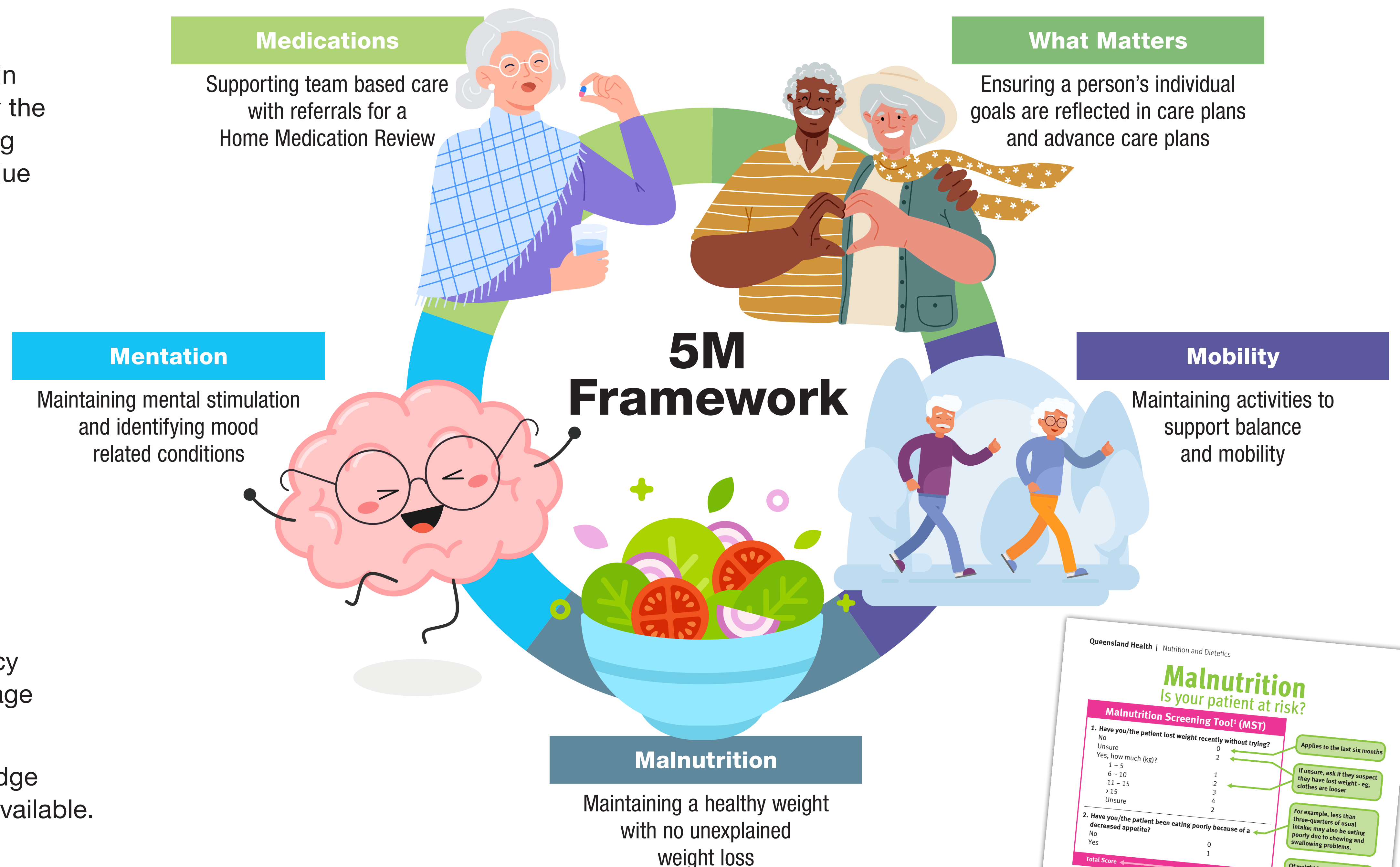
The Healthy Ageing Quality Improvement (HAQI) Collaborative works with general practices across the Nepean Blue Mountains region to better support older people to manage chronic health conditions by applying a simple, powerful and evidence-based framework.

Aim

Improve the care of older people living in the community, which will be guided by the **5M Framework** utilised by participating general practices across the Nepean Blue Mountains region.

