



Resilience in Aged Residential Care – interRAI Picture

Presentation overview

- What is interRAI?
- interRAI in Aged Residential Care
- Registered Nurses Role in assessment
- Resilience – how it is assessed in interRAI
- Data Picture
- Association between Resilience and Self Rated Health

What is interRAI?

interRAI = **inter**national **R**esident **A**ssessment **I**nstrument

interRAI is an international collaborative to improve the quality of life of vulnerable persons through a seamless comprehensive assessment system.

Main aims of interRAI

Improve health
outcomes for
individuals

Consistent care
approach across
different health
system/settings

Promote evidence
based practice &
policy decision
making

What does the assessment look like



Observation & conversation with person and their whanau



The software processes the information to create



Outcomes a picture of the individuals' needs.



CAPs where services could improve function, slow rate of decline or help symptoms.

Assessment Process

- Long Term Care Facility Assessment (LTCF)
- Competent interRAI trained Registered Nurses
- Complete assessments on Admission and 6 monthly

Data Picture from interRAI assessments

- **Section F** - gathers information of psychosocial functioning
 - Specifically looks at a persons strengths
- **Section G** – gathers information on physical functioning
 - One item looks at a persons self rated health

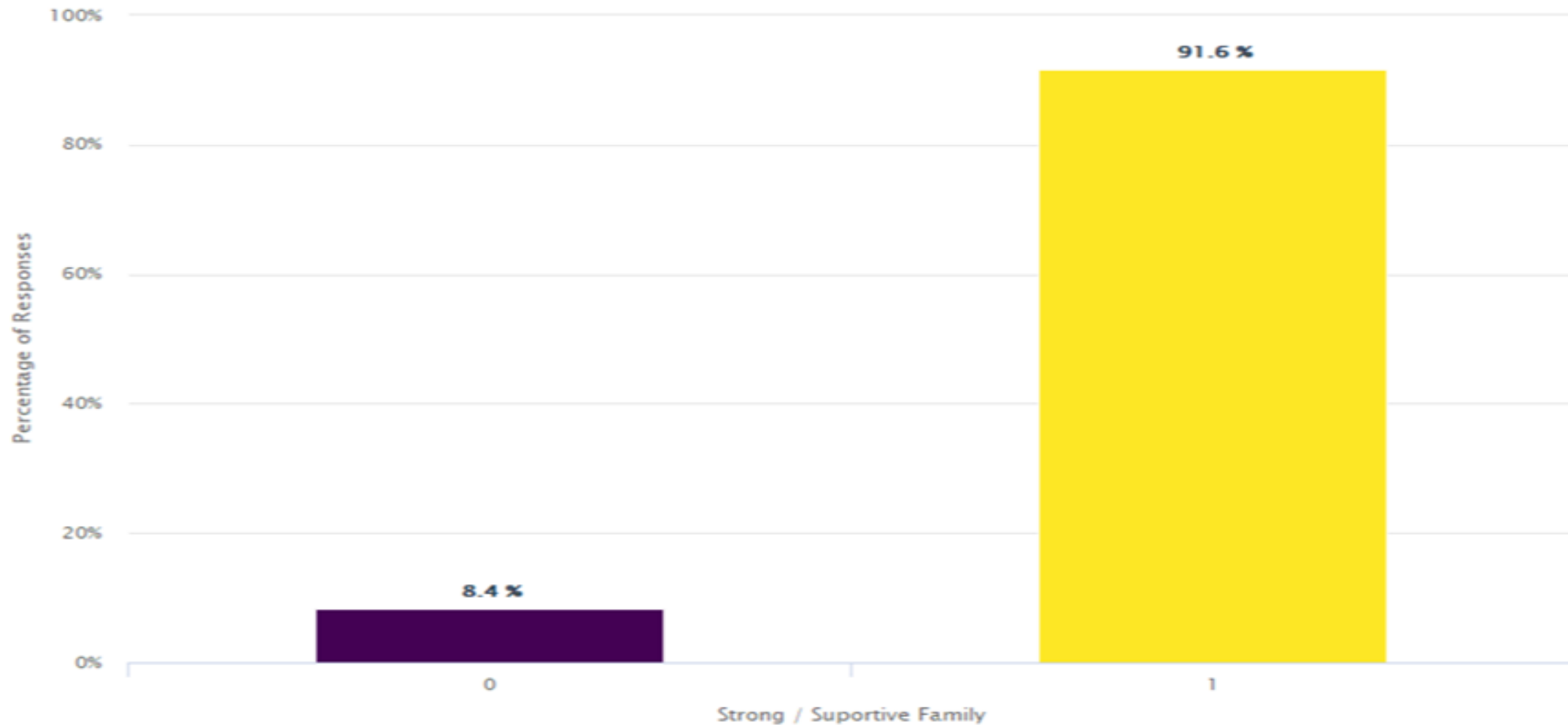
Assessment Section F – Strength

“To identify the person strengths with specific reference to three dimensions: social support, personality and spirituality”

