



Bridging the gap between practice & research

Lizette Wattel UNO-VUmc

- Dutch nursing homes,
- Why nursing homes participate in our network;
- The organisation of our network
- Examples of research(projects)
- Benefits and difficulties?

Nursing homes in The Netherlands







- **Long Term Care**

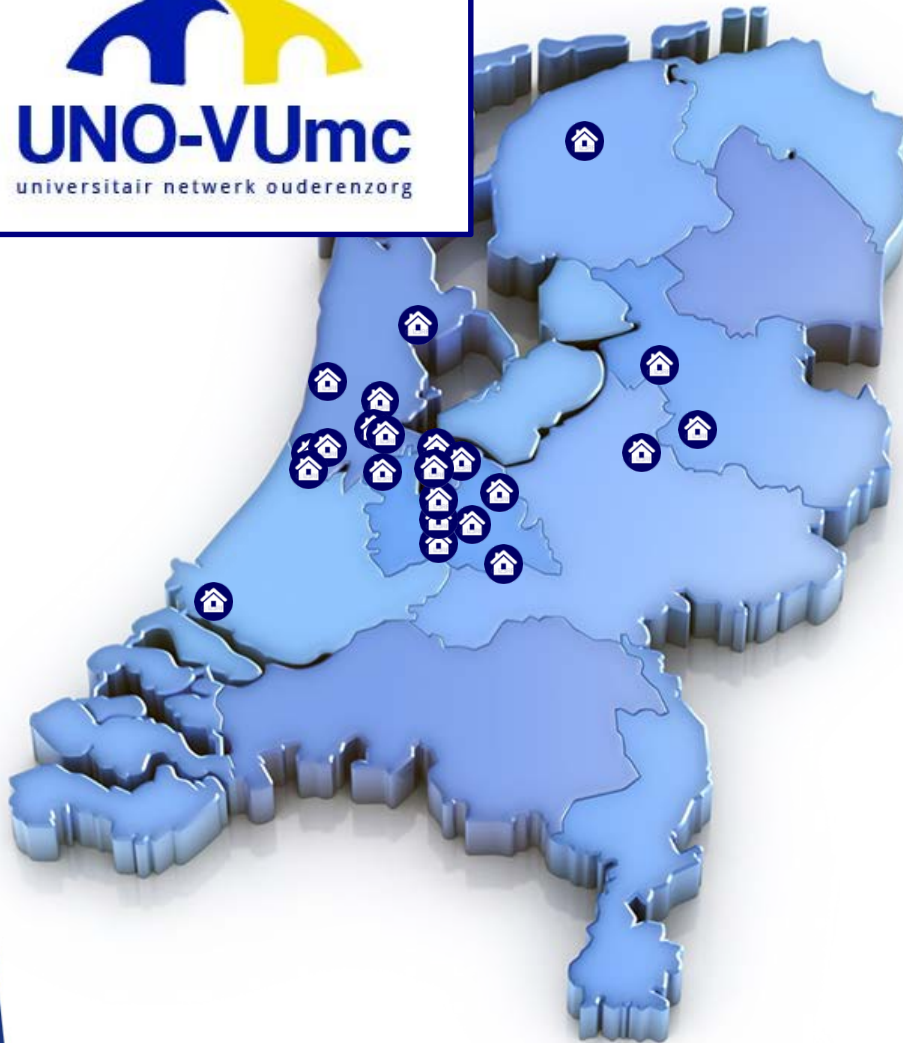
- Factors in assessment:

- Social life skills ↓ ↓
 - Psychosocial /cognitive functions ↓ ↓
 - ADL ↓/ ↓ ↓
 - Mobility ↓/ ↓ ↓
 - Challenging behaviour
 - Structural care need, several times a day

- **Geriatric Rehabilitation**

- **Home care**





Why do organisations choose to participate in the UNO-VUmc?

