



Function QUERI

Optimizing Function and Independence
Quality Enhancement Research Initiative

FEBRUARY 2020 EDITION



STRIDE ACTIVITY DASHBOARD

In a fortuitous partnership between Function QUERI leadership and the VA Support Service Center (VSSC), an easier way to track STRIDE activity is nearing completion! On our most recent STRIDE Diffusion Network call on **Jan. 29th**, participants from Diffusion of Excellence, the Function QUERI team, and 6 VAMCs worked with VSSC to better understand the new dashboard interface. The teams provided feedback on content and format so they can monitor process and outcome metrics in their existing workflow. The dashboard, built using

health factored templates, is capable of displaying STRIDE activity data by VISN, by site, by ward, and even by individual patient. The dashboard will serve as a data hub for any VAMC offering STRIDE—not just those enrolled in Function QUERI—as long as it uses the programmed templates in CPRS. We anticipate the benefit of this dashboard to extend beyond individual STRIDE programs and impact the wider research community interested in the benefits of early mobility walking programs. Stay tuned for further updates on the rollout of this incredible tool!

Q&A FROM THE CALL

Q: How can new STRIDE sites use this dashboard?

A: Local CACs at VAMCs new to STRIDE will not have to do any programming--VSSC has health factored templates in a zipped file ready to distribute for uploading into CPRS!

Q: Is there a way to identify Veterans by rurality?

A: Yes! We can definitely add in a rurality variable.

Q: How recent is the data displayed?

A: The dashboard will update its data when CDW refreshes, which is typically the next day.

iHI-FIVES MILESTONES

The **Puget Sound VAHCS** in Seattle, WA and Tacoma, WA and the **John J. Pershing VAMC** in Poplar Bluff, MO have both celebrated one year of iHI-FIVES implementation and recently participated in calls to celebrate their innovation and impact so far. These were our first two sites to reach the mid-study milestone, and they represent some of our most diverse sites: one a major metropolitan area and the other covering a large rural catchment area. Both programs deliver iHI-FIVES through the Caregiver Support Program with Puget Sound also including their Transition and Care Management Programs.

Between both sites, **62 caregivers** have been trained with over 95% reporting that the gains they received from the class were worth the time invested.

John J. Pershing VAMC:

- Delivered classes in-person and offered remote options for rural caregivers
- Caregiver Support Program successfully collaborated with Chamber of Commerce and VFW to host iHI-FIVES trainings

Puget Sound VAHCS:

- Developed a communication and marketing plan for the program which was tailored and shared with other iHI-FIVES sites
- Adapted the optional content of the booster sessions from an individual phone-based session to a group in-person session after the completion of 4 training classes

NEW FUNCTION QUERI GRADUATES

The STRIDE team at **Edward Hines VA Hospital** just outside Chicago are our most recent Function QUERI graduates! The Hines team pioneered a novel staffing model of alternating clinical responsibility between Physical Therapists (PTs) and Kinesiotherapists (KTs) and good communication with nursing allowed for the rehab team to submit STRIDE consults. Their awesome interdisciplinary team conducted 131 STRIDE walks on 74 unique patients--three quarters of whom felt better after walking! The Hines staff were enthusiastic and motivated, which is reflected in their high percentage of team members who attended CONNECT training--the highest of all CONNECT sites! Thanks to Hines' robust and innovative program, examples from their program can be found throughout our **STRIDE Toolkit**, which will guide future teams in launching effective STRIDE programs at their medical centers. Thanks so much to the Edward Hines Jr. VA Medical Center for your contributions and congratulations on graduation! We wish the Hines team the best of luck in continuing their STRIDE program independently of Function QUERI!

Importance of Mobility

Hospitalized older adults spend only **3-4%** of their time standing or walking during their stay

10 days of bed rest for healthy adults in a hospital can result in up to **1kg (2.2 lbs.)** of muscle mass loss.

The STRIDE Program

STRIDE conducts an early assessment of the Veteran within **24 hours** of hospital admission so their mobility needs are addressed quickly.

Veterans who are eligible to participate are guided by trained staff to walk up to **20 minutes a day** for the duration of their stay.

131 Total number of walks with the STRIDE program at the Edward Hines Jr. VA Medical Center.

96% reported feeling better or the same after their walk.

The Edward Hines Jr. VA Medical Center is implementing this program as part of the VA's Quality Enhancement Research Initiative (QUERI).

★ STRIDE Function QUERI sites
● Coordinating Center

For more information, visit:
<https://www.queri.research.va.gov/programs/function.cfm>



iHI-FIVES

Diffusion Network

The Function QUERI iHI-FIVES program has launched a Diffusion Network as of December, consisting of all 8 Function QUERI sites plus Phoenix, which piloted a caregiver training program using only our Toolkit. The goal of the Diffusion Network is to connect iHI-FIVES teams, discuss best practices for implementation, and share lessons learned. Sites interested in learning more about the program are welcome to join as well!