Strong and Supportive Family

The person or primary caregiver indicates he or she has a supportive relationship with family member(s). The person may feel he or she can “rely” on “family members. Family members may be actively involved in the person’s physical care, financial management, or in helping the person to make medical decisions. One or more family member(s) maintain regular contact with the person , provide comfort and advice or act as a confidant.

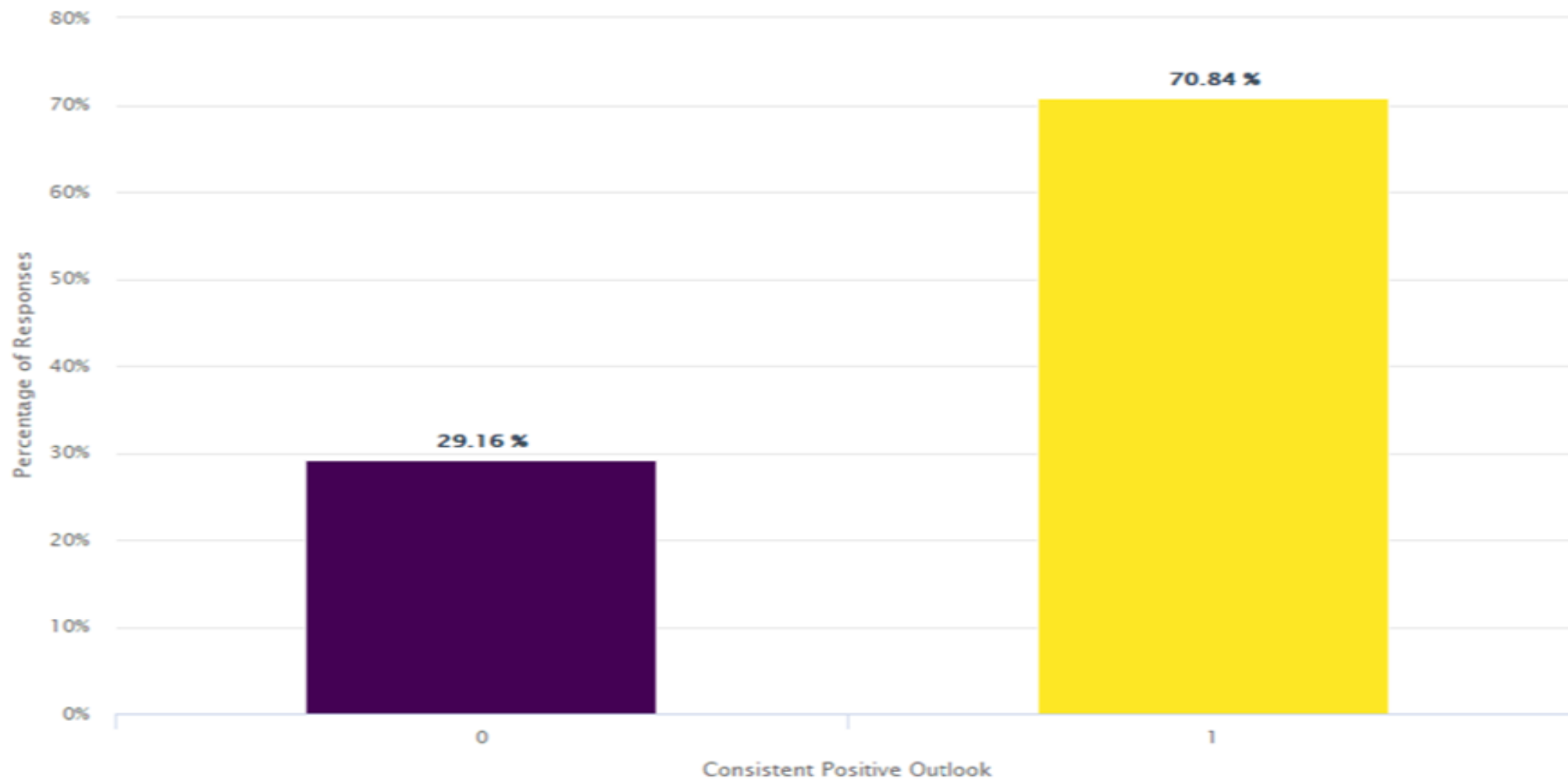
Strong/Supportive Family Responses



Consistent Positive Outlook

The person has a personality that helps him or her to maintain a positive outlook even when experiencing serious medical problems and symptoms or a severe loss of function. For example, a person with a 'consistent positive outlook' is able to focus on his or her strengths to work realistically towards achievable medical or personal goals and appreciate his or her own life and relationships with others.