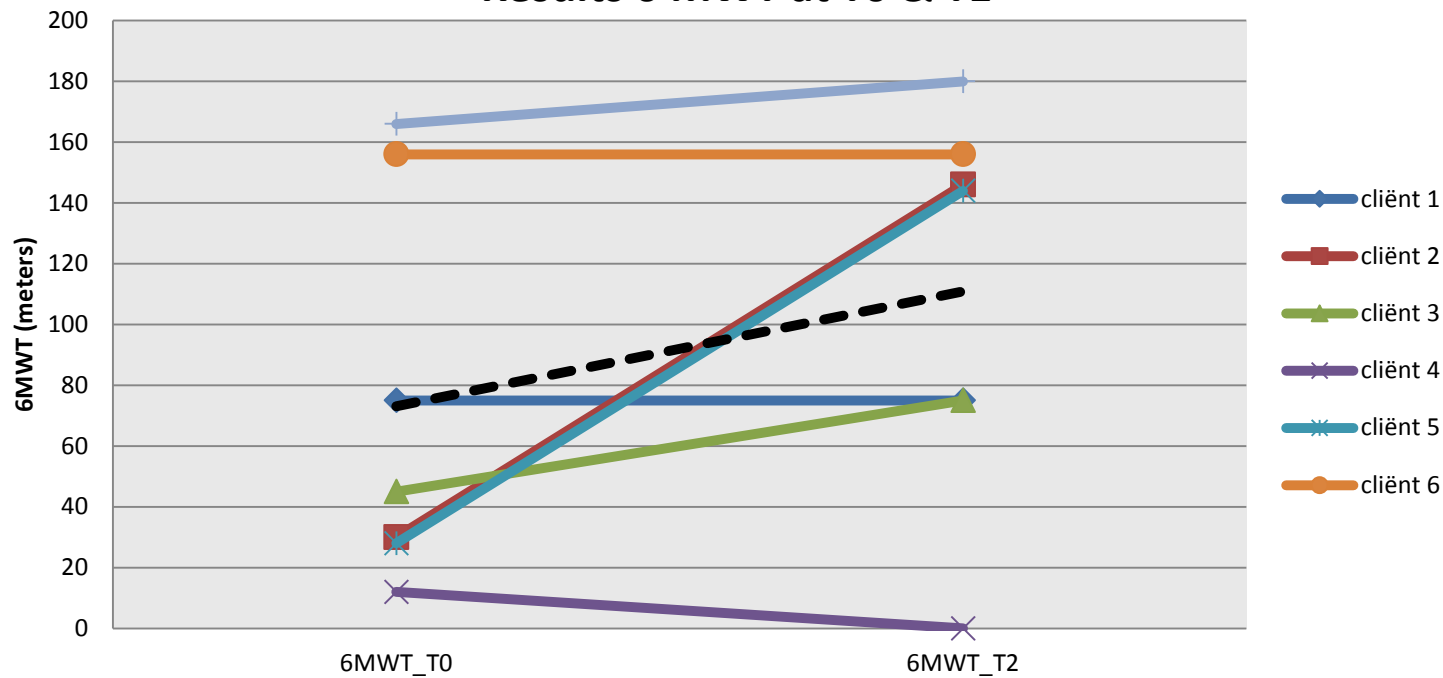
- improve the **quality of care**,
- **advance the field**,
- improve the **reputation** of the organization as a center of excellence,
- improve **recruitment and retention** of (exceptional) staff,
- **establish ties** with the university.

