



The Optimizing Function and Independence QUERI, based in Durham, NC at The Durham Center for Health Services Research and Development in Primary Care (HSR&D) Center of Innovation, leverages scientifically-supported quality improvement methods to implement evidence-based practices rapidly into routine care and improve the timeliness, quality, and safety of care delivered to Veterans and caregivers. The three Function QUERI programs address gaps in current clinical care for Veterans at risk for functional decline and disability.

- STRIDE focuses on prevention of disability related to immobility during hospitalization through a supervised walking program.
- iHI-FIVES focuses on promoting functional ability and avoiding nursing home placement through caregiver training at the time of referral for home care services.
- Group Physical Therapy (PT) for Knee Osteoarthritis focuses on improving function in patients with symptomatic knee osteoarthritis through expanded access to PT in a group-based model.

#### January 2018 Edition:

- STRIDE Site Visit to Louisville VA
- Atlanta STRIDE Rollout
- Veteran and Family Input Initiative
- Presentations/Publications/Articles
- STRIDE and iHI-FIVES at new VA Sites
- Acknowledgements

## STRIDE Site Visit to Louisville VA

On December 12-14, 2017 the Function QUERI team conducted a site visit at the Robley Rex VA Medical Center in Louisville, Kentucky. The site visit goals were: 1) to present the evidence-based STRIDE mobility program to key stakeholders and conduct strategic planning around the implementation process, and 2) to conduct CONNECT trainings for staff on teamwork and interaction strategies. A huge THANK YOU to our Louisville Points of Contact, Drs. Lisa Vuocolo and Belinda Setters, Gloria Jelf, and the entire team involved in the STRIDE program for hosting us.



While in Louisville, the Function QUERI team was able to:

- Conduct 15 CONNECT training sessions for around 55 staff trained
- Present STRIDE in meet and greets and answer questions
- Hold active discussions with the Points of Contact, medical center leadership, and frontline staff to ensure effective adaptation of STRIDE at the Robley Rex VAMC
- Directly observe clinic workflow and setting to inform STRIDE rollout and logistics
- Conduct critical data collection to ensure accurate accounting of STRIDE program impact and provider engagement

The site visit was a great success, and we are excited about the upcoming rollout of STRIDE in Louisville starting at the end of February!

## Atlanta STRIDE Rollout

We are pleased to announce that the STRIDE team in Atlanta launched the mobility program on December 4, 2017.

- Approximately 50 staff were trained to conduct STRIDE gait assessments and walks

The Atlanta STRIDE team has a goal to increase consults to 15-20 per month.

Excellent job to the entire Atlanta VA STRIDE team working to improve patient mobility!

## Veteran And Family Input Initiative (V.A.F.I.I.)

Thanks to the Caregivers and Veterans who participated in the third bi-annual VAFII meeting on January 10, 2018. We appreciate the feedback on the iHI-FIVES curriculum for the 4th training class, and on the Caregiver Participant Workbook for Caregivers of Veterans with cognitive or functional limitations who are at risk of nursing home placement.

We have incorporated feedback into the curriculum, and added the suggested content to the resource section of the participant workbook.

The next V.A.F.I.I. meeting will convene during the summer of 2018.



## Presentations/Publications/Articles

A sampling from November 2017 – January 2018:

- Kelli Allen and Ashley Choate completed the Group PT Year 1 Report in November 2017.
- Courtney Van Houtven held a Leadership meeting discussion about iHI-FIVES program recruitment with National Program Office leaders Meg Kabat and Jennifer Henius on November 2, 2017.
- Courtney Van Houtven presented on iHI-FIVES at the VA "Moonshot" Initiative Leadership Meeting in Washington DC on November 8, 2017.
- Courtney Van Houtven participated in a radio interview: Building a Nation of Caregivers: VA Medical Centers Provide a System-Wide Standard of Care for Eligible Veterans on November 21, 2017.
- Nina Sperber presented on the poster: "QUERI-VISN Partnership to Implement a New Clinical Program in 6 VA Facilities in 100 days" for the Academy Health Dissemination and Implementation conference on December 4-6, 2017.
- Katina Morris and Virginia Wang presented the poster: "Adapting to CONNECT: Modifying a Nursing Home-based Intervention to Improve Interactions within Teams in Hospital-based Settings" at the Academy Health Dissemination and Implementation conference on December 4-6, 2017.
- Courtney Van Houtven gave a presentation on iHI-FIVES on the National Caregiver Support training call on January 11, 2018.
- Courtney Van Houtven presented on the annual call: Caregiver Support Program State of the Program FY17 Accomplishments and FY18 Highlights (including iHI-FIVES) on January 16, 2017.
- Courtney Van Houtven gave a presentation on iHI-FIVES on the National VA Geriatrics and Extended Care Services call on January 16, 2018.

## STRIDE and iHI-FIVES at new VA Sites

Welcome Central Iowa and Minneapolis VAs to Function QUERI STRIDE! Both sites will begin implementing the STRIDE inpatient mobility program in early 2018.

**We are currently recruiting sites for the Function QUERI Program-**

***Do you know of any VAs that would like to participate in patient mobility or caregiver training programs?***

If so, please have all interested in patient mobility contact:

S. Nicki Hastings: [Susan.Hastings@va.gov](mailto:Susan.Hastings@va.gov)

If interested in a caregiver training program contact:

Courtney VanHoutven: [Courtney.VanHoutven@va.gov](mailto:Courtney.VanHoutven@va.gov)

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Please visit [www.queri.research.va.gov](http://www.queri.research.va.gov) for more information on the national QUERI program.

If you would like more information about Function QUERI, please contact the program coordinator: [Elizabeth.Mahanna@va.gov](mailto:Elizabeth.Mahanna@va.gov)