

The Gold Standards Framework in Dementia Training Programme



Evaluation Pack

2014

**Guidance and resources to accompany the distance learning GSF Dementia Training
Programme and DVD**

Further information is available on the GSF website,

www.goldstandardsframework.org.uk

Tel: 01743 291 891

Evaluation GSF Dementia Care Programme

We hope that doing this programme can make a real difference in your place of care for people with dementia.

Therefore in the evaluation of this programme, we wish to be able to demonstrate some key changes in practice to assess the impact of this programme.

So the aims of this programme are to

- 1.Improve the quality of care for people with dementia in their last years of life
- 2.To specifically change some key factors that are important in their care , namely ,
 - a. Improving awareness of person-centred dementia care and use of life stories
 - b. Improving management of pain and distress and increased use of the appropriate assessment tools
 - c. Improving communication and increasing the uptake of advance care planning discussions
 - d. Reducing hospital admissions, enabling more to live and die at home.

To demonstrate these changes,

We ask you to complete a number of assessments, with some before and after training and some as you progress through the training programme

These assessments will include:-

Before and after Comparisons of

- 1. Key Outcome Ratios** - A questionnaire asking you about some statistics and practices in your place of work, and answering some specific numerical questions related to the people you are caring for – for examples numbers going into hospital etc.
- 2. Confidence**- a self-assessment questionnaire, describing how confident you feel in caring for people with dementia and any gaps in your knowledge.
- 3. Perceptions** - a short questionnaire relating to your perceptions and awareness of dementia

In addition throughout the programme we ask you to do

- 4. Action Plans after each session** - you will complete an action plan at the end of each session, and you can reflect on your progress and attainment of your goals.
- 5. Reflective accounts** And finally for those of you wishing to gain academic points you will be required to submit four reflective accounts, one for each session based on the key question and your action plans. These reflective accounts will be approximately 400 words each.

So we ask you to complete the assessments at each stage on the Virtual Learning Zone as indicated. You may also wish to keep paper copies for your own records.



Key Outcome Ratios

End of life for people with dementia

Training programme



Name:		Survey taken before or after training – please tick	Before Training	After Training
Date:				

Name of organisation				
How many of the people you care for have dementia/cognitive impairment.				
How many unscheduled admissions to acute hospital have there been in the past 6 months				
How many of these unscheduled admissions were for people with dementia?				
ACP 1 Advance Care Planning (ACP) how many of the people with dementia have an ACP or Best Interests plan?				
ACP 2 How many of these have been discussed with the family/carers?				
ACP 3. Resuscitation discussion how many of these people have DNACPR / resuscitation status recorded?				
How many of the people you care for with dementia have a recent pain assessment in their care plan (i.e. in the last 3 months)				
How many people with dementia that you care for in your organisation died in the last twelve months?				
a) Place of death	Home	Hospital	Other	Total
Please indicate whether they had been identified as dying and if you use GSF coding indicate the code below				
Expected death	Unexpected/sudden death	Comments / GSF Code if applicable		
Carer identified and assessed Of all those with dementia that died what percentage of carers a) Were offered bereavement information and support? b) Were given the opportunity to complete a post bereavement questionnaire? c) Number of bereavement questionnaires returned			a.	
			b.	
			c.	
Care of the dying plan. Of the residents who died, what percentage had a personalised care of the dying /care in the final days plan				
Of the people with dementia who died, how many were assessed for pain or distress in the last days of life (using a recognised and validated assessment tool, e.g. ABBEY, doloplus, DISDAT)				



Staff Confidence Assessment Survey

Gold Standard Framework end of life care for people with dementia



Audit-b) staff level information An audit of staff confidence measures before
and after training

Name:		Survey taken before or after training – please tick	Before Training	After Training
Date:				

1) How confident do you feel in caring for people living with dementia on a daily basis?

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
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2) How confident do you feel in using life story work as a means to knowing the person and improving person centred care?

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
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3) How confident do you feel in caring for people with dementia who are nearing the end of life?

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
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4) How confident do you feel in identifying people with dementia who are dying/nearing their final days of life?

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
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5) How confident do you feel in caring for people with dementia who are dying?

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
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6) How confident do you feel in having open communication with people with dementia and their relatives about their deteriorating condition?

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
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7) How confident do you feel in having discussions with people with dementia about their personal wishes, preferences and concerns (Advance care planning)

Not confident	1	2	3	4	5	6	7	8	9	10	Very confident
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8) How confident do you feel in having Best Interest discussions with family/carers of people with dementia?

No	1	2	3	4	5	6	7	8	9	10	Yes
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Do you feel the need for further training in? (please tick the box)

Identifying people who are EOLC		Spiritual care	
Symptom assessment for people with dementia		Care of Carers	
Advance care planning/Best Interests		Care of the dying	
Life story work		Bereavement support	

Other please state :