Objectives

- Improving the management of older patients living with a long-term health condition.
- Improving the quality of life for older patients participating in the program.
- Maintaining and/or improving function of daily living to remain at home for longer.
- Reducing inappropriate polypharmacy to assist older people to better manage their own medication.
- Improving the clinical team's knowledge of non-clinical community services available.

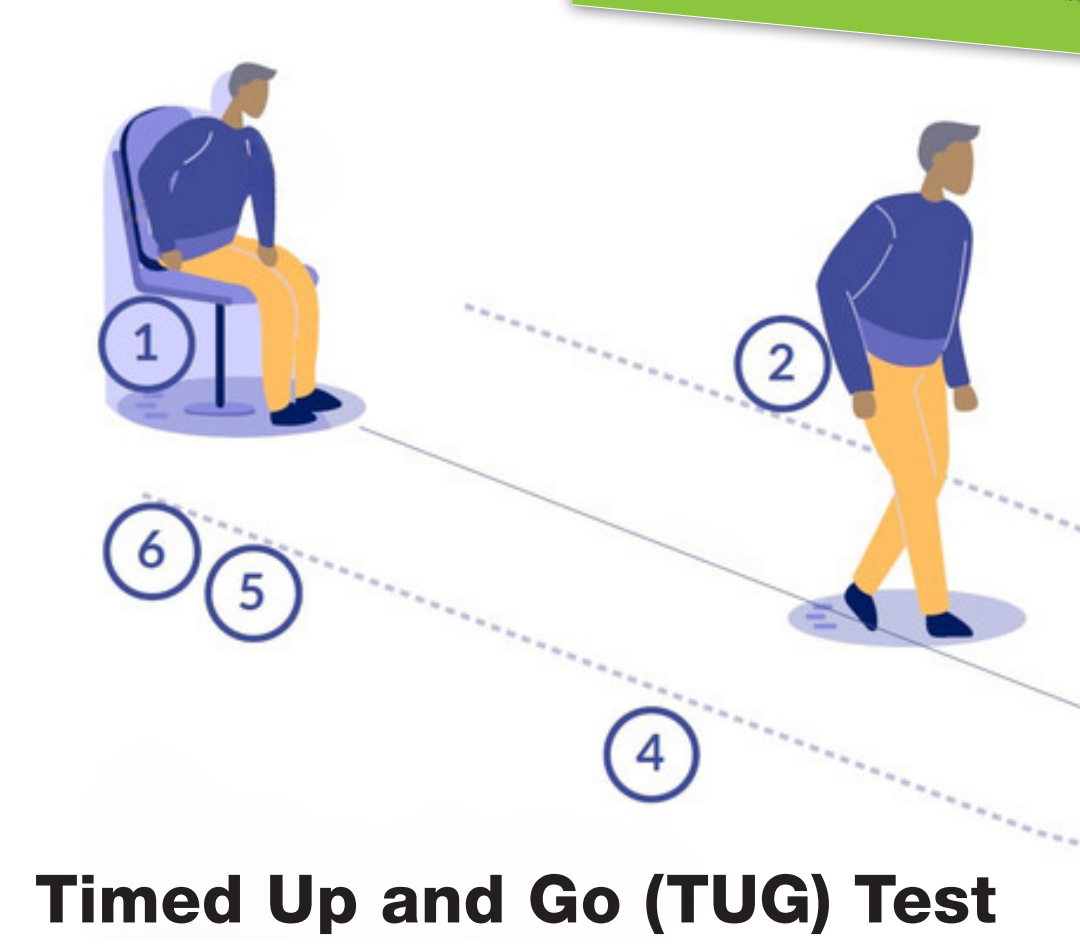
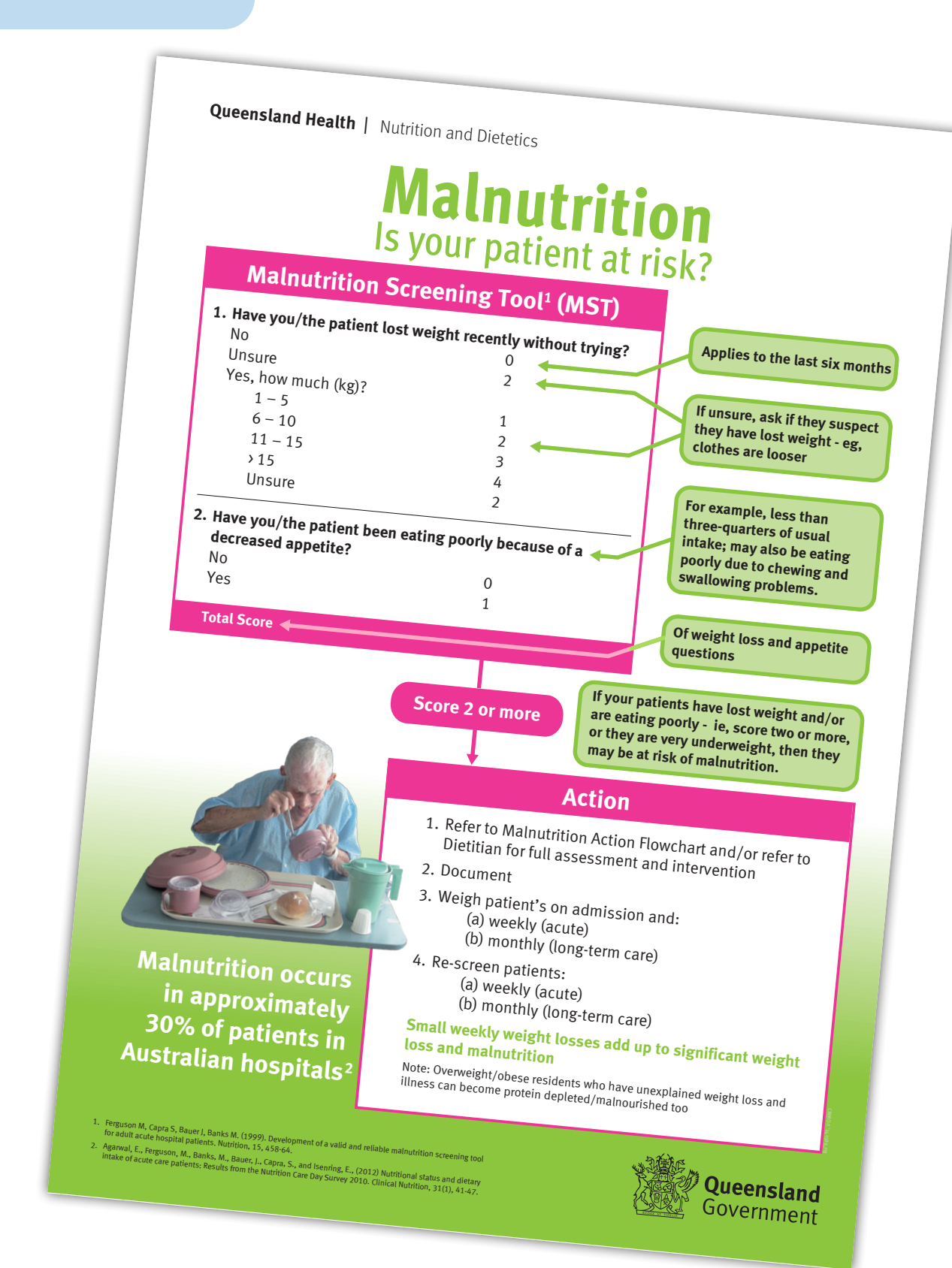


