



Baptcare

Bringing care to life

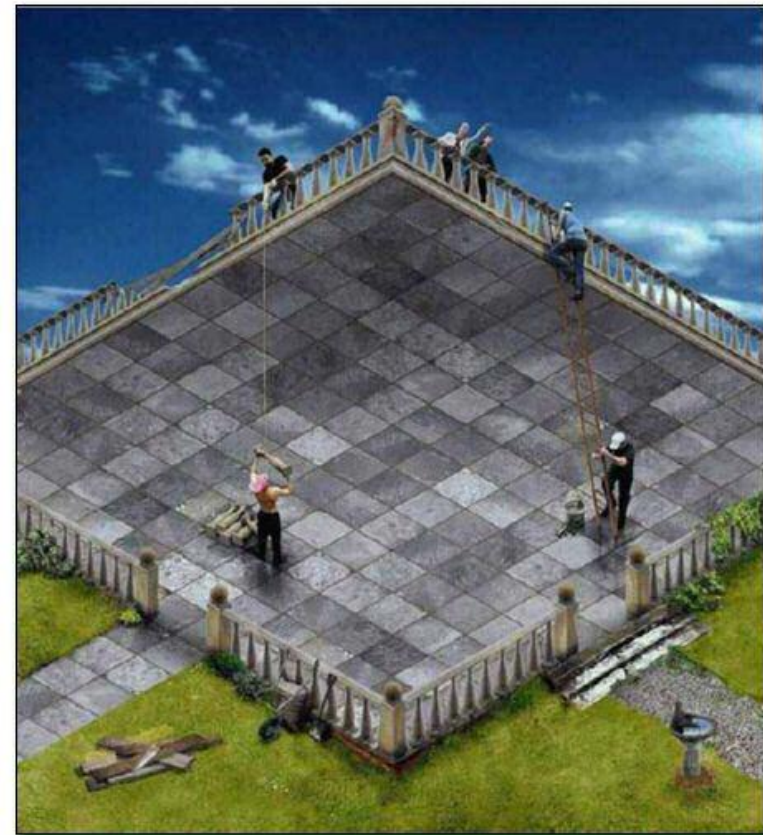


Real Research for Real Services



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Acknowledgements



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 - Tim Noonan, Nicole Scanlan, Brad Cooper

Overview



- Context
 - The Baptcare Journey: engaging in research
 - PITCH major findings
- PITCH structure & findings
 - Study design
 - Baseline findings
 - 12 month findings

The Baptistcare Journey



Who we are:

- Faith based PBI
- Committed to the provision of aged care services
 - Note other activities (Abercare, Material relief, Facility Based Care)
- In community aged care (CACCP, EACH and D-EACH)
 - Largest provider of packaged care (\$31M + 1170 packages)
 - Cover the majority of Victoria, and packages in Tasmania
 - Leader in Community Aged Care and Case Management

The Baptistcare Journey



Sustained a rapid and substantial growth in our CAC programs since 2003

- Doubled in size every 2 years
 - Staffing challenges
 - Meeting / exceeding quality expectations
 - Financial management implications (sustainability)
 - Branding challenges

- Need to maintain a relevance to our clients, their carers and their community (in line with our Mission and Vision)

How do we know we have made a difference to clients?

PITCH



- Came from questions around program development
 - Where can we improve?
 - What areas need more focus?
 - What is it that we would see as being successful in terms of our work with clients receiving care packages?
- Need to go back to the start
 - Who are our clients?
 - What is their status? (Across a number of domains)
 - How does caring affect Carers?
 - Why do our clients leave our programs?

PITCH Summary Findings



Sample size:

334 clients at commencement, 290 at completion of study

Overall (after 12 months)

Changes measured against study instruments (as reported by clients / carers):

- No deterioration in physical and mental health
- Increased cognitive function
- Sustained social networks
- No increase in carer strain overall
 - Decrease in carer strain for rural clients

PITCH Predictors

Primary end points

Death (13.5%) or
Residential Care (17.0%)

Statistically significant factors

Increased Age (OR:1.05)

Decrease in IADL (OR: 0.74)

Increase GDS (OR: 1.07)

Decrease 3MS (OR: 0.97)

Dx Cardiovascular disease (OR: 1.66)

PITCH Predictors



Change in Health Status

Death (13.5%) or
Residential Care (17.0%)
Decrease 2 pts IADL (8.9%)
New dementia MMSE (6.6%)

Statistically significant factors

Increased Age (OR:1.04)

Rural location (OR: 0.56)

