



Clear

Improving care for seniors living with dementia in long-term care



"[Clear] has increased the awareness of everything around antipsychotics. From the number we are using, why they are used, and what could be used instead."

40 care homes participated in wave 2.

Collectively, **68%** of their residents who were being prescribed antipsychotics had their prescriptions reduced or discontinued.

That's **1001** people!

JOIN US AS WE CONTINUE THIS VITAL WORK

Your care home is invited to join Clear, a voluntary initiative that will support you to reduce the number of residents who are prescribed antipsychotic medications.

This is the third wave of Clear (which used to be known as CLeAR: A Call for Less Antipsychotics in Residential Care), and we're inviting care homes like yours that have more residents than the BC average receiving antipsychotics without a diagnosis of psychosis.

Through thoughtful assessment and non-pharmacological approaches, many care homes in the first two waves significantly improved quality of life for some residents with dementia by reducing or discontinuing their antipsychotics. Some noticed residents feeding themselves again while others noted a decreased risk of falls. Staff improved their teamwork and learned more about the appropriate use of antipsychotics for these residents.



"All residents who were taken off antipsychotic medications are more alert. They are more engaged in their lives. They are able to express their needs."

YOU WON'T BE ALONE

Together with care homes across BC, you'll learn from advisors and clinical experts with extensive knowledge in improving care for seniors. You will also learn from care homes that have already participated in Clear about how they were able to reduce their antipsychotic use.

ACCESS RESPONSIVE, ADAPTABLE SUPPORT TO LEAD PRACTICE CHANGE

You will learn to assess and measure changes to improve care, including by collecting new data as well as using data your care home already collects. We'll provide support in areas such as interpreting the data, change strategies and clinical best practices.

APPLY NEW SKILLS THROUGHOUT ALL OF YOUR WORK

Your team members will learn a variety of skills and tools that will help improve quality of care for residents and then assist with sustaining those achievements. These skills and tools may also help you address other challenging clinical issues in your care home.



Clear will support the reduction of antipsychotic use at your care home and also benefit staff and residents in the following ways:

CARE HOME MANAGERS	CARE HOME STAFF	RESIDENTS DIAGNOSED WITH DEMENTIA
Access 1:1 coaching and support from the Clear team	Improve teamwork and communication	May become more alert and responsive
Learn tools and principles that you can apply throughout your work	Access resources , including monthly webinars	May become more engaged in recreation programs and self-directed activities
Build and apply skills for culture change	Gain a better understanding of appropriate use of antipsychotics	May regain skills and abilities such as walking and self-feeding
Develop skills to improve quality of care beyond your work with Clear	Learn to look for root causes of behaviours	May become more independent
Learn to use data as a tool for improving care	Reach for non-pharmacological interventions instead of medication	May communicate better with family and friends

OUR WORK ALIGNS WITH SIMILAR PROJECTS

Clear complements other initiatives your care home may already be implementing, such as PIECES, Gentle Persuasive Approach, Dementiability, and Creating Connections: Working with People with Dementia. Physicians involved in the GPSC Residential Care Initiative and the Shared Care PolyPharmacy Risk Reduction Initiative help to lead Clear, ensuring it aligns with their work. And Clear is guided by a provincial Partnership Alliance of key stakeholders who create opportunities for alignment between Clear and its partners.

"I've had family members actually come to me and say that, 'You know, Mom's talking to me now.'

What kind of price do you put on that? That's just amazing."



**See for yourself at
ClearBC.ca**

Have 3 minutes? We made a video to share stories from Wave 2.

"It's more enjoyable to work with residents when they are alert and active [off medications]. They are human beings with wants and feelings, removing drugs humanizes them."

1 DECIDE TO JOIN AS AN ACTION & IMPROVEMENT TEAM OR AS A SUPPORTER

	Custom Support	Teamwork & Communication	Regional Events	Physician Engagement	Resident & Family Engagement	Monthly Online Webinars	Tools & Resources
Action & Improvement Teams	✓	✓	✓	✓	✓	✓	✓
Supporters						✓	✓

2 HAVE A QUESTION ABOUT HOW CLEAR ALIGNS WITH WORK ALREADY UNDERWAY IN YOUR CARE HOME?

We have already connected with the Health Authorities and look forward to supporting you to accelerate improvement on your related initiatives underway. Contact 250.830.3734 or tfitzgerald@bcpsqc.ca.

3 NEED SOME GENERAL INFORMATION ABOUT CLEAR?

Come to one of our three upcoming info webinars.

Go to bcpsqc.webex.com and join the session titled "Clear: Information for Interested Teams."

November 2 | 1030 - 1130

Session #: 551 686 802 | Password: BCPSQC

November 10 | 1400 - 1500

Session #: 554 237 768 | Password: BCPSQC

November 15 | 1330 - 1430

Session #: 555 453 854 | Password: BCPSQC

You can also participate using only your phone by calling 1.877.668.4490 and entering the webinar's session number.

4 SIGN UP AT ClearBC.ca

Please note that space for Action & Improvement Teams is currently reserved for care homes with more than 25% of their residents prescribed antipsychotics without a diagnosis of psychosis. Contact us if you're unsure of your percentage or wish to be added to a waitlist.

5 WE START SOON

Beginning in November, your Action & Improvement Team will attend webinars that will lay the foundation for your work ahead. Then, you will begin participating in virtual learning and in-person events, and working with improvement advisors who will provide support through calls, custom feedback, and site visits as you work to reduce the use of antipsychotics.

Sign up at
ClearBC.ca
by November 24

Questions?
250.830.3734 | tfitzgerald@bcpsqc.ca
ClearBC.ca



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BC PATIENT SAFETY
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Working Together, Accelerating Improvement.