

# Recommendations on Safe Long Term Care Act

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October 23, 2023



# The CPA Seniors Health Division (SHD)

## Mission:

- Support members in providing excellent physiotherapy care
- Optimize independence & quality of life of older adults



## Question #1

How should governments and stakeholders cooperate to improve the quality and safety of long-term care?



# Physiotherapists Role in Long-Term Care is Essential

- Physiotherapy is an evidence-based regulated health care profession
  - Clinical guidelines are informed by peer-reviewed research
    - Physiotherapy Canada (peer-reviewed academic journal)
- Physiotherapy-related research should inform policy for long-term care
- Physiotherapists are a part of primary health care teams
  - Trained to assess, diagnose and treat illness, injury or disability
- Unanimous support across the literature for physiotherapy and exercise **as a strategy for aging** (Liu-Ambrose et al. 2022)



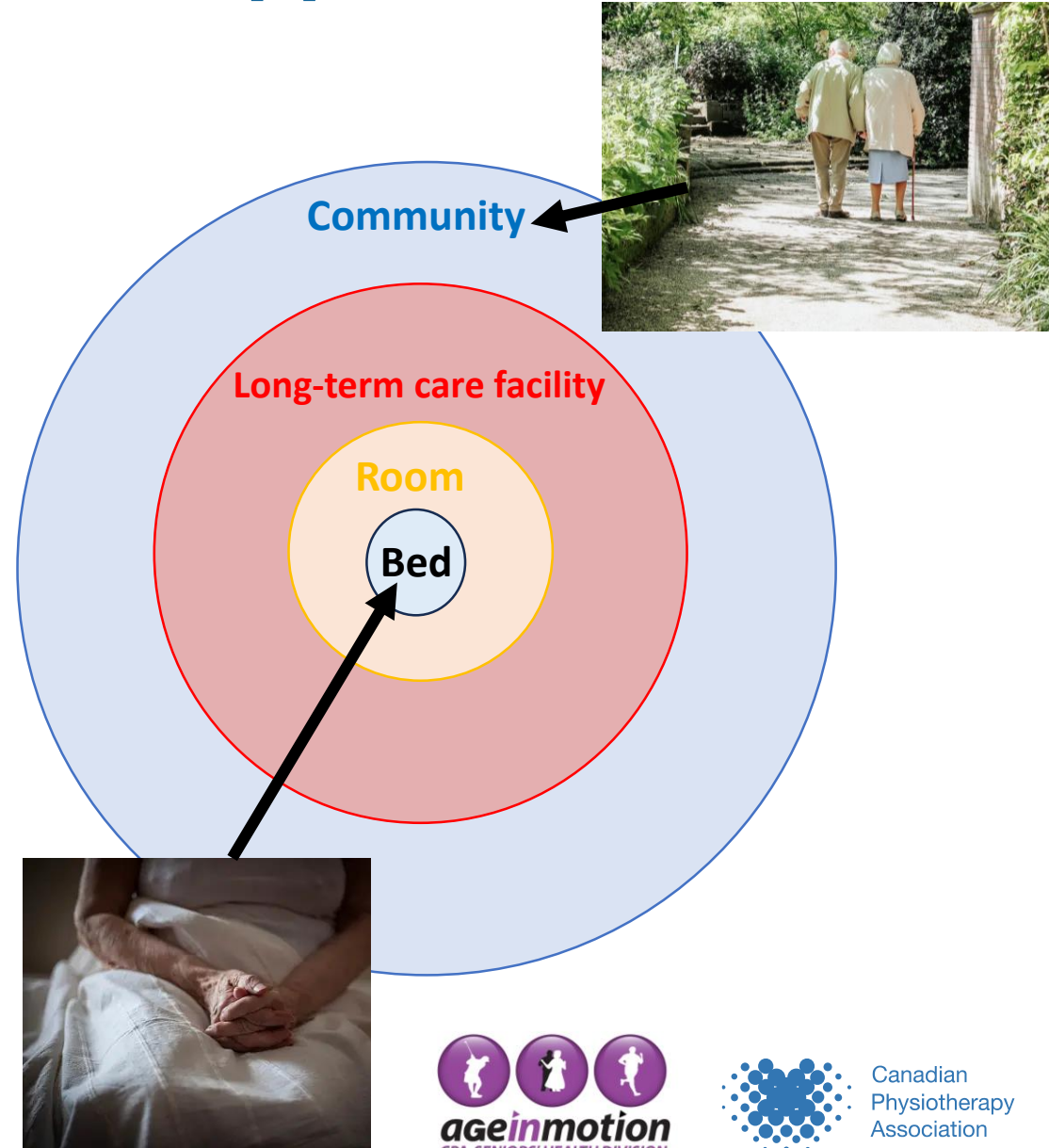
# Physiotherapists Provide Adaptive Rehabilitation to Combat Functional Decline

