

Getting To Know ABBY

Enhancing Meaningful Activity For Staff and Patients On An Acute Tertiary Geriatric Psychiatry Unit with Innovative Technology

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Our Why

Boredom and lack of meaningful activity in care environments have been associated with increases in neuropsychiatric symptoms⁽¹⁾. Engagement in meaningful activity on an inpatient hospital unit is challenging at the best of times given the complex care needs of patients. Innovative technology-based solutions have the potential to provide front-line care staff with easy to use pleasurable activity that enhances both the quality of life for patients and care staff.



Description of ABBY

ABBY is a wall mounted computerized unit that has been designed by Ambient Activity Technologies⁽²⁾ for persons with dementia. It is based on Montessori principles⁽³⁾. It includes interactive touch-screen monitors, sensors and programs with familiar, tactile and activity based experiences. These may include turning a wheel, flipping a switch or petting a cat. This interaction then accesses media content such as games, pictures, music and videos.

Project

Hillside Centre is a 47-bed acute tertiary mental health hospital which has a 12 bed secure geriatric psychiatry inpatient unit. Our unit supports the Interior and Northern Health Authorities of BC.

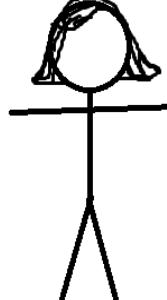
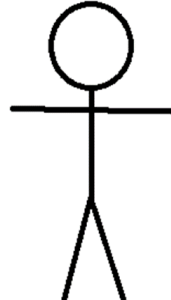
As the first hospital in Canada to use ABBY, we developed a quality improvement project with several objectives in mind:

1. Assess the patients' ability to use the ABBY technology
2. Promote meaningful activity for patients
3. Assess staff use
4. Increase staff job satisfaction
5. Increase family satisfaction in the quality of their visits

We developed satisfaction surveys for patients, families and staff. Some of the results from these surveys are highlighted in the survey results section of this poster.

Our project spanned 7 months, with a start date of December 1, 2018 and an end date of June 30, 2019. This poster will highlight information from this project time frame.

Our geriatric population

58% female  **42%** male 

72 Average age of patient

65 Average length of stay (days) 

Some numbers

Admission NPI-NH Score⁽⁴⁾: 25

Admission MMSE Score: 17

Admission Frailty Score⁽⁵⁾: 6.15

Primary diagnosis (% of patients):

1. Dementia 41%
2. Schizophrenia 19%
3. Delirium 12%

Tips for Success

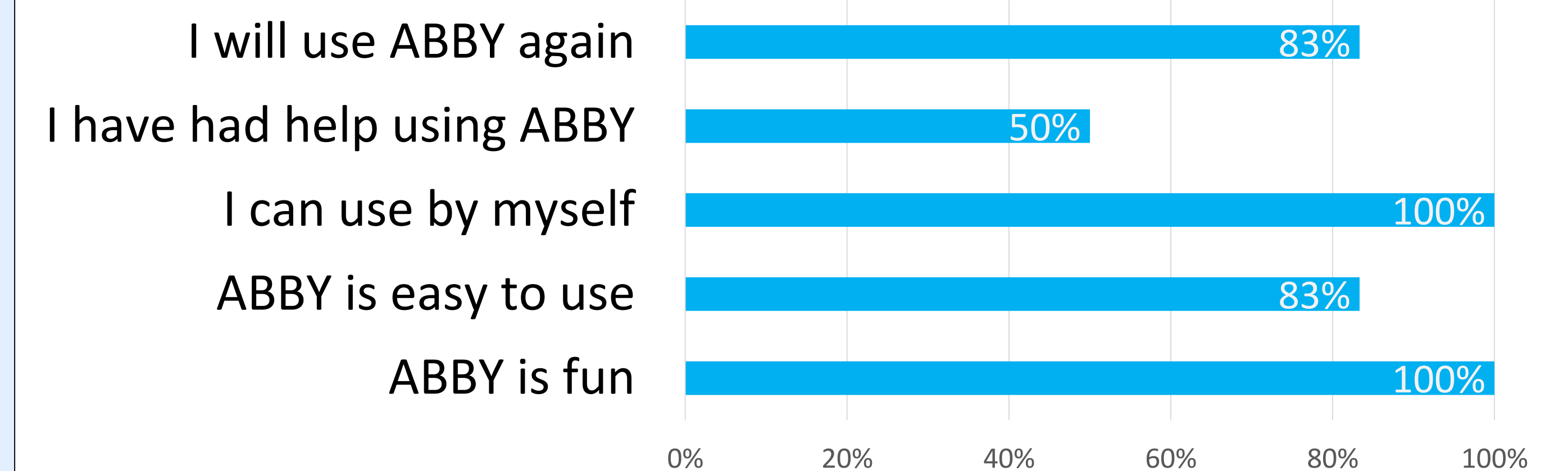
- Install ABBY in a central spot on unit that all patients can access
- Install ABBY at a seated height, so the unit is accessible to people in wheelchairs
- Provide patients prompting and help to use ABBY, as needed
- Orient patients, family and staff to the ABBY use prior to use



