

**The ElderCare Project:  
Primary Health Care for Community Living Old Elderly**

**Purpose**

To Improve the health of independent, community-living old-elderly through nursing assessment, identification of needs and goals, and working towards achieving those goals

**Old-Elderly = 80 plus years of age**

## Methods

- Cluster Randomized Trial
- Recruitment through family physicians' offices
- List of patients 80 years and older
- Letter sent to them signed by their physician
- Patients contact RA by phone if interested.
- Enrolment occurs in patient's home
- Nursing intervention occurs in patient's home

## The Intervention

- Detailed nursing assessment to identify needs and set goals
- 7 more visits during a one year period to help client achieve the goals
  - Connecting client with services
  - Client education
  - Physician liaison

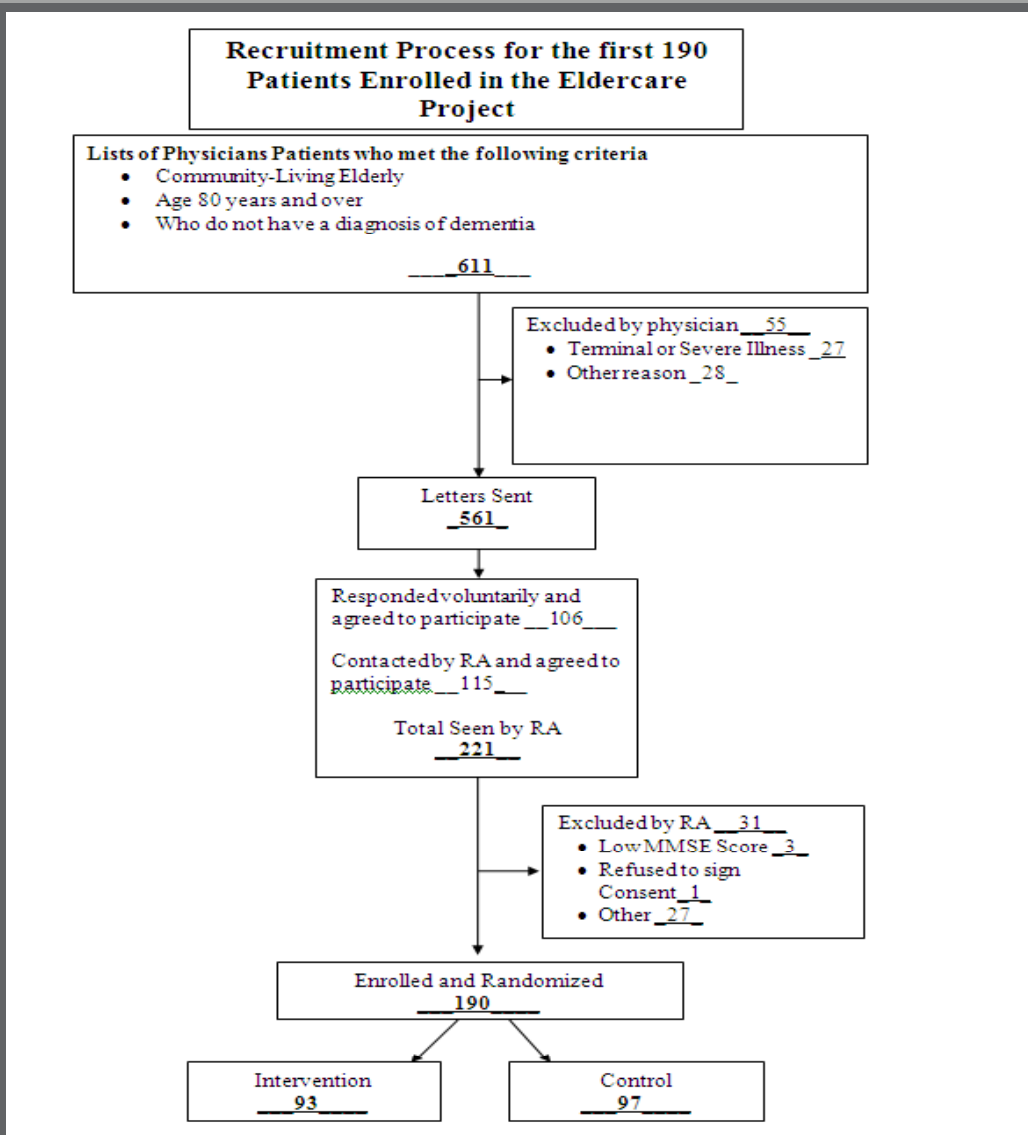
## Outcome Assessment

- Health Related Quality of Life
- Satisfaction with care
- Activities of Daily Living
- Hospitalizations
- Emergency room visits
- Family physician visits
- Use of diagnostic services

# The Eldercare Project Update

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# Baseline Demographics

|                          |                                | Intervention<br>Group<br>N=93 | Control<br>Group<br>N=97 | P value |
|--------------------------|--------------------------------|-------------------------------|--------------------------|---------|
| Female                   |                                | 58 (61.7%)                    | 69 (72.6%)               | 0.148   |
| Mean Age in Years (SD)   |                                | 84.9 (4.5)                    | 85.1 (3.6)               | 0.668   |
| Marital<br>Status        | Married                        | 38 (40.4%)                    | 31 (32.3%)               | 0.418   |
|                          | Widowed                        | 48 (51.1%)                    | 58 (60.4%)               |         |
|                          | Single/Separated<br>/ Divorced | 8 (8.5%)                      | 7 (7.3%)                 |         |
| Post secondary Education |                                | 47 (50.0%)                    | 31 (32.3%)               | 0.02    |
| Active Study Status      |                                | 76 (81.7%)                    | 84 (88.4%)               | 0.278   |