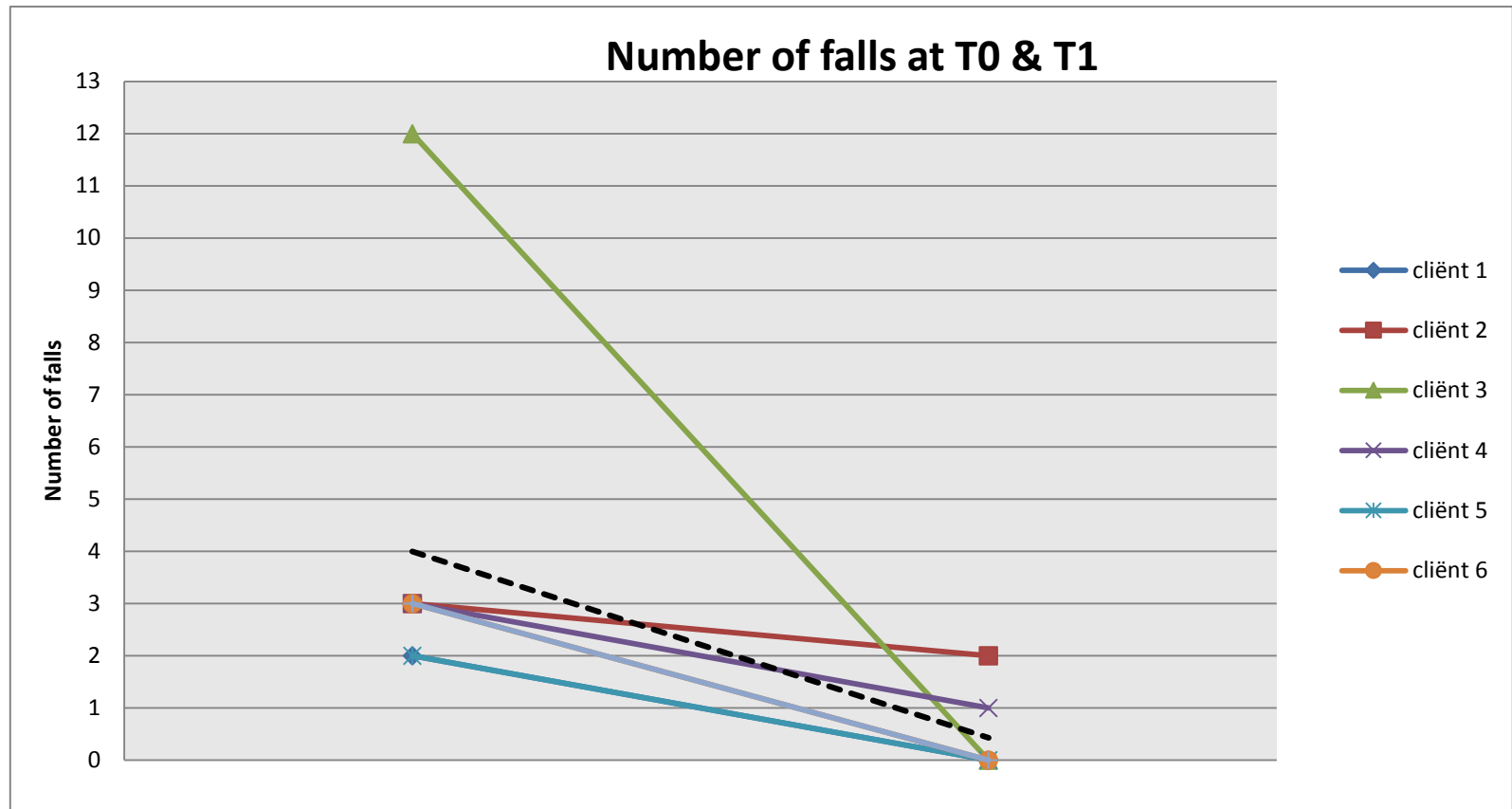
The bottom-up approach





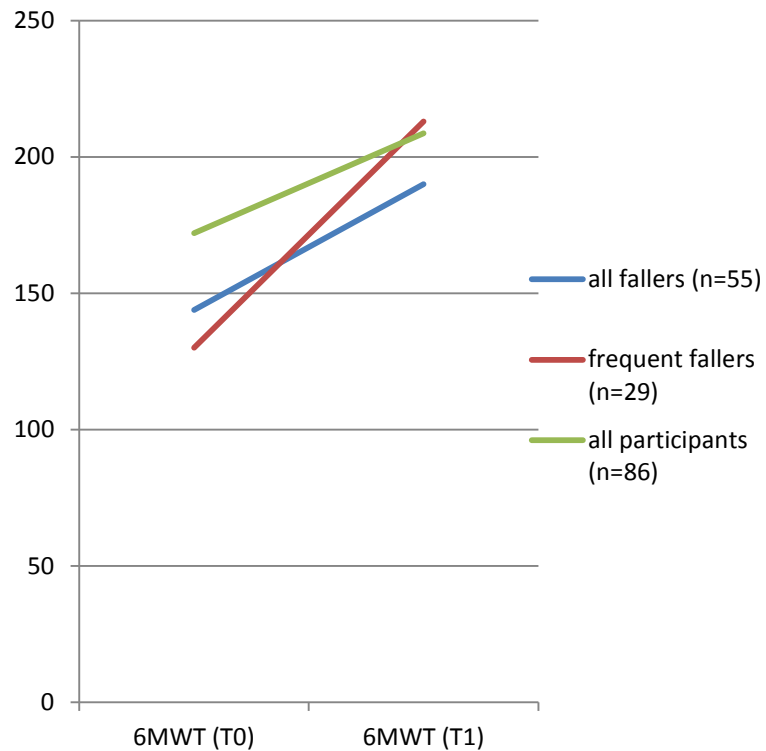
Results 6 MWT at T0 & T1



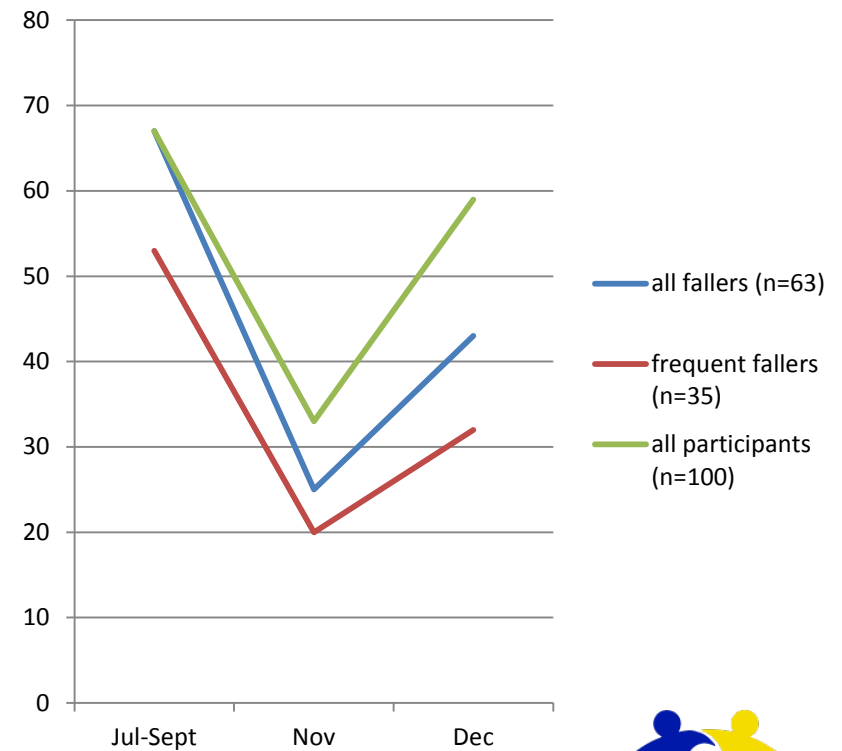