Methodology

Seven general practices enrolled 20 patients each to monitor and support their physical and mental wellbeing throughout the program. GPs play a central role in providing patient-centred care and taking a holistic approach to address the complex needs of older patients. HAQI measures were developed from the 5M framework with a focus on measures used to promote healthy ageing and support the needs of the patient.

WHO-5 Wellbeing Index

Over the last two weeks:	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
1. I have felt cheerful and in good spirits.	5	4	3	2	1	0
2. I have felt calm and relaxed.	5	4	3	2	1	0
3. I have felt active and vigorous.	5	4	3	2	1	0
4. I wake up feeling fresh and rested.	5	4	3	2	1	0
5. My daily life has been filled with things that interest me.	5	4	3	2	1	0

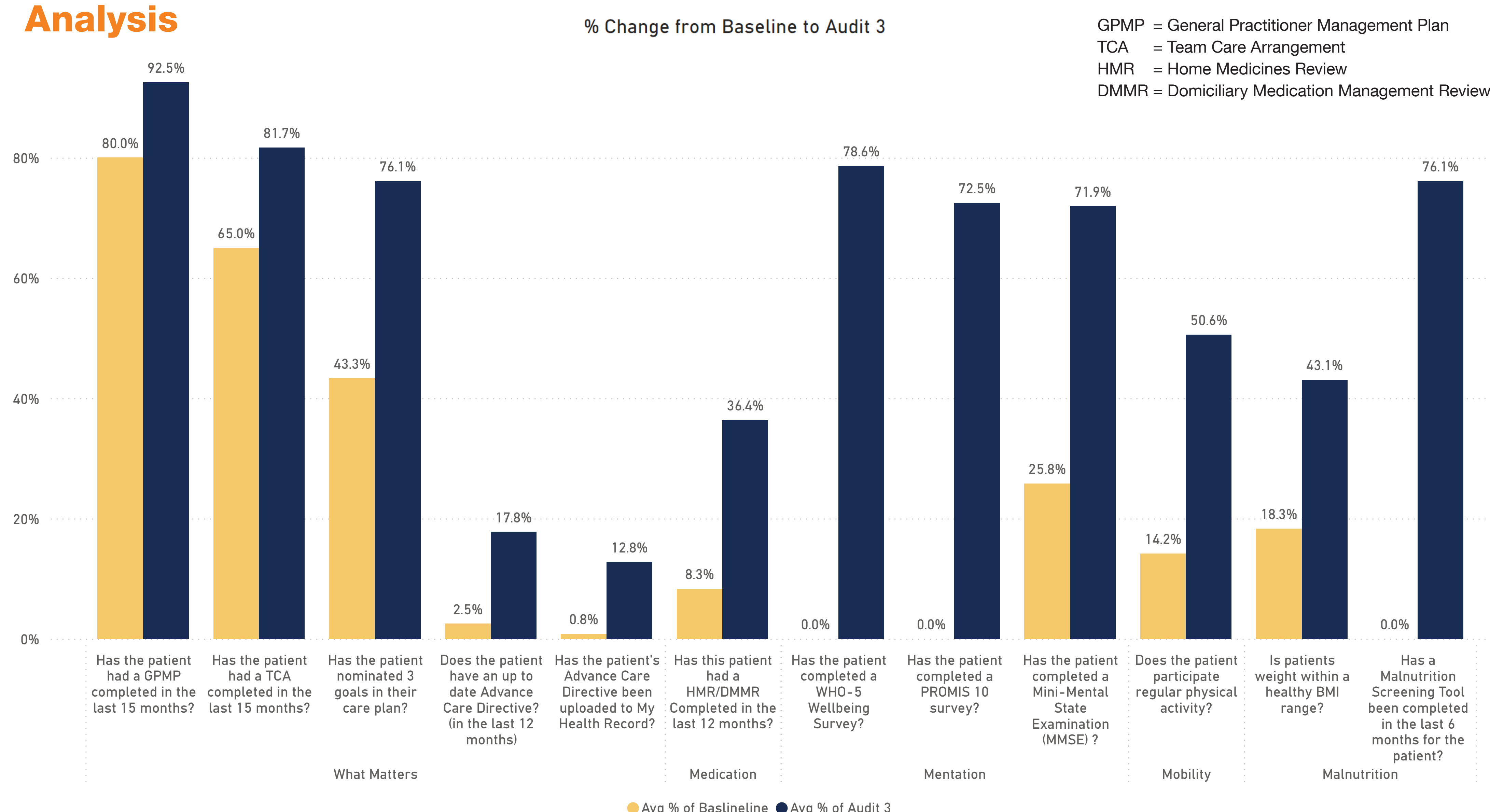


Approach

The HAQI Collaborative continues to be implemented in a way that enhances positive mindsets for improvement within practices and encourages consistent use of quality improvement tools. Practices:

- Assessed their patient population with chronic conditions.
- Submitted baseline data with regular data submissions.
- Participated in engaging learning workshops.
- Proactively engaged older patients throughout activity periods.
- Implemented the Model for Improvement by completing Plan-Do-Study-Act (PDSA).

Analysis



Evaluation

Would you likely change anything in your practice as a result of this activity?

"Increase medication reviews and offer care plans to more patients who are eligible."

"We have already changed a lot in our practice especially integrating grip strength, PROMIS 10 score in our health assessment."

"The initiative highlighted areas for further quality improvement, strengthened data driven decision making and encouraged more proactive engagement with ageing patients."

"Yes, looking at the patient from a holistic point of view."

Acknowledgement

Wentworth Healthcare would like to acknowledge Dr Paresch Dawda and Angeline True from Prestantia Health for working with us on this important initiative.

For more information: nbmphn.com.au/HAQI