**Table 1: Mean age- and sex-standardized scores for the 8 domains of the Medical Outcomes Study 36-item Short Form (SF-36) and for the 2 summary scales (physical and mental component) for Canadians**

| Age, yr      | Physical functioning | Role physical   | Bodily pain     | General health perceptions | Energy/vitality | Social functioning | Role emotional  | Mental health   | Physical component scale | Mental component scale |
|--------------|----------------------|-----------------|-----------------|----------------------------|-----------------|--------------------|-----------------|-----------------|--------------------------|------------------------|
| ≥ 75         | <i>n</i> = 1613      | <i>n</i> = 1609 | <i>n</i> = 1614 | <i>n</i> = 1611            | <i>n</i> = 1613 | <i>n</i> = 1612    | <i>n</i> = 1612 | <i>n</i> = 1613 | <i>n</i> = 1603          | <i>n</i> = 1603        |
| Mean score   | 59.1                 | 62.6            | 69.8            | 71.2                       | 61.1            | 83.2               | 80.3            | 79.4            | 42.0                     | 54.5                   |
| SD           | 27.4                 | 41.9            | 25.1            | 17.9                       | 19.6            | 22.5               | 34.3            | 15.1            | 10.3                     | 8.6                    |
| 95% CI       | 57.8–60.4            | 60.5–64.6       | 68.6–71.0       | 70.3–72.1                  | 60.2–62.1       | 82.1–84.2          | 78.6–81.9       | 78.6–80.1       | 41.5–42.5                | 54.1–54.9              |
| % at floor   | 1.3                  | 23.7            | 0.3             | 0.2                        | 0.4             | 0.7                | 11.3            | 0.01            | 0.03                     | 0.1                    |
| % at ceiling | 2.9                  | 47.7            | 27.0            | 3.9                        | 2.0             | 50.2               | 70.4            | 6.4             | 0.01                     | 0.1                    |

Eldercare age 80+      56.1      66.8      74.7      64.9      62.9      84.9      94.3      86.4

### Baseline SF-36 Mean Scores

|                       | Intervention<br>N=93 | Control<br>N=97 | P Value |
|-----------------------|----------------------|-----------------|---------|
| Physical Functioning  | 57.9                 | 54.2            | 0.366   |
| Role Limits Physical  | 66.3                 | 67.4            | 0.845   |
| Role Limits Emotional | 96.5                 | 92.1            | 0.114   |
| Emotional Well Being  | 88.6                 | 84.2            | 0.021   |
| Social Functioning    | 86.4                 | 83.5            | 0.421   |
| Pain                  | 77.2                 | 72.3            | 0.179   |
| General Health        | 66.5                 | 63.4            | 0.280   |
| Energy                | 64.9                 | 60.9            | 0.244   |



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|                       | Baseline<br>N=190 | 6 Months<br>N=126 | 1 Year<br>N=78 |
|-----------------------|-------------------|-------------------|----------------|
| Physical Functioning  | 56.1              | 57.6              | 55.9           |
| Role Limits Physical  | 66.8              | 65.1              | 63.8           |
| Role Limits Emotional | 94.3              | 92.3              | 96.1           |
| Emotional Well Being  | 86.4              | 85.3              | 83.7           |
| Social Functioning    | 84.9              | 83.4              | 81.9           |
| Pain                  | 74.7              | 75.5              | 77.7           |
| General Health        | 64.9              | 66.3              | 64.8           |
| Energy                | 62.9              | 63.7              | 62.6           |
| MMSE Score            | 28.40             | 28.14             | 28.61          |

## SF-36 at 1 Year--- Intervention vs Control

|                       | Intervention<br>N=34 | Control<br>N=44 | P Value |
|-----------------------|----------------------|-----------------|---------|
| Physical Functioning  | 50.4                 | 60.2            | 0.130   |
| Role Limits Physical  | 54.4                 | 71.0            | 0.059   |
| Role Limits Emotional | 95.1                 | 96.9            | 0.539   |
| Emotional Well Being  | 84.2                 | 83.3            | 0.782   |
| Social Functioning    | 78.3                 | 84.6            | 0.333   |
| Pain                  | 74.9                 | 79.8            | 0.415   |
| General Health        | 59.0                 | 69.2            | 0.033   |
| Energy                | 59.1                 | 65.2            | 0.289   |
|                       |                      |                 |         |
| MMSE                  | 28.42                | 28.74           | 0.483   |

## Baseline Service Utilization in Year Before Study

|   | Intervention<br>N=74 | Control<br>N=59 | P Value |
|---|----------------------|-----------------|---------|
| Number of Family Doctor Visits            | 7.27                 | 6.60            | 0.434   |
| Number of Emergency Room Visits           | 0.57                 | 0.56            | 0.983   |
| Number of Times Diagnostic Services Used. | 0.26                 | 0.38            | 0.288   |
| Number of Hospitalization                 | 0.18                 | 0.27            | 0.359   |

| Baseline Recall                                   |       |
|---|-------|
| A chronic medical condition                       | 95%   |
| Has not been to the emergency room this past year | 67%   |
| Has not been hospitalized this past year          | 81.5% |

### Bottom Line

- Recruitment is going well although taking a little longer than expected.
- Recent addition of the Ross Family Medicine Centre should nearly complete recruitment.
- Eligibility criteria has led to very well elderly being recruited into the study
- Intervention and Control Groups reasonable similar at baseline
- Some deterioration in HR\_QOL over a one year period
- Several HR\_QOL components seem to moving in the opposite direction compared to what was hypothesized.