Consistent Positive Outlook Responses

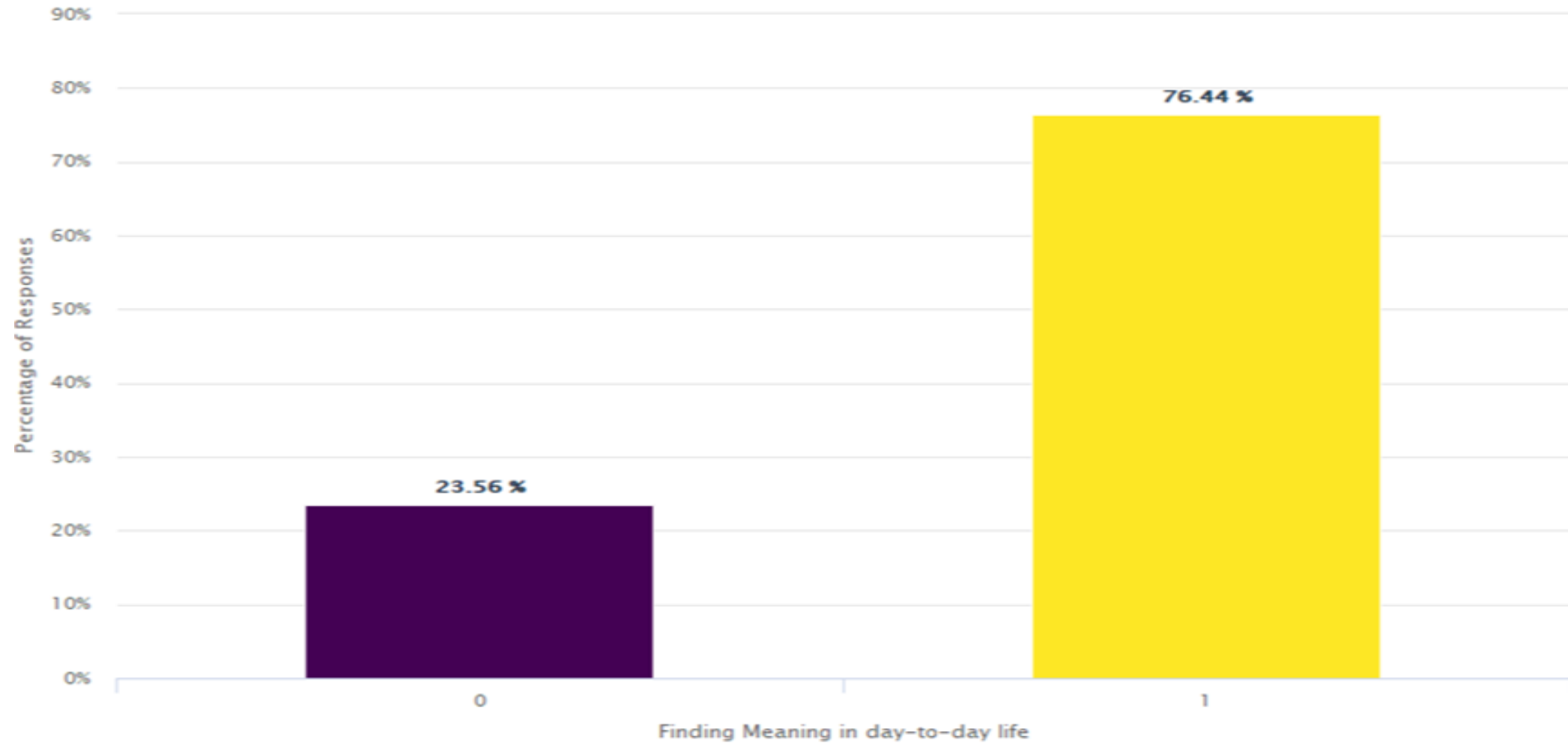


Finding Meaning in Day to Day Life

Consider the person's subjective view of daily life, is the person able to identify meaningful activities or important social relationships that he or she continues to value? Does the person provide indications that he or she is engaged or interested in events either within or outside of the facility?

