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“Care for Me” Companion Cart

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Swedish Learning & Celebration Days 2024

“Care for Me” Companion Cart

Helen Kelly
Kristofferson Yu
John Delfeld
Tom Thomas

*“I saw my father smile for
the first time in a long time.”
—patient’s daughter*

Background and Problem Statement

Patients with dementia, delirium or cognitive impairment often experience increased anxiety, agitation, and sleep disturbances¹

Agitation in cognitive impairment and dementia has been shown to increase healthcare utilization and costs; studies point to the importance of using non-pharmacological approaches in addition to appropriate medication²

When rounding in early 2023, Dr. Carrie Rubenstein was impressed with the extraordinary care Helen Kelley, a Patient Safety Attendant at First Hill

Authentic in her approach and care, Helen engages her patients in a respectful and kind manner; She gets to know her patients and their families, and actively engages them to provide distraction and symptom relief



Helen Kelley:

Inspiration for this project

1-Carrarini, Russo, et al. 2021; Sano, Auer et al 2024; 2-Jones, Aigbogun, et al. 2021

Clinical/Research Question and Project Aim(s)

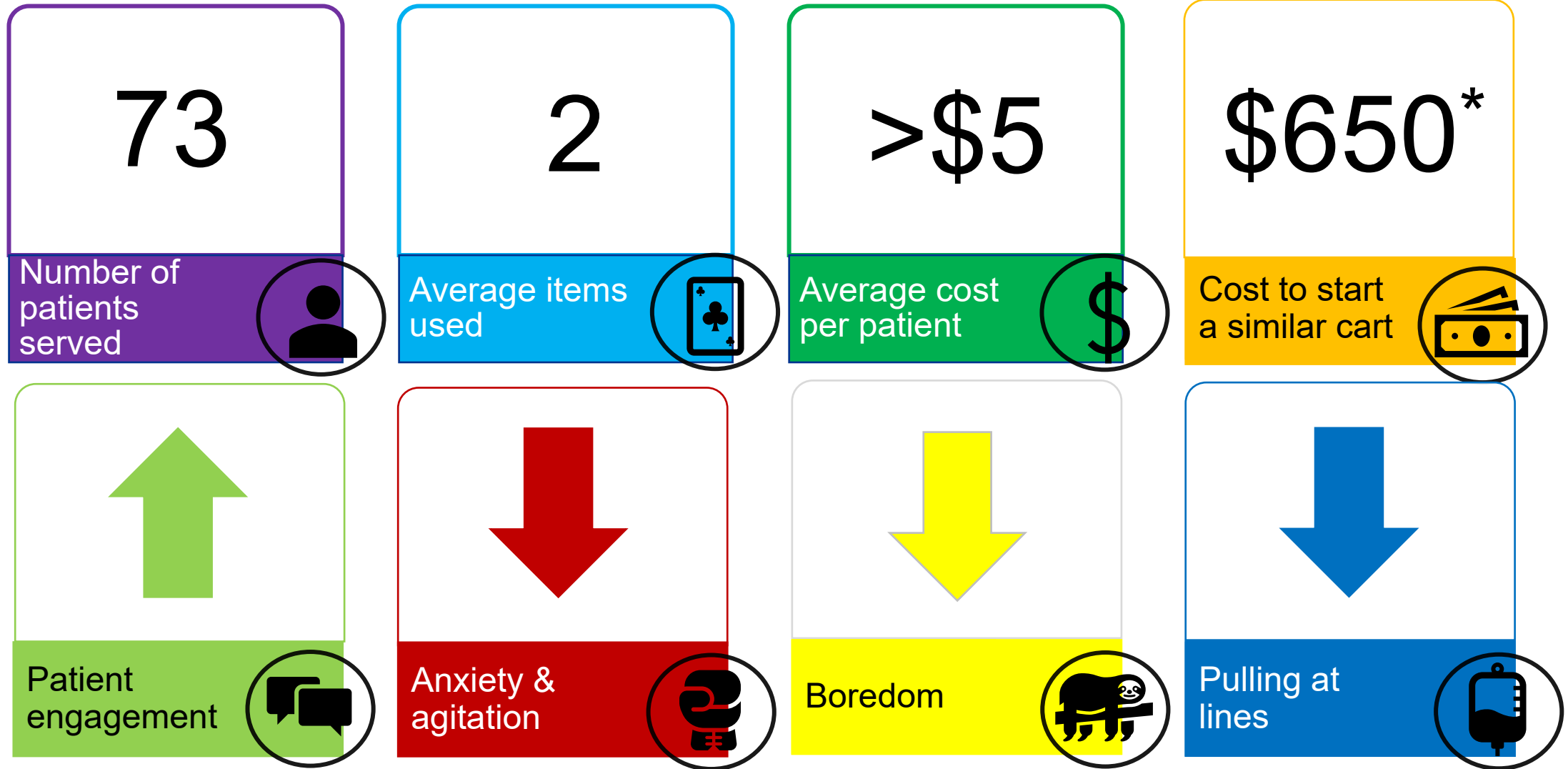
- A multidisciplinary, multi-departmental workgroup formed in fall of 2023 to create and operationalize the idea of an activities cart to benefit patients with dementia, delirium, or other form of cognitive impairment
- Immediate goal: decrease anxiety or discomfort of hospitalization in patients with dementia, delirium, or other cognitive impairment by engaging them in pleasant activities during their hospitalization
- Long term goals include a reduction in workplace violence and reduce length of stay
- Pilot ran from December 2023 to February 2024, then was approved by CNO Council for ongoing use
- Since this cart began, a similar cart was developed for boarded pediatric psychiatric patients awaiting appropriate disposition on Inpatient Pediatrics (First Hill 9E), a medical unit
- Additional carts are in development, drawing from a playbook created by the Care for Me Cart workgroup

What's in the Care for Me Companion Cart?

