

National Quality Improvement Conference

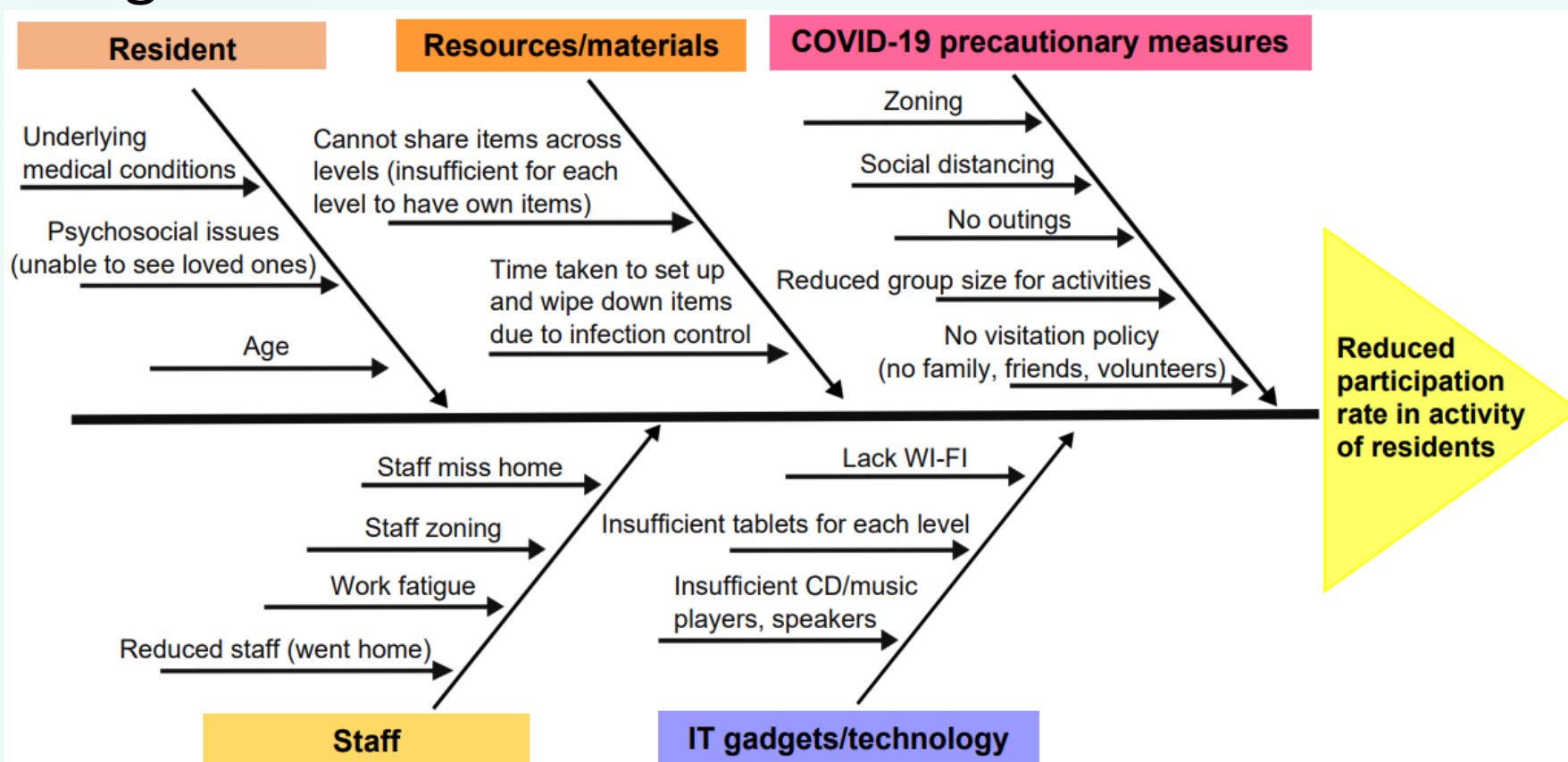


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An initiative to improve activity participation in Nursing Homes during COVID-19