High socioeconomic status (OR: 0.83)

PITCH Predictors



Change in Package Level

Statistically significant factors

CACP → EACH
CACP → D-EACH
EACH → D-EACH



High socioeconomic status (OR: 0.61)
Increased depression (OR: 1.18)

What is absent: Physical functioning, cognitive function, social connectedness, carer strain

PITCH Detail



- Study design
 - Care Manager contribution
 - Client characteristics
- Baseline findings (health status of clients)
- 12 month findings (changes in health status)

Study design



- Longitudinal (12 months) observational Victorian based study
- CACP, EACH, D-EACH(n=2) clients
 - Cluster random sample (n=550) from each package type
 - Metropolitan and rural clients

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- Care Managers trained to undertake data collection 6 monthly intervals

Monash University

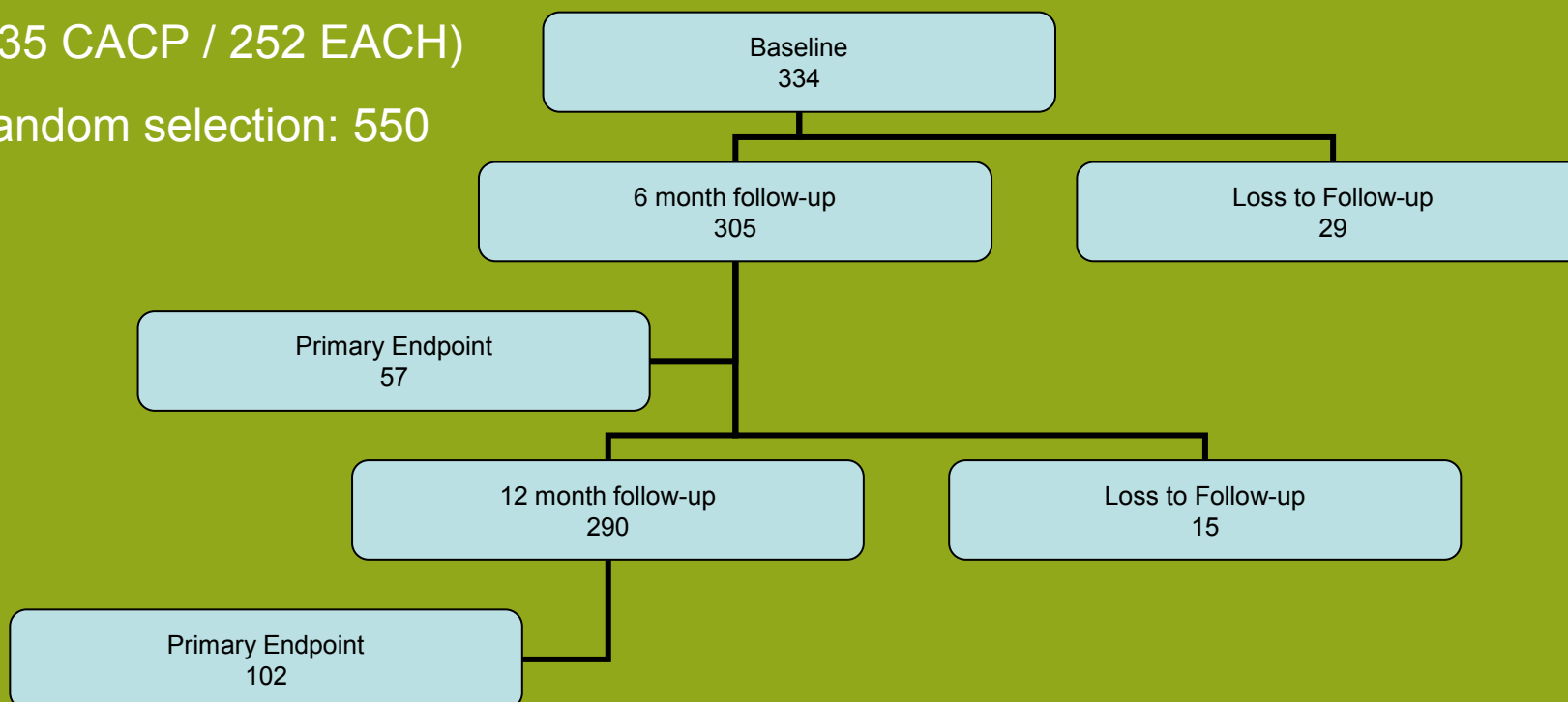
- Ethics approval
- Study tools
- Data collection, analysis and report writing.