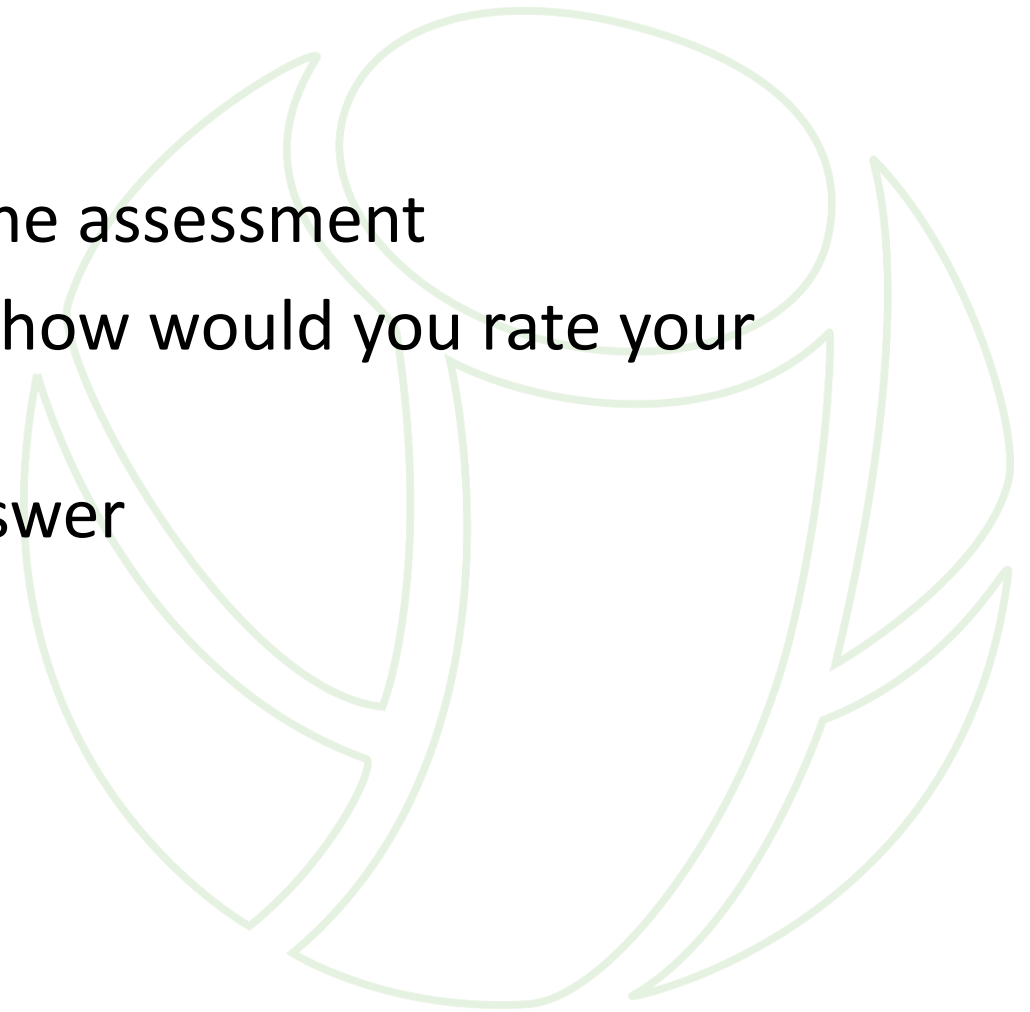


Finding Meaning in day-to-day life Responses

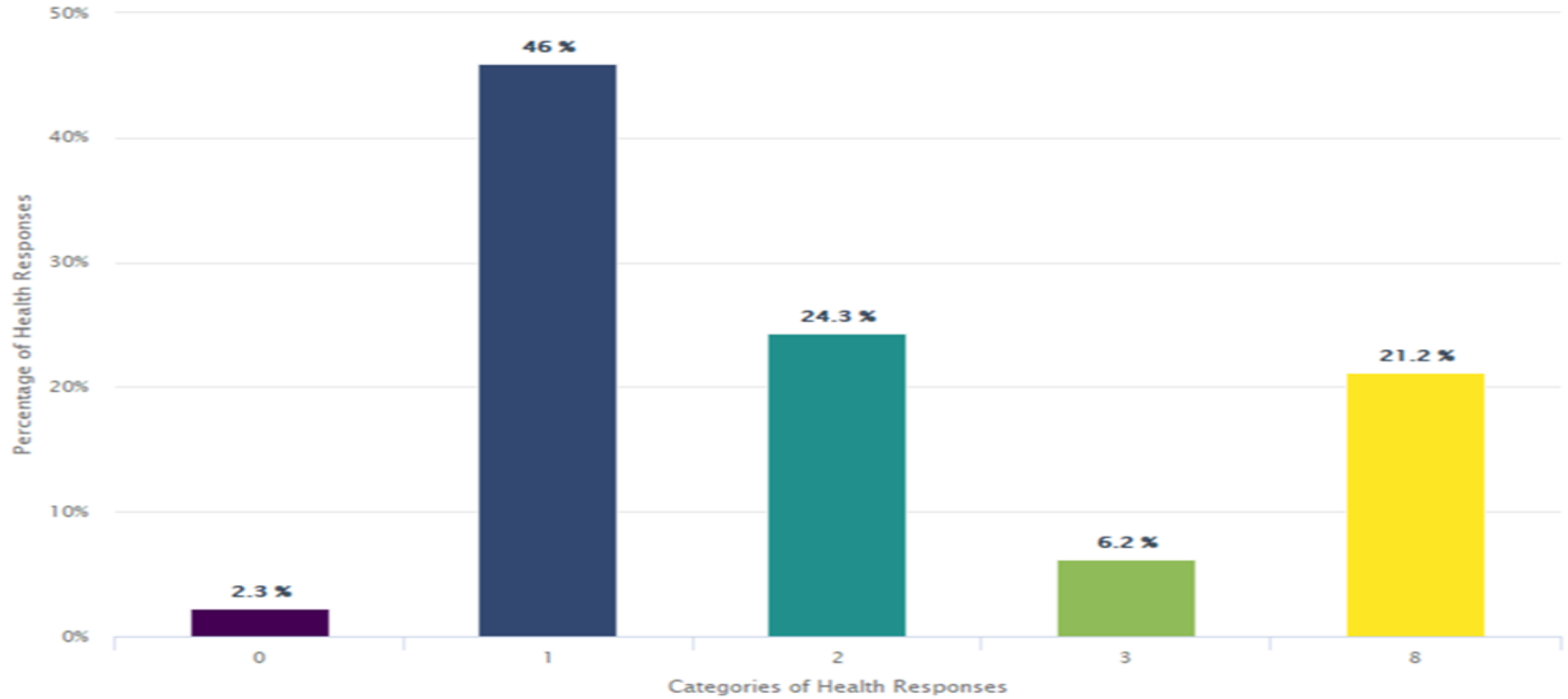


Self Reported Health

- This question is a Self Report Item in the assessment
- Process – ask the person “In General , how would you rate your health?”
- Whatever the persons states is the answer
 - 0 – Excellent
 - 1 – Good
 - 2 – Fair
 - 3 – Poor
 - 8 – Could not would not respond

