

Nurses as Leaders: Promoting an Elder Friendly Hospital Environment



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BACKGROUND

The growth of the older adult population within the United States has forced health care organizations to relook at how care is delivered . NewYork-Presbyterian Hudson Valley Hospital (NYPHVH), was proud to become a Nurses Improving Care for Healthsystem Elders (NICHE), designated hospital in 2010. The NICHE organization provides each designated hospital with evidence-based resources and educational tools that assist with meeting the care needs of the older adult. For this patient population, the ultimate goals during the hospital stay are to deliver quality care, prevent iatrogenic events, and discharge the older adult to a safe environment.

To promote best care practices for the older adults, nurse leaders at NYPHVH are responsible for oversight of the NICHE program and chair an interdisciplinary NICHE Committee. Based on the demographics within our community, the members of the NICHE Committee agreed that it was important to look at our inpatient and outpatient services through the lens of the older adult. To facilitate engagement throughout the organization each department was asked to examine current practices in the care of older adults within their specialty area. The NICHE Committee then proposed holding a Silver Linings Healthy Aging Fair to showcase each departments best practices.

PURPOSE

As a NICHE hospital our patients receive the benefit of tools, protocols, and other evidence-based resources that focus on the care of the older adult. The NICHE Committee determined an effective strategy for providing education and information on healthy living to adults in the community was to sponsor a Silver Lining Healthy Aging Fair and invite members of the hospital and the community to participate.

METHODOLOGY

The Silver Lining Healthy Aging Fair was a collaborative initiative between the NYPHVH nurses, community representatives, and the interprofessional team at the hospital. Meetings were held quarterly for planning and implementation of the various clinical and non-clinical programs that would be showcased. The nurses also reached out to community organizations to participate in the fair as well. The hospitals' Marketing Department was instrumental in advertising and partnering with the NICHE nursing leaders for a successful implementation of the fair.

PARTICIPANTS

Department/Area	Program
<i>Community</i>	
Senator Murphy's Office and the Peekskill Police Department	Shed the Meds
Cedar Manor Nursing Home	Handouts of their facility
"In Place ReDesign"	Specializes in home design for the older adult
Visiting Nurse Association of Hudson Valley	Flu Shots
Visiting Nurse Services In Westchester & Putnam Inc	Blood Pressure Screening
Westchester Medical Practice	Audiology Services
<i>NewYork-Presbyterian Hudson Valley Hospital</i>	
Auxiliary	Reminiscence
Chaplains	Rich in Years
Ethics	Advance Directives
Pharmacy	Osteoporosis & Medications
Physical Therapy	Balance Assessments
Occupational Therapy	CMC Thumb Arthritis/Adaptive Equipment
Information Technology	NYP/HVH Internet, Patient Portal, & Find-A-Doc
Engineering	Fire Safety
Laboratory	Cholesterol Lab Tests
Radiology	Osteoporosis-Bone Density
Nutrition - Teaching Kitchen/Cura	Osteoporosis & Diet/Hydration Station
Wellness Center	Chair Yoga
CardioRehab	Heart Attack & Pulmonary
Wound Care Center	Save our Skin/Nutrition & Wound Healing
Intensive Care Unit & Stroke Coordinator	Stroke Education
2South/Progressive Care Unit	Delirium
3South	Own The Bone
4South	EE-Elderly & Exercise
Emergency Department	Ger-friendly ED - Discharge Form
Surgical Services	Eye Surgical Options – Tosis & Cataracts
Cancer Center	Skin Screening

OTHER BENEFITS

The other benefits that were derived from the fair included:

- ❖ Increased awareness of the health screening programs available to the members of the community (ex: flu shots, blood pressure screenings, balancing assessments)
- ❖ Community residents were introduced to the hospital and what services are offered for the older adult
- ❖ Shed The Meds program collected 5 lbs of expired or unwanted medications
- ❖ Hospital employees were exposed to innovative solutions showcased by their colleagues from other departments
- ❖ Promoted interprofessional collaboration throughout the organization

CONCLUSIONS

The Silver Linings Healthy Aging Fair was a successful vehicle for creating an elder-friendly environment throughout the organization. Reaching out to the community and assessing their needs and providing them with an easy, fun and innovative way to keep themselves healthy and safe was of utmost importance to everyone at NYPHVH. The fair provided our employees with the opportunity to share innovations and solutions in caring for older adults, unique to their clinical areas. Senior leadership supported this program and approved funding for the fair. Based on the survey results gathered at the Silver Linings Fair we were able to tailor subsequent programs based on the needs of our community residents. The fair was so well received it has become an annual event at the hospital since 2012.

SILVER LINING HEALTHY AGING FAIR 2016



RESULTS