6 Minut Walk Test (median)

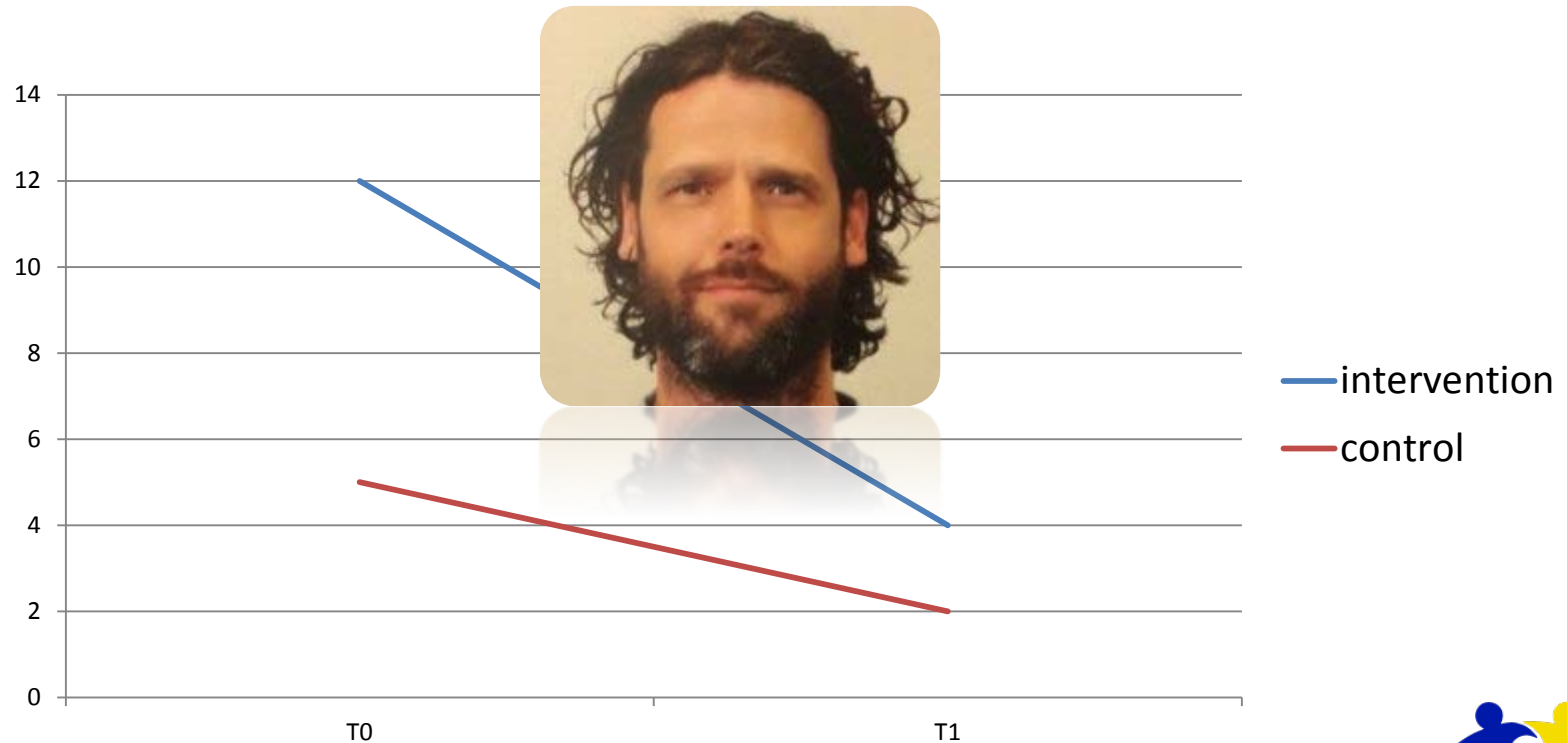


Total number of falls per month





Number of falls per group



What we do

- Research
 - Education
 - Development of best practices
 - Implementation
-
- Short term vs. long term results
 - Development vs. implementation