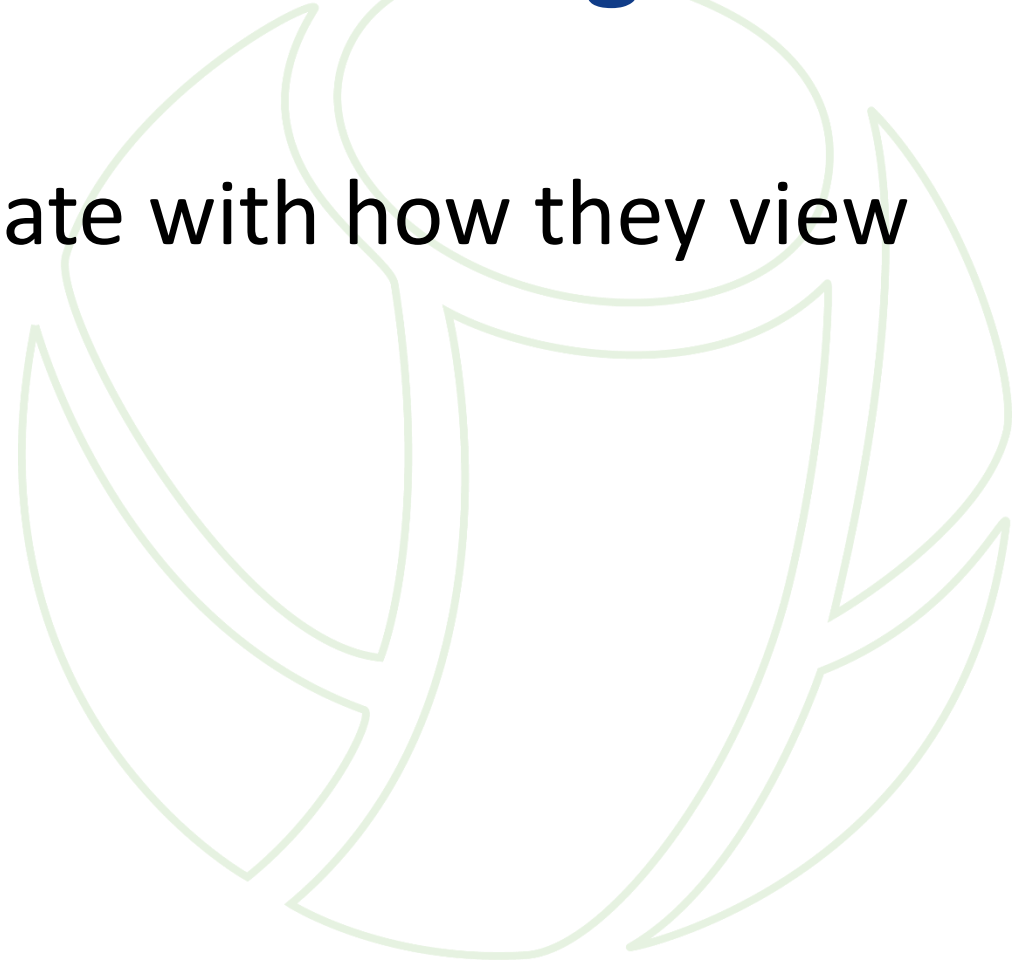


Distribution of Health Responses

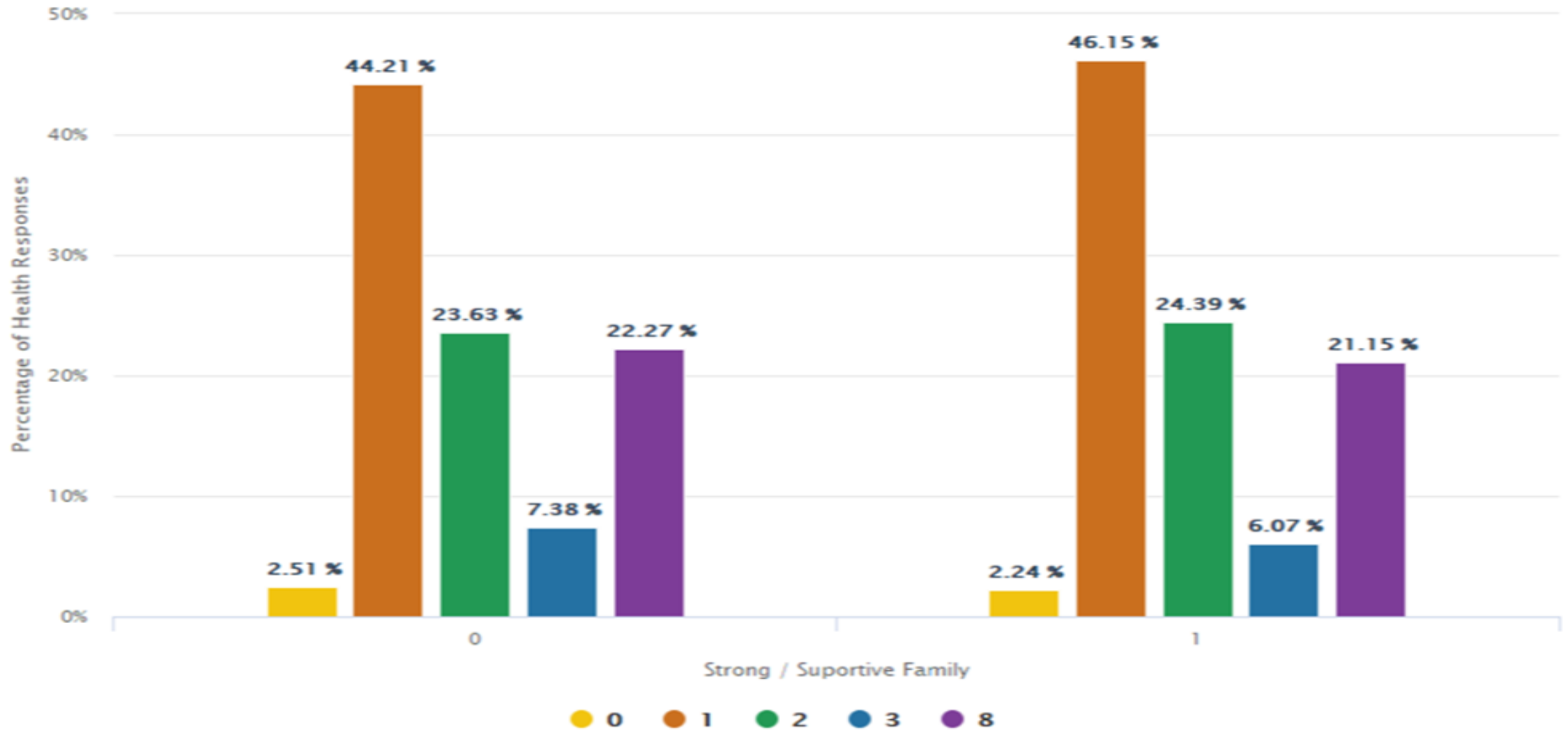