Evaluation 2/Activity 1-Perceptions of dementia—before training

Consider the following statements/questions and answer true or false

- | | | |
|-----|---|-----|
| 1. | Most old people get dementia | T/F |
| 2. | Permanent damage to the brain occurs in most types of dementia | T/F |
| 3. | People who have dementia will all show the same symptoms | T/F |
| 4. | People with dementia usually have poor short term memory | T/F |
| 5. | People with dementia have the same needs as babies | T/F |
| 6. | If an elderly person becomes confused it means they have got dementia | T/F |
| 7. | People with dementia often have good memory of the past | T/F |
| 8. | Dementia can be caused by small strokes | T/F |
| 9. | Alzheimer's disease can be a genetic condition | T/F |
| 10. | Most types of dementia cannot be cured | T/F |
| 11. | When people with dementia walk around it is always aimless | T/F |
| 12. | Most people with dementia gradually lose all of their ability to communicate | T/F |
| 13. | People with dementia who are verbally aggressive, usually become physically aggressive | T/F |
| 14. | Brain damage is the only factor responsible for the 'symptoms' of dementia | T/F |
| 15. | If a person with dementia becomes agitated they require sedatives | T/F |
| 16. | Dementia only affects the person, not the family | T/F |
| 17. | People with dementia are incompetent and are unable to make choices about their own health. | T/F |



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Symptom assessment for people with dementia		Care of Carers	
Advance care planning/Best Interests		Care of the dying	
Life story work		Bereavement support	

Other please state :

Evaluation 2/Activity 1-Perceptions of dementia—after training

Consider the following statements/questions and answer true or false

1. Most old people get dementia T/F
2. Permanent damage to the brain occurs in most types of dementia T/F
3. People who have dementia will all show the same symptoms T/F
4. People with dementia usually have poor short term memory T/F
5. People with dementia have the same needs as babies T/F
6. If an elderly person becomes confused it means they have got dementia T/F
7. People with dementia often have good memory of the past T/F
8. Dementia can be caused by small strokes T/F
9. Alzheimer's disease can be a genetic condition T/F
10. Most types of dementia cannot be cured T/F
11. When people with dementia walk around it is always aimless T/F
12. Most people with dementia gradually lose all of their ability to communicate T/F
13. People with dementia who are verbally aggressive, usually become physically aggressive T/F
14. Brain damage is the only factor responsible for the 'symptoms' of dementia T/F
15. If a person with dementia becomes agitated they require sedatives T/F
16. Dementia only affects the person, not the family T/F
17. People with dementia are incompetent and are unable to make choices about their own health. T/F

Homework Action Plan – Session 1

	To do	Actions planned <i>What we plan to do</i>	Actions taken <i>What we did and what we found</i>
1	Your Goals. Set your personal goals for this programme? What 3 things do you want to achieve or do differently in your own place of work to improve care for people with dementia?		
2	Person Centred Care. What can you do to improve your understanding of the person behind the disease?. Try a few new things with at least three people with dementia and reflect on their response.		
3	Dignity. How can you improve the sense of dignity and respect for the people with dementia that you care for and what new ideas can you try? What might be particularly challenging or confusing for people with dementia in your place of work and what do you find helps improve this in your setting ?		

Homework Action Plan – Session 2

	To do	Actions planned <i>What we plan to do</i>	Actions taken <i>What we did and what we found</i>
1	Recognising decline. How would you recognise deterioration in someone with dementia? Using the GSF coding, how you would know someone with dementia was declining eg from unstable (green) to deteriorating (amber) or to the dying phase (red). What would you need to do in anticipation to meet their needs each phase? (write this in your Workbook Needs Support Matrix)		
2	Recognising and treating pain Which assessment tools do you find work best for you in assessing a person's pain and distress? Try other tools and discuss the results and how you can incorporate them routinely in your work		
3	Treating other symptoms. Discuss and try out other ways of managing other symptoms; reflect on your experience - which work best and why?		

Homework Action Plan – Session 3

	To do	Actions planned <i>What we plan to do</i>	Actions taken <i>What we did and what we found</i>
1	Communication. Consider what you might do differently in the way you communicate with the people with dementia in your care. Observe other colleagues, examine factors in your place of work and discuss this with families		
2	Advance Care Planning Discussions. Plan to have an advance care planning discussion with a person with dementia, decide on which tools, and resources to use, and do this, accompanied by another member of staff. Reflect on how this went and how this might be improved further		
3	Supporting Carers. What can you do to improve your support for carers and family of people with dementia? Try using other assessment tools or resources that might be helpful and explore how you might help any unmet needs they might have.		

Homework Action Plan – Session 4

	To do	Actions planned <i>What we plan to do</i>	Actions taken <i>What we did and what we found</i>
1	Improving cross boundary care What barriers do you find to enabling good communication and coordination of care with others in your area and how can you improve this? What can you do to avoid crises—try at least 3 new things and observe the effects		
2	Reducing hospitalisation. Make a list of ways that you can avoid inappropriate hospital admissions for people with dementia—try them out and reflect on progress. What do you think are the most helpful improvements and how could you integrate this into your usual daily work?		
3	Care of the dying How do you provide best care for the dying in the final days—what tools are useful here and can you improve this further? How can you improve support for their carers and families at this time and in bereavement?		

Reflective Accounts—if applying for academic points—15 credits at level 4 awarded by Staffordshire University

Session1

Key Question:

How can we provide gold standard /top quality care with dignity and respect, for people with dementia nearing the end of life?

Session 2

Key Question:

Are we recognising decline in people with dementia and underlying masked symptoms such as pain and providing them with the right care?

Session 3

Key Question:

How are we listening to people with dementia and understanding their underlying needs and wishes?

Session 4

Key Question:

Are we providing well-coordinated care, reducing avoidable hospitalisation and enabling a 'good death' for people with dementia at home?