Participation

Total Baptcare Clients : 935

(635 CACP / 252 EACH)

Random selection: 550

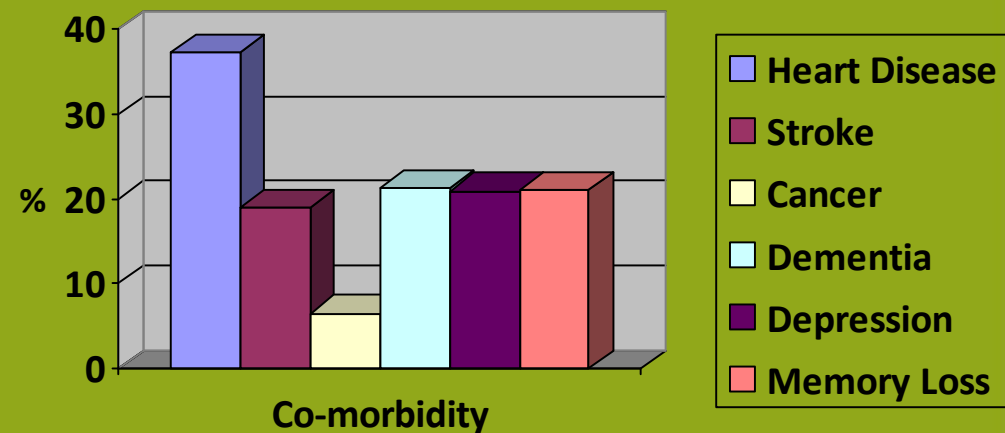


Results: Baseline

Cohort characteristics

- 70% CACP, 28% EACH, 2% D-EACH
- 37% of participants were male
- mean age was 81 ± 8 years
- 61% had carers
- 95% were Caucasian
- 70% born in Australia
- Average time on packages for 1.0 ± 0.6 years
- 30% were from rural locations

Figure 1. Prevalence of co-morbid conditions in the PITCH population



Instruments

Physical and mental health

- Client Profile Questionnaire
- SF-36 Health Survey
- Instrumental Assessment of Daily Living (IADL)
- Geriatric Depression Scale (GDS)
- Modified Mini-Mental Scale (3MS)

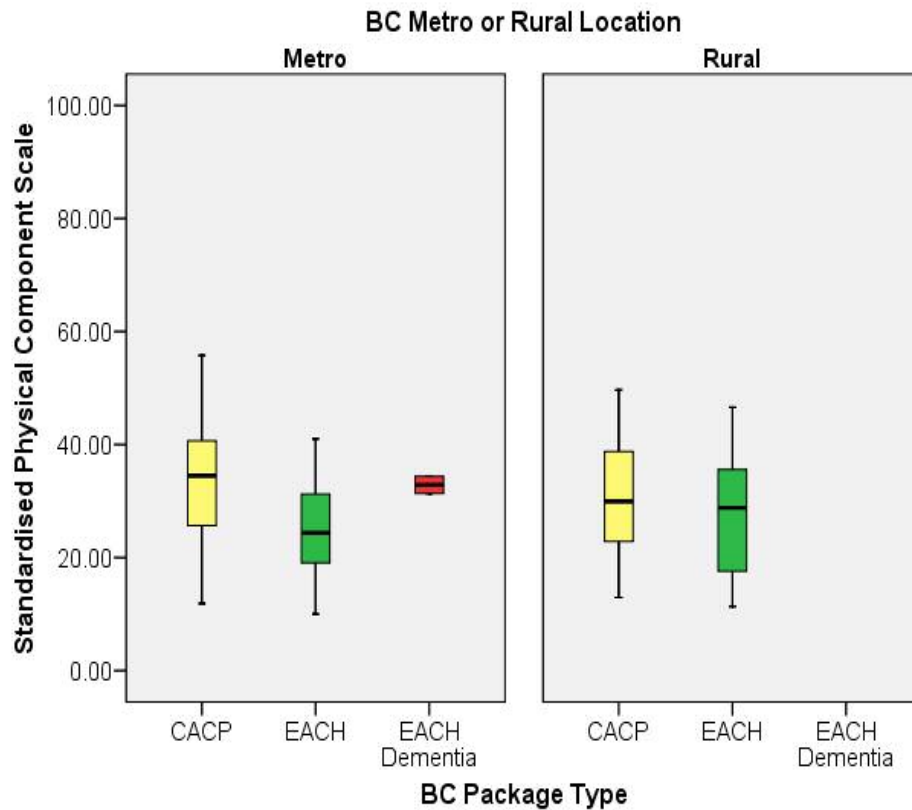
Social and community service interaction