Self Rated Health associated to Strengths

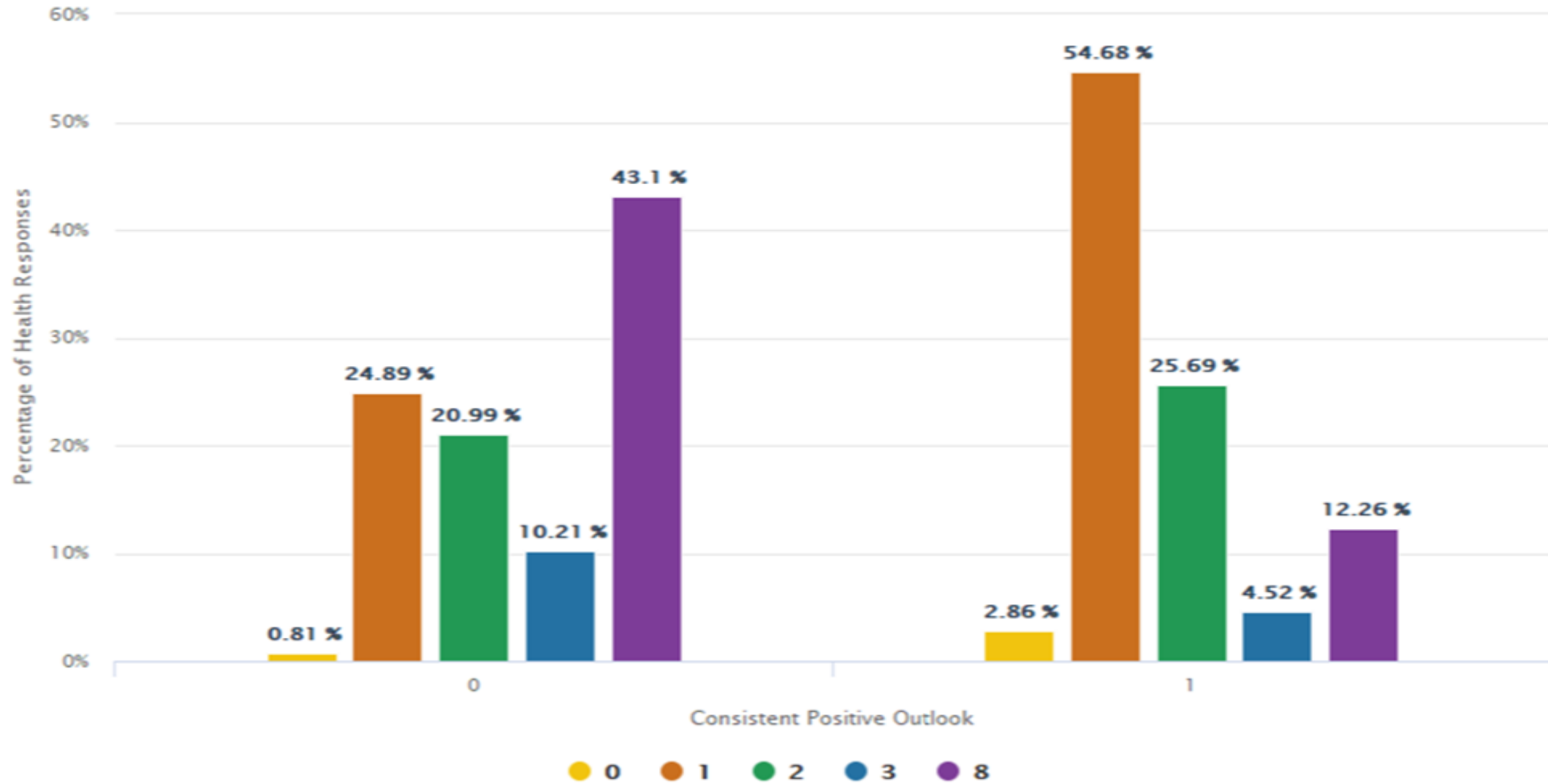
Does a persons strengths associate with how they view their health?