- **Functional decline:** diminishing ability to maintain independence in daily life and the physical, cognitive and social functioning (Jones et al. 2010)
  - It is incorrectly **assumed** that older adults who are admitted to long-term care will always decline in their functional capacity
  - Research has demonstrated that physiotherapy can help older adults maintain and improve their functional capacity (McArthur et al., under review)
- **The identification of functional decline and providing adaptive rehabilitation** to older adults in long-term care are within physiotherapists' scope of practice and allow physiotherapists to work to their full capacity



# Embrace Community-Immersed Approach in the Design of Long-Term Care

- **Life-space mobility:** immediate area that a person lives within and moves about in their daily life (Seinsche et al.2023)
- The design of long-term care spaces should be embedded in the community to increased outreach opportunities and access
- Physiotherapists can work with older adults in long-term care to maintain their mobility and life-space mobility



## Question #2:

How can governments and stakeholders cooperate to help foster the implementation of the new *National Long-Term Care Standards*?



# The Integral Role of Physiotherapists

- Physiotherapists are essential members of older adults' long-term care needs
  - Physiotherapy have an integral role among clinicians stated in the National Long Term Care Standards
- The National Senior's Council must also integrate a physiotherapy professional on their membership to support implementation of these standards





# Physiotherapists Impacting Outcome Indicators

- Outlines 33 indicators that should be monitored for residents in long-term care (e.g., falls, pressure sores, behaviour, medication administration)
- Physiotherapists are essential to provide **a plan for how to improve the publicly reported** outcomes outlined in the National Long Term Care Standards

National Long-Term Care  
Services Standard

POWERED BY 

- **For Example:** The falls indicator states, “*Falls in the last 30 days in long-term care*” reported as a percentage as their residents.
  - **Recommendation** → determine a threshold of the falls indicator that would require increased physiotherapy to provide fall prevention strategies and interventions



## Question #3

How can government stakeholders cooperate to address the health human resources challenges in long-term care, including staff retention and recruitment?



# What and Who is Needed?

- Recruitment of physiotherapists and physiotherapy students into roles in long-term care to address an acute crisis in health human resources (HHR)
- Addressing HHR shortages through:
  - The expansion of the **Canada Student Financial Assistance** program in underserved and remote communities
  - **Express Entry Program** extension to include physiotherapists
  - Recruitment, retention and upstream educational solutions to be inclusive of physiotherapy expertise
- Physiotherapists to practice in their full scope to optimize system capacity
- Integration of physiotherapists into team-based models of care to reduce pressure on other healthcare providers



## Question #4 & 5

How can we enhance public reporting on long-term care to strengthen transparency and accountability in the sector?

What type of information would you like to see in a Pan-Canadian public report on long-term care?

# Enhance Reporting: Quintuple Aim

- Improve patient experience of care
- Improve the health of populations and advancing health equity
- Reducing the per capita cost of long-term care
- Improving provider experience

(Nundy et al. 2022)



# Questions?

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# References

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