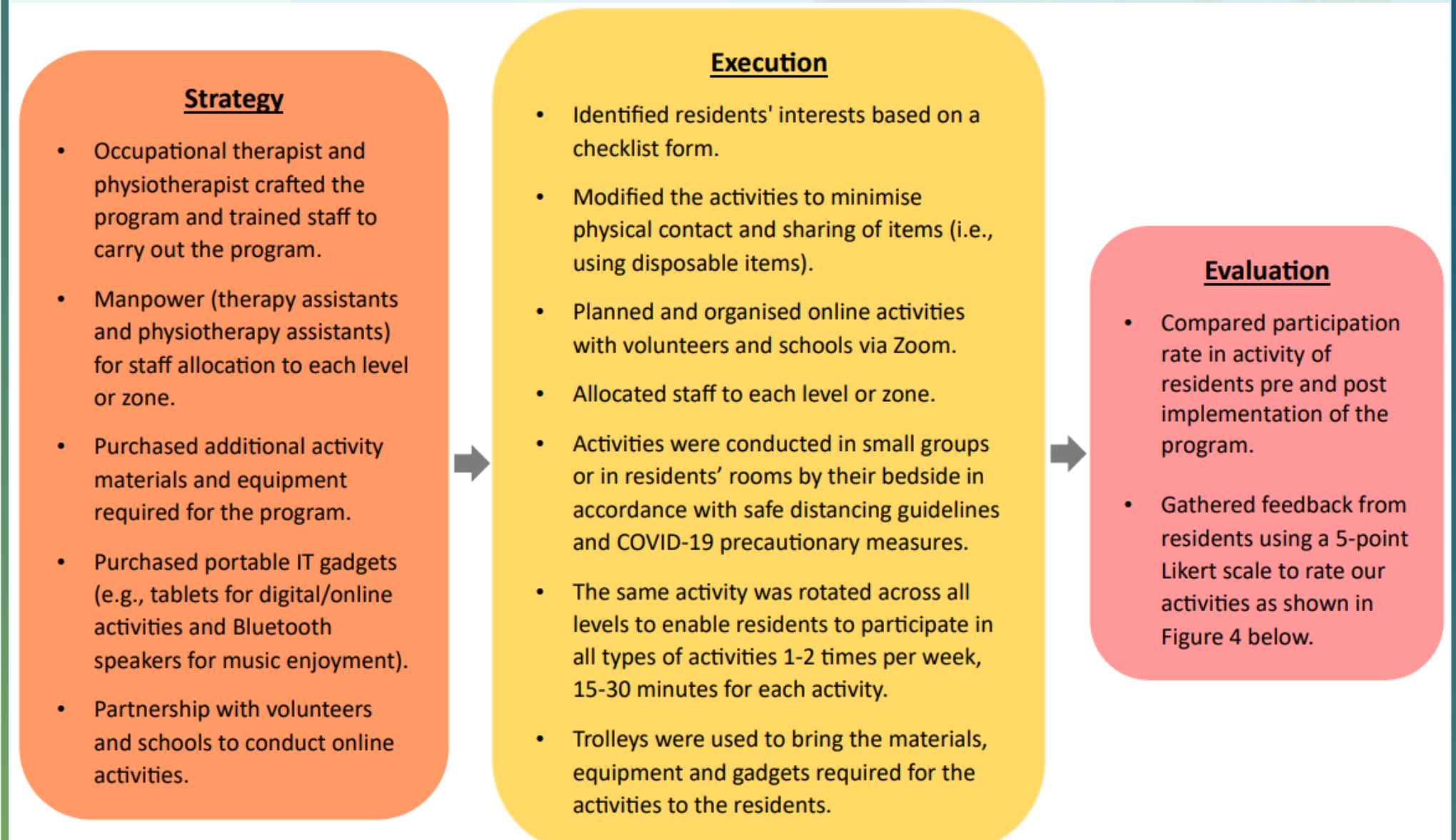
Problem Statement

Due to COVID-19 precautionary measures, participation rate in activity of residents reduced significantly from 90% to 79% in our homes. A root cause analysis was done using the cause-and-effect diagram as shown below.



Potential Solutions

- The implementation plan is outlined below.



- An activity schedule for residents is shown below.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 – 9am	☺☺☺ BREAKFAST				
Morning sessions	Fit & Tempo (Level 2)	Fit & Tempo (Level 3)	Fit & Tempo (Level 4)	Fit & Tempo (Level 5)	Fit & Tempo (Level 1)
	ADL Training (Level 3)	ADL Training (Level 4)	ADL Training (Level 5)	ADL Training (Level 1)	ADL Training (Level 2)
12 – 1pm	☺☺☺ LUNCH				
Afternoon sessions	Sensory diet (Level 4)	Sensory diet (Level 5)	Sensory diet (Level 1)	Sensory diet (Level 2)	Sensory diet (Level 3)
	Leisure/Cognitive Activities (Level 5)	Leisure/Cognitive Activities (Level 1)	Leisure/Cognitive Activities (Level 2)	Leisure/Cognitive Activities (Level 3)	Leisure/Cognitive Activities (Level 4)
4:30 – 5:30pm	☺☺☺ DINNER				

Project Aim

- To improve participation rate in activity for residents across all homes from 79% to 85%.
- For residents to enjoy activities in the homes during COVID-19.

Lessons Learnt

- Project aims were achieved: increased participation rate in activity of residents and majority of residents enjoyed the activities.
- Every zone had sufficient equipment/resources for the activities.
- Self-reported questionnaire was limited in obtaining feedback from residents with cognitive impairment. Hence, results are not representative of all residents.
- Our program will be further developed to tailor activities to residents' functional level and include Category 4 bedbound residents.
- Our further study on this modified program will include an observational outcome measure and pre-post data.

Outcomes & Impacts

- Participation rate in activity of residents improved from 79% to 93% in our homes from May 2021 to December 2022.
- Out of 584 residents surveyed, 174 (30%) did not complete the survey due to cognitive impairment. 168 (29%) residents found the activities extremely enjoyable and 189 (32%) residents found the activities enjoyable. Results are shown below.