*The next call will be on **March 16th at 2pm EST**. Please contact Josh Dadolf (joshua.d'adolf@va.gov) to join the network.*

ACHIEVEMENTS

- The STRIDE teams at the **James A. Haley VAMC** in Tampa, FL and non-Function QUERI **Cincinnati VAMC** in Cincinnati, OH were both awarded funding from Geriatrics & Extended Care (GEC) to supplement their STRIDE programs in FY20!
- The final two Function QUERI site visits for iHI-FIVES will take place in March: the **William S. Middleton VAMC** in Madison, WI and the **Portland VAHCS** in Portland, OR.

PUBLICATIONS

- *February 3, 2020: **Implementation of a group physical therapy program for Veterans with knee osteoarthritis** in *BMC Musculoskeletal Disorders*. Authored by Allen KD, Sheets B, Choate A, Coffman CJ, Hoening H, Huffman K, Mahanna EP, Oddone EZ, Van Houtven C, Wang V, Woolson S, Hastings SN*

<https://www.ncbi.nlm.nih.gov/pubmed/32013914>

CYBERSEMINARS

In our last newsletter, we announced two cyberseminars based on Function QUERI projects. If you didn't have a chance to tune in, **check out the archived presentations:**



- *December 5, 2019: **Adaptation and Implementation of a Family Caregiver Skills Training Program**: From Single Site RCT to Multisite Pragmatic Intervention (Courtney van Houtven, Megan Shepherd-Banigan, and Brystana Kaufman)*

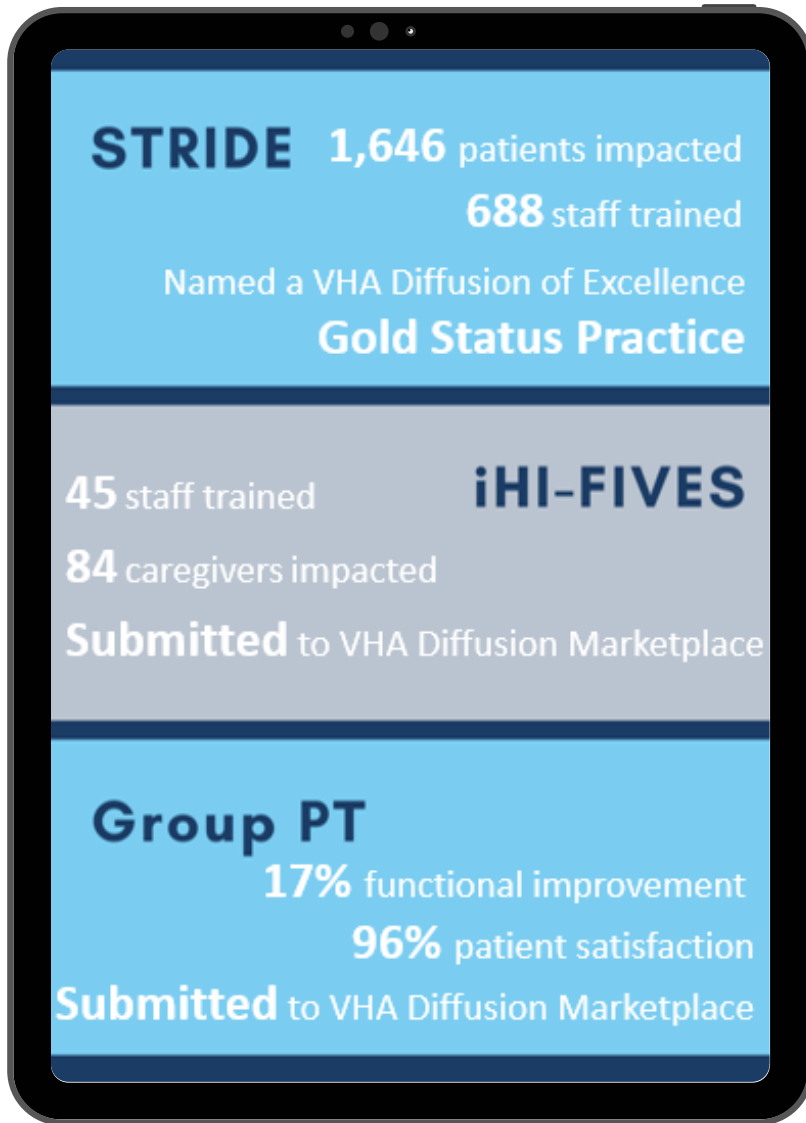
https://www.hsrd.research.va.gov/for_researchers/cyber_seminars/archives/video_archive.cfm?SessionID=3732&Seriesid=83

- *December 11, 2019: **Replicating Effective Programs (REP) Framework**: Lessons Learned from the Function QUERI Program (Ashley Choate, Josh Dadolf, and Kasey Decosimo)*

<https://www.gotostage.com/channel/implementresearchgrpchristinekowalski>

THE FUNCTION QUERI IMPACT*

*Impacts listed here describe program activities through the end of FY19, so as of the distribution of this newsletter, the impacts have been even greater!



ACKNOWLEDGEMENTS

Please visit www.queri.research.va.gov for more information on the national QUERI program.

If you would like more information regarding Function QUERI, please contact our Program Coordinator **Liz Mahanna** at elizabeth.mahanna@va.gov.

If you would like to be removed from this mailing, please contact **Cassie Meyer** at cassie.meyer@va.gov.

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