

Faculty of Health Sciences | UNIVERSITY of MANITOBA


The Wellness Planner: A Community Health Intervention

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*"Wellness improves when we take a balanced approach to life."
Balance occurs when we do things to nurture our physical, intellectual & spiritual selves."*


Background:
How the Planner Came About

- ▶ Form of a Client-Held Medical Record or Personalized Plan of Care based on the Philosophy of Recovery, With Planning Principles:
 - ▶ The individual is at the center of service planning
 - ▶ The individual is responsible for their own care and well-being
 - ▶ Service integration contributes to a higher standard of care and service for the individual



Development, Literature and Research:

- ▶ Variations of the Term "Client-Held Medical Record"
 - ▶ Unique to the mental health facet of the health care field
- ▶ RCT's Demonstrated
- ▶ Pilot Study - 2005 (U of M)




Development, Literature and Research:

- ▶ Research Study 2007/2008 (U of M, Health Sciences Centre) Clients of the Health Sciences Centre - Inpatient and Outpatients of Adult Ambulatory Care:
 - Pre-test-posttest design utilized
 - Hypotheses - use of the Client-held Medical Record in the form of a Wellness Booklet increases clients':
 - ▶ Sense of Empowerment
 - ▶ Perceived Quality of Life
 - ▶ Satisfaction with Mental Health Care Services
 - ▶ Perception of Continuity of Care

...were supported, both statistically and qualitatively for all hypotheses

Components of the Planner:

- ▶ Components Include:
 - Wellness plan with a Crisis Plan/Advanced Directive
 - Contact Names/Numbers
 - Calendar (to keep track of appointments)
 - Goal Setting (holistic)
 - Self- management Strategies



Acknowledgements:


- ▶ Collaborative – Wellness Planner Planning Committee
 - ▶ Thank you for your advocacy and participation in the project!
- ▶ Winnipeg Regional Health Authority
- ▶ University of Manitoba, College of Nursing
 - ▶ Student Nurses Community Health Nursing Clinical Experience

The Rollout Process:

- ▶ **A Combination of Efforts:**
 - ▶ Group 1: Creating resources and presentation materials; coordinating initial rollout and introduction efforts.
 - ▶ Group 2: Creating resources and presentation materials; designing and implementing survey methods; analyzing data; coordinating final rollout and evaluation efforts.

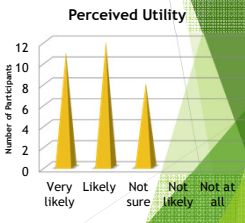
The Rollout Process:

- ▶ **Questionnaires utilized:**
 - ▶ One to measure perceived utility before usage
 - ▶ One to measure actual utility after usage
- ▶ **Face-to-face meetings with staff members were also undertaken**
- ▶ **Time was the principal limiting factor**



Results (Staff):

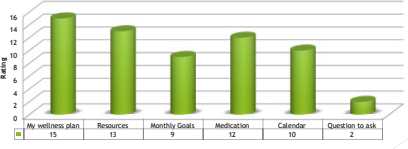
- ▶ Interviews undertaken with a variety of professionals:
 - ▶ Nurses, Nurse Therapists, Physical Therapists, Occupational Therapists, Counselors
- ▶ Vast majority of those interviewed expressed interest in utilizing the Wellness Planner
- ▶ Perceived benefits included:
 - ▶ Building communication rapport
 - ▶ Alternative assessment tool to review care and interventions
 - ▶ A lot of information that can be accessed by multiple care providers



Utility Level	Number of Participants
Very Likely	10
Likely	11
Not sure	7
Not Likely	4
Not at all	1

Results (Clients):

- ▶ Health care providers from several facilities report client utilization, and intention to do so over repeat visits (where appropriate)
- ▶ Metrics showed a relatively even spread across all sections, as it pertained to perceived utility



Section	Rating
My wellness plan	15
Resources	13
Monthly Goals	9
Medication	12
Calendar	10
Question to ask	2

Future Implications:

- ▶ **Many possibilities:**
 - ▶ Further expansion to outpatient & home care facilities
 - ▶ Further expansion to community-based health care initiatives
 - ▶ Desire from Physical Therapy & Occupational Therapy teams to utilize resource (i.e.: beyond mental health discipline)
 - ▶ Interest expressed from other Provincial Health Authorities
- ▶ **Containment was the #1 issue**

Our Community Health Experience:

What It Was:

▶ University of Manitoba Program:

- ▶ 10-week rotation in a facility selected by the institution. Each rotation took place on either Tuesday/Wednesday or Thursday/Friday combination
- ▶ Students and/or facilities determine the need for a resource or service that students can provide, based on health promotion and illness prevention principles
- ▶ The ultimate goal is to create something self-sustaining

Some Examples of Friends' Projects:

- ▶ Research on E-Cigarette Utilization & Health Issues at Cancer Care Manitoba
 - ▶ Creation of Youth & Young Mothers' Programs at Broadway Neighbourhood Center
- ▶ Nutrition Initiatives at Headingley Women's Correctional Facility
 - ▶ Research on E-Cigarette Utilization & Health Issues at Cancer Care Manitoba
 - ▶ Creation of Community Outreach Programs at Agape Table
- ▶ Creation of Community Outreach Programs at Harm Reduction Manitoba

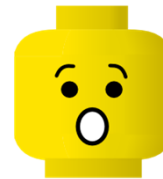
Where It Was:

- ▶ Winnipeg's Crisis Response Center
- ▶ Serves as first point of contact for individuals experiencing a mental health crisis
- ▶ Facility also houses Mobile Crisis Team
- ▶ Sees hundreds of unique clients per month



Photo - Courtesy of the Winnipeg Regional Health Authority.

Our Clinical Experience:



(Initially)

Our Clinical Experience:

- ▶ Many, **MANY** lessons learned!
- ▶ The importance of office & e-mail etiquette
- ▶ How to conduct oneself in an interview process
- ▶ The importance of flexibility & keeping an accurate schedule

Our Clinical Experience:

- ▶ Our schedule was extremely **variable**, due to the nature of our research
 - ▶ *i.e.:* we had to meet with people when they were free to do so
- ▶ **Beneficial**, as nursing is a profession that is anything but 9-5, Monday-Friday
- ▶ **Great experience** to see many different units at many different hospitals; gives a wider view of scope of practice, as it pertains to mental health and community nursing

The Importance of a Community Health Clinical Rotation:

▶ **Downside: TIME!!**

- ▶ 10 weeks at 2 days/week can be limiting, not just in terms of projects to be undertaken, but to get a full understanding of community health nursing, as a profession



The Importance of a Community Health Clinical Rotation:

- ▶ **Allows students the opportunity to tie everything together-** the best representation of the links between biomedical and psychosocial knowledge bases.
- ▶ **Allows students to broaden their horizons-** gain new experiences that would otherwise not be afforded to them.
- ▶ **Allows students to actually make a long-term difference!!**
A stark contrast from earlier clinical rotations, where contributions may be less impactful.

Thank You!

Questions???

Note - All Images on Power
Point Presentation Are
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