

Rhythm of the Day©

Quarterly Progress Report to the Ohio Department of Medicaid

(July 1 – September 30; Third Quarter 2020)

In the fourth quarter of year one of the project, during the third quarter of 2020, the initiative to launch a natural, holistic approach to the daily lives of the staff, residents and families living with Alzheimer's/Dementia continued with a systematic approach to project management with expansion into additional facilities. Details of our progress and accomplishments with the program are as follows:

Project Administration:

- I. Continued recruiting efforts through direct contact with eligible facilities.
- II. Program was reviewed and reorganized to comply with guidelines in place due to COVID-19 restrictions. These core elements include the limitations of resident needing social distancing, lack of any group activities, resident restrictions to individual rooms and, 'no visitor' limitations. Rhythm of the Day© is a dynamic and fluid program based upon individual resident and facility needs, previous experiential successes promoted the development of the virtual model under COVID-19 limitations and requirements based upon proven outcomes.
- III. Training sessions, all held via Zoom to abide by COVID-19 restrictions were provided. An effective, smaller section phase system virtual implementation has now been developed and effectively implemented as evidenced by the comparable outcomes seen in the in-person implementation system.
- IV. Moving forward the implementation of ROTD will now be accomplished in structured phases based upon gating criteria to promote solid implementation at a pace facilities can successfully manage. This quarter has allowed the successful implementation of the new phase implementation system.

Project Progress Summary:

Nine months ago at the beginning of this grant program, initially 6 facilities were scheduled for implementation. One facility relocated their residents for the initial months of the pandemic and have recently initiated resident return to their building; two facilities decided to hold off on attempting program implementation during the pandemic based upon their current demands. These three facilities will remain on a 'stand by list' for potential future involvement but will no longer be included in reporting measures.

Three facilities have now fully implemented the Rhythm of the Day© program. One facility was implemented fully live and in person, one had one initial in person training and then were converted to virtual training and the third was fully virtual implementation. The combination of

the demands presented due to COVID (March 2020) and the virtual medium resulted in the program implementation schedule revision to include three phases with gating criteria for progression to the next phase. Trainers found this three-phase system allowed facilities to achieve initial successes at the pace they found comfortable without feeling overwhelmed/stressed. When situational needs presented (i.e. Covid outbreaks, staff transition, etc.) the phase method allowed either stabilization of an existing phase or smooth transitions deeper into the program. This needs-based approach facilitated confidence and overall ‘buy-in’ of The Rhythm of the Day© program and ultimate facility and participant success.

Residents with dementia in facilities during this pandemic are having significantly increased struggles. In a recent article in the Washington Post

“Beyond the staggering U.S. deaths caused directly by the novel coronavirus, more than 134,200 people have died from Alzheimer’s and other forms of dementia since March. That is 13,200 more U.S. deaths caused by dementia than expected, compared with previous years, according to an analysis of federal data by The Washington Post.”

<https://www.washingtonpost.com/health/2020/09/16/coronavirus-dementia-alzheimers-deaths/?arc404=true>

In light of this national pattern resulting from Covid challenges it makes the significant outcomes Rhythm of the Day© has been able to achieve under this current situation more exceptional. Based upon the slower phase virtual implementation process there are now 7 additional facilities interested in implementing the Rhythm of the Day© program at this time, based upon the virtual implementation model outcome success.

Overview of Program Outcomes:

MDSS N0410A - number of days the resident received antipsychotic medication during the last 7 days or since admission/entry or reentry if less than 7 days. No reduction this quarter. Program participants chosen for program participation have few antipsychotic medications in use.

MDS I2300 – Number of UTI’s in last 30 days. Reduced 15%

MDS J1800 - Any falls since admission/entry or prior assessment. Reduced 13%

MDS J1900 - Number of falls since admission/entry or prior assessment. Reduced 14%

MDS E0200A – Physical behavioral symptoms directed toward others. Reduced 14%

MDS E0200B – Verbal behavioral symptoms directed toward others. Reduced 16%

MDS 0200C– Other behavioral symptoms not directed toward others. Reduced 19%

MDS Measurement	Baseline	Current	Overall Reduction %
MDS N0410A Antipsychotic Medicaiton	3	3	0%
MDS I2300 UTIs in last 30 days	7	6	15%
MDS J1800 Falls since Admission readmission	16	14	13%
MDS J1900 number of falls	13	11	14%
MDS E0200A Physical behaviors w/others	15	13	14%
MDS E0200B Verbal Behaviors w/others	25	21	16%
MDS E0200C Other behaviors not directed @ others	27	22	19%

As a result of these months of the Covid Crisis all nursing facilities in Ohio and nationally are consistently experiencing sharp rises in their general staff turnover rates. These current circumstances have resulted in highly situational increases in staff turnover rates in our participating facilities. Additionally, these rates have resulted in the necessity of rotating staffing to fill acute needs outside of the program. At this point there is no reduction in staff turnover in memory care staff. At the end of this quarter we are beginning to see a slight (no statistically significant) stabilization of memory care staff which we appears to be attributed to the anecdotal feedback (described below) reported ongoing from facility staff and their expressed feelings of accomplishment and making a difference.

Anecdotal Feedback from Staff Through Program implementation:

Initial reported successes following full implementation of Phase One focused on observed improved sleeping patterns begin to normalize, improved cognitive demonstrations in task completion and increased participation/engagement in the program. Following implementation of Phase Two in addition to seeing the continuing improvement of Phase One issues, additionally they reported improvements in reduction of Behaviors/agitation (i.e. screaming, yelling, exit seeking/wandering, resident to resident arguing) and reduction of falls. Continuing to report examples of continued observed improvements of the preceding phases monitored, when adding Phase Three staff reported observing what they now consistently describes an overall improved ‘quality of Life’ (greater positive interactions and successes) as a result of now calmer environment compared to pre-program and comparison to other areas within the facility.

As a few isolated described Phase Three implementation trends, two residents had measurably improved cognitive scores done by Speech Therapist, compared to prior to program implementation. One resident’s BIMS score went from 0 to 9 since program implementation. One post stroke resident began saying basic full sentences (Prior to program resident only gave one-word verbalizations). One resident initially was consumed/distressed by constant exit-seeking behaviors after three weeks in the program, no longer demonstrates those behaviors. One facility experienced substantial staffing issues over Labor Day weekend, so program was not implemented for 3 days. Staff reported they observed old behaviors coming back without program in place. As a result, staff spent more time attempting to manage behaviors than implementing the Rhythm of the Day© program.

Project Financial:

There are no travel expenses associated with the third quarter of the Rhythm of the Day© memory care program.

Program Summary and Projection:

Based upon effective virtual development resulting in excellent initial participant outcomes, increased facility interest in virtual implementation, the Trainers are confident moving the program forward through this pandemic. Residents of our Ohio nursing facilities will continue to benefit from the Rhythm of the Day© program.