Results

Patient Survey

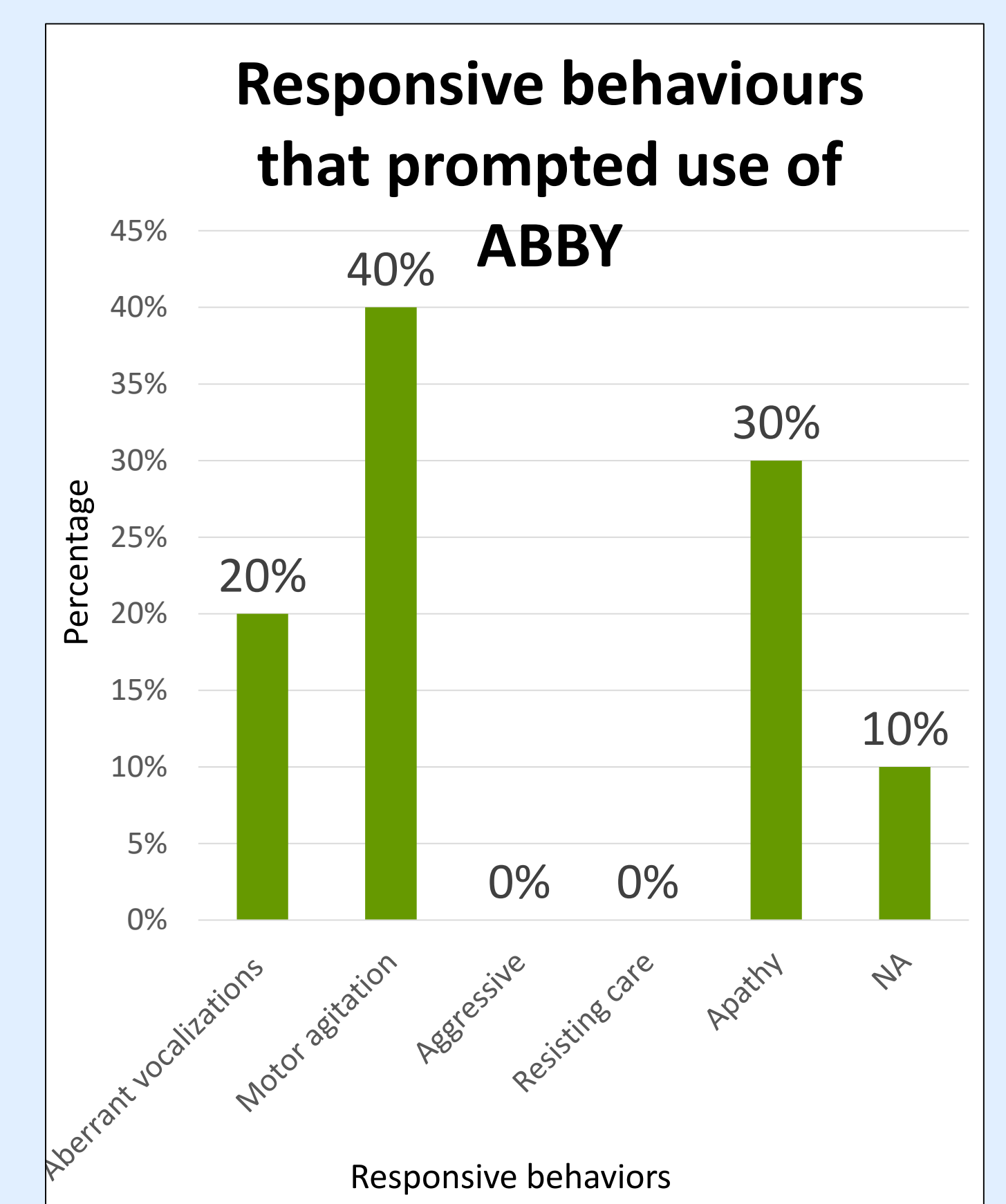
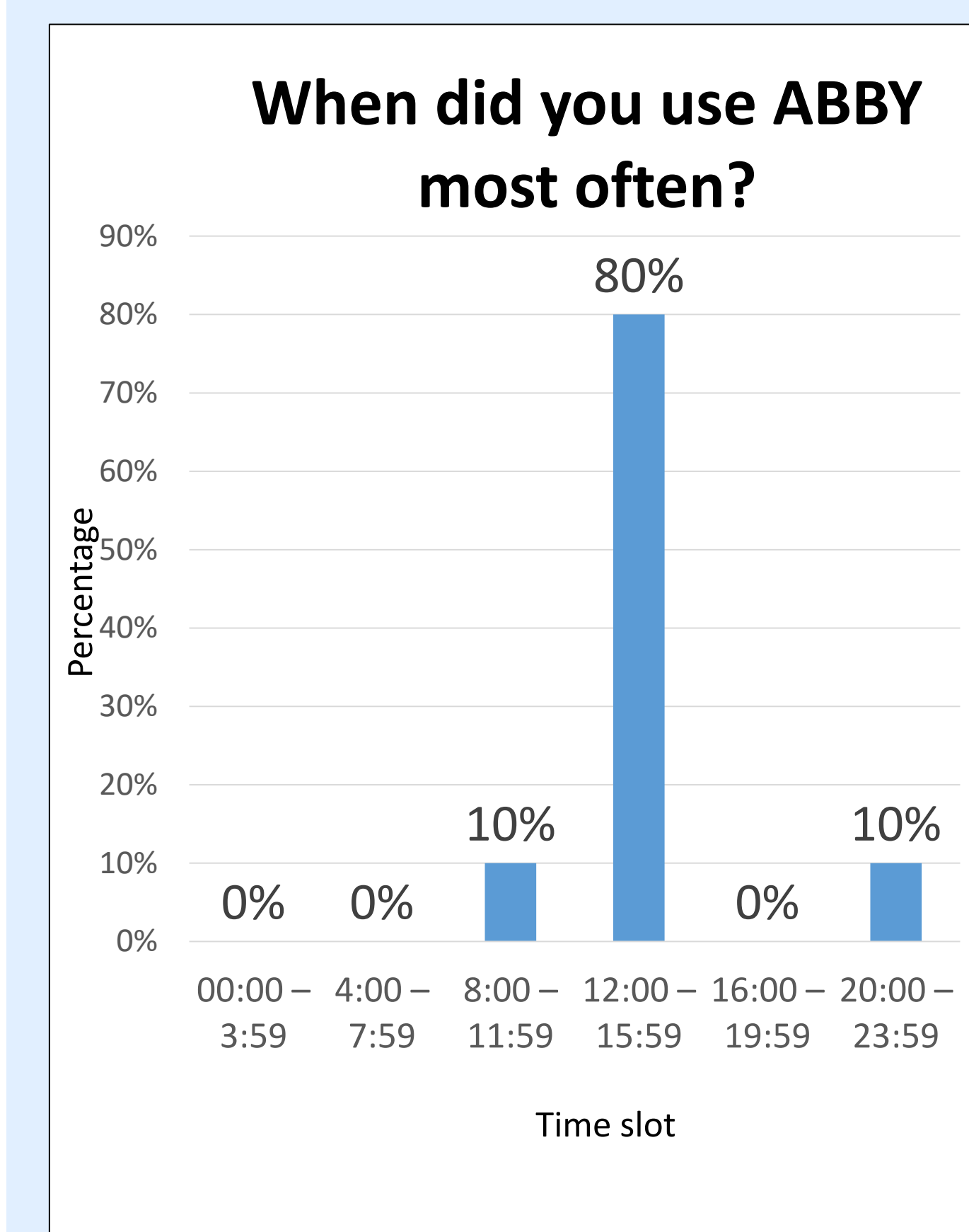
% of patients said YES to the patient survey questions



Family Member/Visitor Survey

- ✓ They liked using ABBY during their visit
- ✓ They would recommend ABBY to other visitors

Staff Survey



Next Steps

With phase one of this project now complete, we are looking to the future. Next steps include developing experience with personalizing the content of ABBY. We are interested in collaborating with others on this journey.

References

1. Volicer, L., et al. (2006) Effects of Continuous Activity Programming on Behavioural Symptoms of Dementia. *Journal of the American Medical Directors Association*, 7, 426-431.
2. ABBY is a technology developed by Ambient Activity Technology (www.ambientactivity.com)
3. Roberts, G., et al. (2015) Caring for people with dementia in residential aged care: Successes with a composite person-centred care model featuring Montessori-based activities. *Geriatric Nursing*, 36, 106-110.
4. Cummings, J.L. (1997). The Neuropsychiatric Inventory: Assessing psychopathology in dementia patients. *Neurology*, 48(5), 10-16.
5. Rockwood, K., Song, X., MacKnight, C., Bergman, H., Hogan, D.B., McDowell, I., & Mitnitski, A. 2005. A global clinical measure of fitness and frailty in elderly people. *Canadian Medical Association Journal*, 173(5):489-95.