- Duke Social Support Index (DSSI)
- Social Network Scale (SNS)
- Ageing Perceptions Questionnaire (APQ)

Carer strain

- Carer Strain Index (CSI)

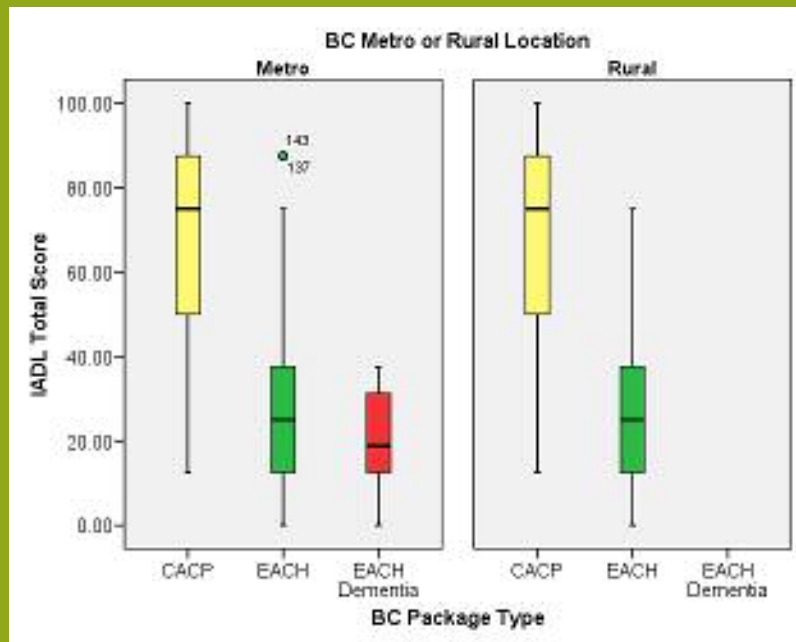
Baseline health status



Physical health

- SF-36
 - Baptcare mean 32.60
 - Population mean 50.00
 - No statistical difference between metro and rural

Baseline health status



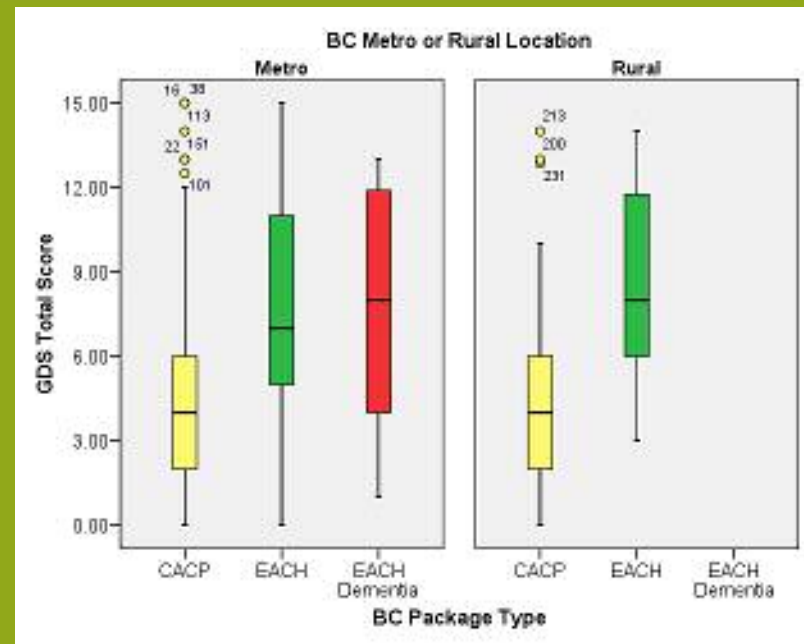
Physical health

- SF-36
 - Baptcare mean 32.60
 - Population mean 50.00
 - No statistical difference between metro and rural
- IADL
 - CACP mean 72.5
 - EACH mean 42.2
 - Sizeable gap between CACP and EACH