good care for people with **brain diseases**



good **rehabilitation** care



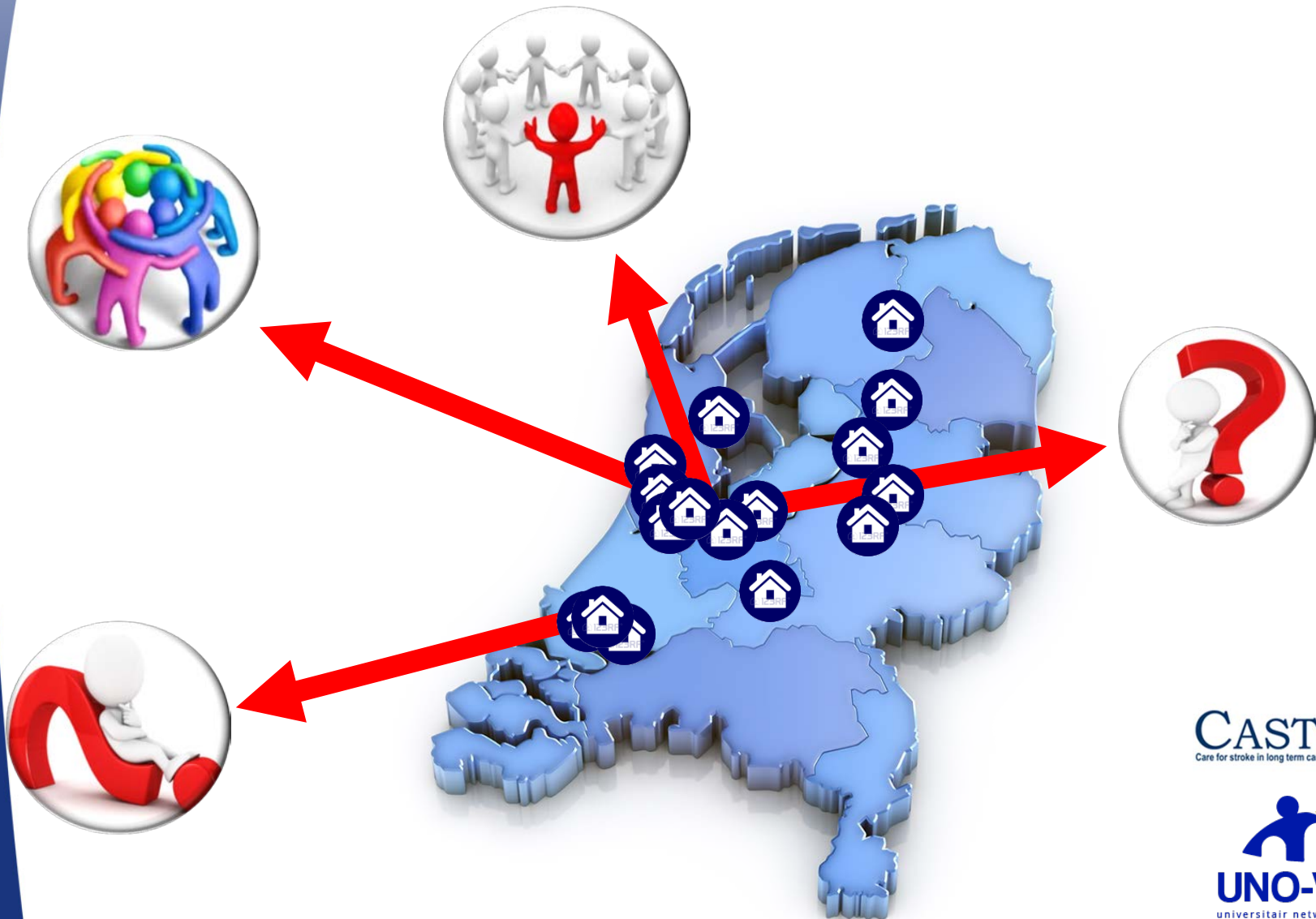
good **organisation** of care



Assistive technology in care for people with brain diseases



Care for Stroke in LTC in NL



Conclusions

Irritability, depressive symptoms and apathy occur as the most frequent neuropsychiatric symptoms.

Almost 60% of the residents is in **pain**, despite treatment.

Nearly half of the residents has moderate or severe **cognitive impairment**.

More than a quarter of the residents has **poor expressive abilities**.

Almost a third of the residents has a **low social engagement**.

Conclusions

Irritability, depressive symptoms and apathy occur as the most frequent neuropsychiatric symptoms.

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Apathy & Pain

Apathy

- 28% of residents.
- related to
 - cognitive impairment
 - very severe ADL-dependency
 - being >12 hours per day in bed
- not related to depressive mood symptoms

➔ (individualized) stimulating activities?

Substantial pain

- 28% of residents.
- related to
 - a 60% increase in NPIQ score
 - clinically relevant symptoms of delusions, agitation/aggression, depression, and anxiety
- associated with low social engagement

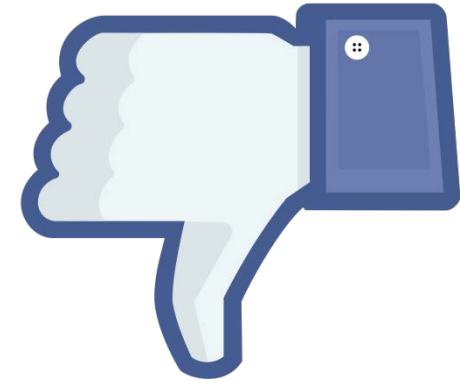
➔ Pain management!!

Benefits for research & practice

- For research:
 - New ideas
 - Better research plan
 - Easier access to care organisations
 - Attention to results
- For practice:
 - Quick and easy access to results
 - Useful results, suitable for improving quality of care
 - Inspiring for professionals
 - Influence on research
 - Help and advice for small research projects
 - Supported implementation
 - Development of more professional climate



Difficulties for practice



- Time
- Achieving results in large organisations
- Embedding research & innovation
- Support by management
- Implementation = changing = difficult
- Changes in personnel

Research & practice