- Coloring and activity sheets
- Playing cards
- Stress balls
- Dolls
- Brushes
- Fabric for folding
- Clay
- Tablet device for soothing music and video content (can be effective language/cultural engagement tool)
- and more...



Findings: 43 caregiver survey responses

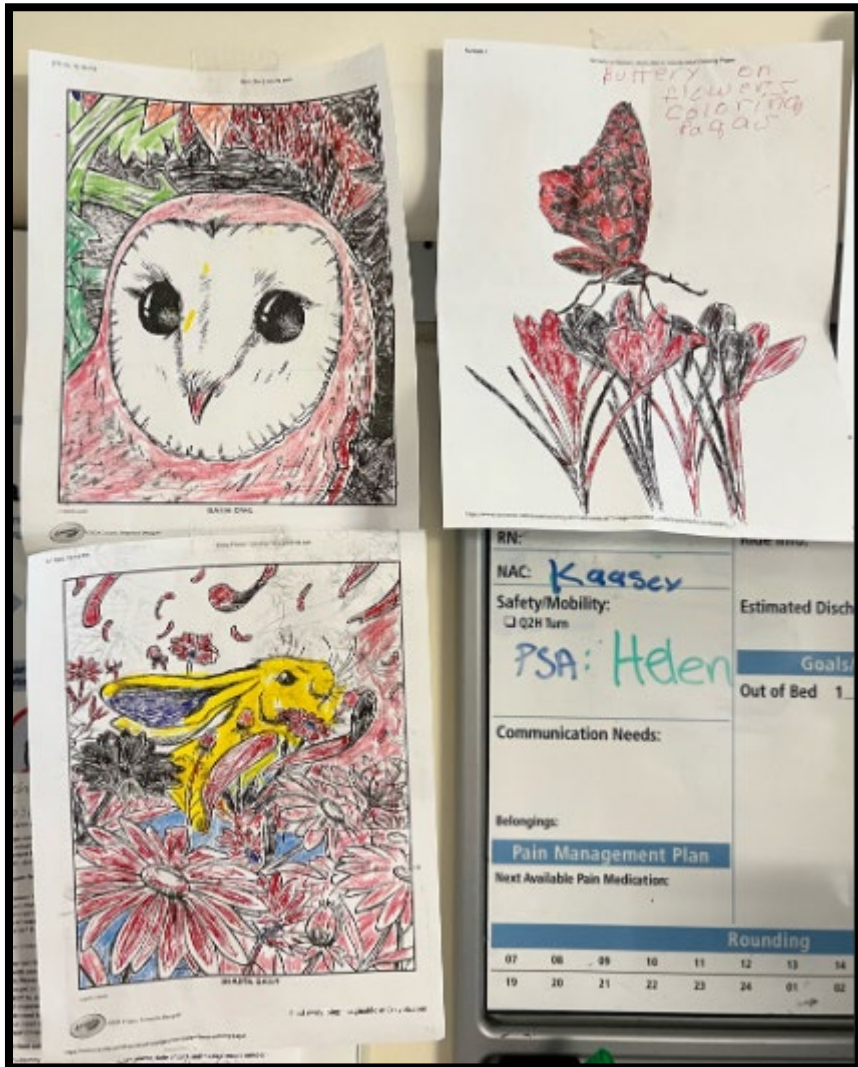


*Activity items only

Patient stories



Conclusion



- Providing pleasant, distracting activities has been impactful with reports of decreased anxiety, agitation, and boredom
- Also led to a reduction in pulling on lines, pain medication requests, etc.
- Playbook development intended to help create new cart projects
- Ongoing challenges:
 - *Funding activities and new projects*
 - *Local ownership is key to success*
- Current discussion about further study, analysis, and publishing

References

Carrarini C, Russo M, Dono F, Barbone F, Rispoli MG, Ferri L, Di Pietro M, Digiovanni A, Ajdinaj P, Speranza R, Granzotto A, Frazzini V, Thomas A, Pilotto A, Padovani A, Onofri M, Sensi SL, Bonanni L. Agitation and Dementia: Prevention and Treatment Strategies in Acute and Chronic Conditions. *Front Neurol*. 2021 Apr 16(12)

Jones E, Aigbogun MS, Pike J, Berry M, Houle CR, Husbands J. Agitation in Dementia: Real-World Impact and Burden on Patients and the Healthcare System. *J Alzheimers Dis*. 2021;83(1)

Sano M, Cummings J, Auer S, et al. Agitation in cognitive disorders: Progress in the International Psychogeriatric Association consensus clinical and research definition. *International Psychogeriatrics*. 2024;36(4)

Care for Me Companion Cart Workgroup Members included:

- *Helen Kelley*
- *Dr. Carrie Rubenstein*
- *Nolan Reyes*
- *Kristofferson Yu*
- *John Delfeld*
- *Lyn Lee*

Thank you!

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