Baseline health status

Mental health

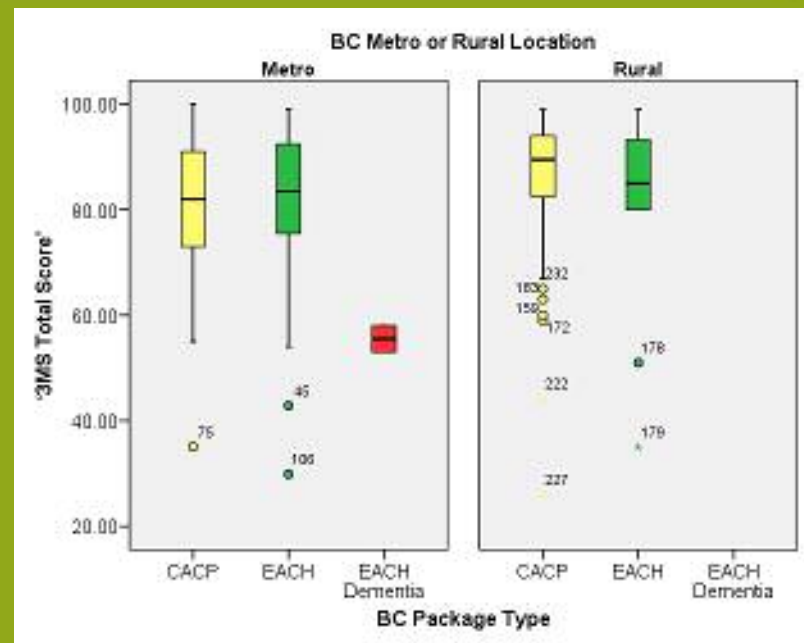
- GDS
 - 55% of clients were depressed
 - 39% mild depression
 - 16% severe depression
 - EACH more likely to be depressed than CACP



Baseline health status

Mental health

- GDS
 - 55% of clients were depressed
 - 39% mild depression
 - 16% severe depression
 - EACH more likely to be depressed than CACP
- 3MSE (Mini Mental Exam)
 - 26% scored below 77/100
 - More in urban areas



Results: Baseline

<i>Health Measure</i>	<i>CACP</i>	<i>EACH</i>	<i>P value</i>
SF 36 - Physical	32.6 ± 9.8	26.2 ± 9.3	0.0001
- Mental	50.5 ± 11.2	48.8 ± 12.6	0.38
IADL Score	72.5 ± 19.2	42.2 ± 22.2	<0.0001
GDS	4.6 ± 3.3	7.8 ± 3.8	<0.0001
3MS	81.6 ± 12.9	78.4 ± 17.6	0.17



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Baseline: Carer Strain

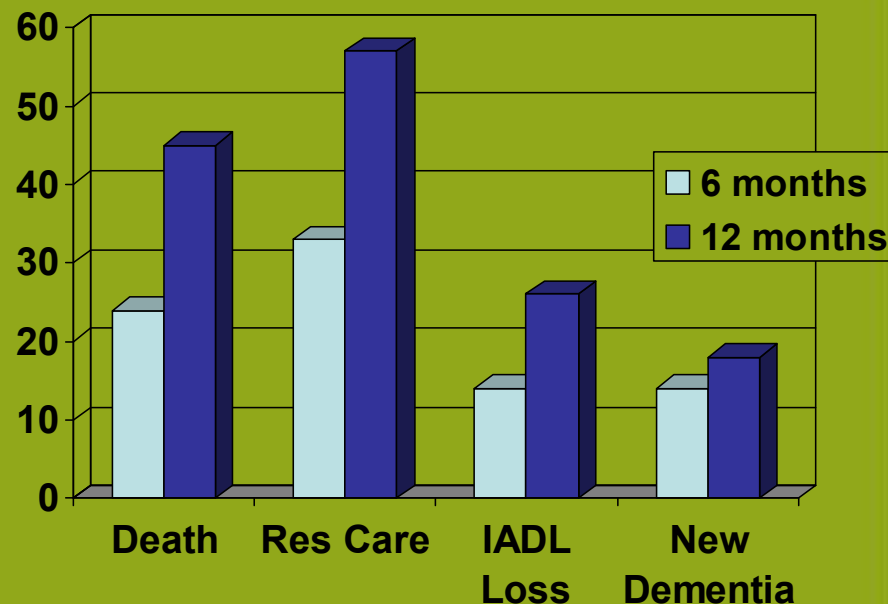
- 61% reported having a carer
 - 90% were either, wife, husband or daughter.
- Mean CSI was 57.6
 - scores above 53.8 indicates a high level of carer strain.
 - 63% had levels of carer strain above 53.8.
- Carers of EACH recipients reported significantly higher levels of carer strain than CACP [66.0 ± 22.7 versus 49.6 ± 27.4 ($p < 0.0001$)].
 - metro EACH carers averaging 25.5% more strain than metro CACP carers.