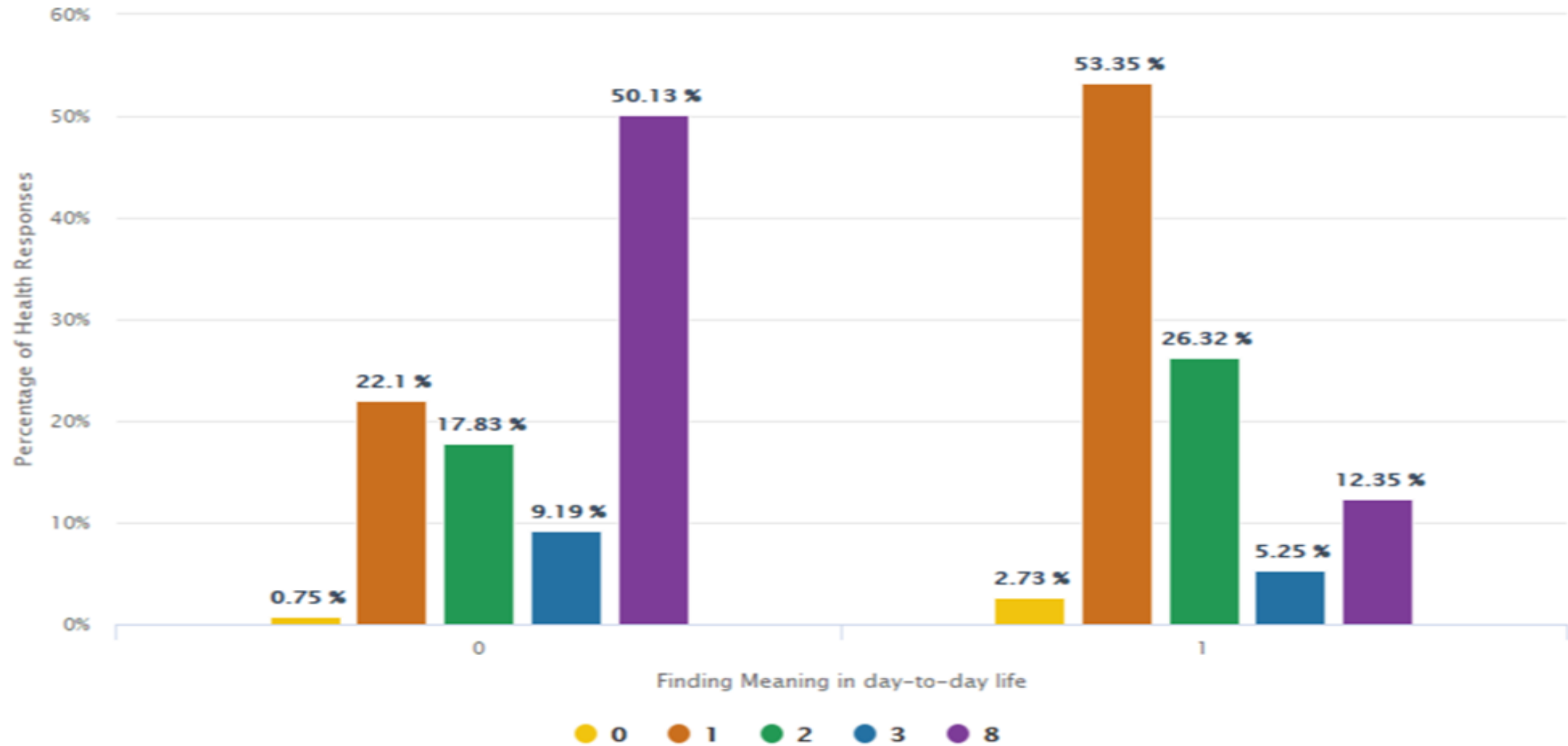
Difference in Responses – Relationship between Strong/Supportive Family and Health



Difference in Responses – Relationship between Consistent Positive Outlook and Health



Difference in Responses – Relationship between Finding Meaning in day-to-day life and Health



interRAI – Data Picture

Those residents with a consistent positive outlook and who find meaning in day to day life also self rated their health as better

There appears to be an association with positive personality traits and spirituality and perceived good health in residents living in residential care in New Zealand

Food for thought?

- How as Health Professionals are we fostering these strengths in ourselves and our clients?





www.interrai.co.nz