Changes over 12 months

Test	Mean (Baseline)	Mean (12 month)	Mean Change	95% CI	P
Physical and Mental health					
SF 36 physical	32	33	-0.8	-3.3; 1.8	0.55
SF36 mental	52	53	-0.6	-3.2; 2.0	0.66
IADL	71	71	0.1	-5.0; 5.3	0.95
GDS	35	33	2.3	-2.8; 7.4	0.37
3MS	84	87	-3.0	-5.9; -0.2	0.04
Social and Community Service Interaction					
SNS	29	29	0.6	-1.4; 2.6	0.55
DSSI	80	81	-0.8	-3.7; 2.1	0.60
APQ	61	61	-0.1	-1.6; 1.5	0.93
Carer strain					
Carer Strain	59	54	4.4	-3.9; 12.7	0.29

Change in health status

- Primary research end points
 - Death
 - Transition to residential care
- Secondary research end points
 - Death
 - Transition to residential care
 - Decrease IADL by 2 points or more
 - New onset dementia (3MSE score less than 77/100)



Predictors: Death or Resi care (12 months)

	OR (Odds Ratio)	95% CI (Confidence Interval)	P value
Age	1.05	1.02; 1.09	<0.001
Sex	1.38	0.84; 2.26	0.21
SES	0.86	0.70; 1.07	0.19
Location	0.73	0.43; 1.24	0.24
SF 36 physical	0.99	0.96; 1.02	0.46
SF36 mental	0.98	0.96; 1.01	0.15
IADL score	0.74	0.62; 0.88	<0.001
GDS	1.07	1.00; 1.14	0.05
3MS score	0.97	0.95; 0.99	0.01
DSSI	0.97	0.90; 1.05	0.46
Carer Strain	1.00	0.99; 1.01	0.68
Medical diagnosis of heart attack	1.00	0.69; 4.26	0.24
Medical diagnosis of stroke	1.05	0.51; 2.18	0.89
Medical diagnosis of cardiovascular disease	1.66	0.93; 2.96	0.09
Medical diagnosis of depression	0.91	0.45; 1.82	0.79



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Predictors: Including 2nd end points

	OR (Odds Ratio)	95% CI (Confidence Interval)	P value
Age	1.04	1.01; 1.07	0.01
Sex	1.10	0.68; 1.78	0.69
SES	0.83	0.67; 1.02	0.07
Location	0.56	0.33; 0.93	0.02
SF 36 physical	1.01	0.98; 1.04	0.60
SF36 mental	0.99	0.96; 1.01	0.31
GDS	1.02	0.96; 1.09	0.46
DSSI	0.96	0.89; 1.03	0.24
Carer Strain	0.99	0.98; 1.00	0.13
Medical diagnosis of heart attack	1.34	0.54; 3.31	0.52
Medical diagnosis of stroke	1.59	0.79; 3.23	0.20
Medical diagnosis of cardiovascular disease	1.54	0.88; 2.71	0.13
Medical diagnosis of depression	1.24	0.64; 2.41	0.53

Includes:

- Death
- Entry to residential care
- Loss of IADL
- New onset dementia



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Predictors: Change in package type

	OR (Odds Ratio)	95% CI (Confidence Interval)	P value
Age	0.95	0.89; 1.01	0.12
Sex	0.65	0.17; 2.50	0.53
SES	0.61	0.34; 1.10	0.10
Location	0.84	0.22; 3.23	0.80
SF 36 physical	0.95	0.87; 1.04	0.26
SF36 mental	0.97	0.91; 1.03	0.29
IADL score	1.24	0.71; 2.16	0.44
GDS	1.18	1.02; 1.34	0.03
3MS score	0.97	0.92; 1.01	0.16
DSSI	1.02	0.83; 1.25	0.84
Carer Strain	1.01	0.98; 1.04	0.36
Medical diagnosis of heart attack	1.01	0.12; 8.40	0.99
Medical diagnosis of stroke	0.50	0.06; 4.03	0.51
Medical diagnosis of cardiovascular disease	0.76	0.19; 3.02	0.69
Medical diagnosis of depression	1.68	0.42; 6.79	0.47

In closing...



- PITCH - demonstration of community aged care research with real application
 - Program development: baseline data
 - Organisational development: inclusion of staff in research activity, research capacity
 - Community Aged Care sector: demonstration of capacity to gather information, establish benchmarks, demonstrate performance, drive evidenced based approach