

Aging & Health Care: Where we are going?

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Interior Health
Every person matters



\$2.0 billion
ANNUAL BUDGET



SYSTEM PRESSURES

Select* Population Segment	Share of IH Population	Share of Publicly Funded Health Care Resources
Non-User	13%	0%
Healthy	36%	5%
Chronic Conditions	38%	35%
MHSU	2%	4%
Cancer	1%	5%
Maternity	2%	3%
Frail in Community	2%	13%
Frail in Care	1%	22%
End of Life	1%	6%

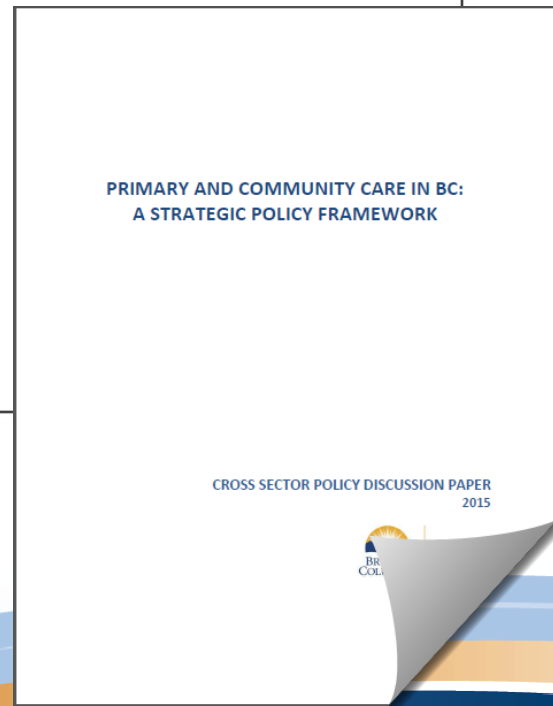
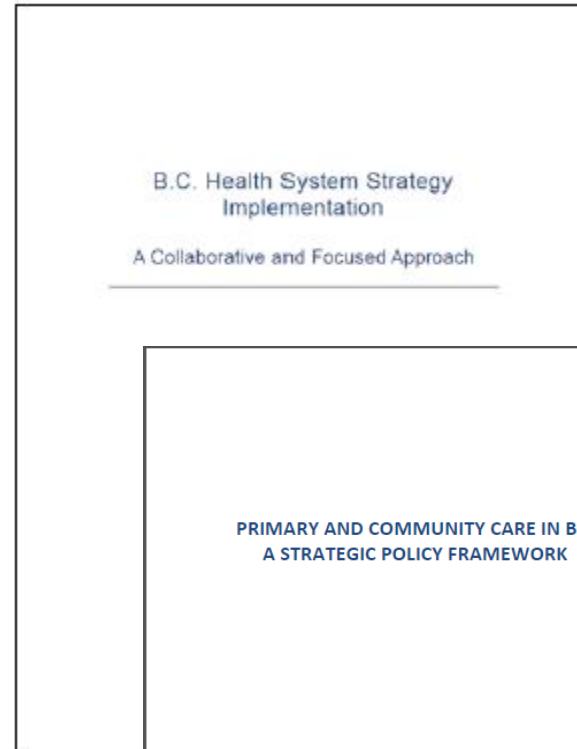
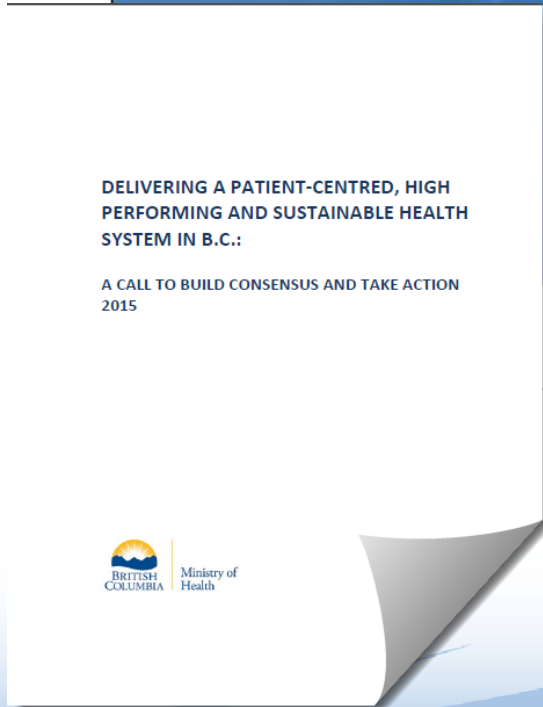
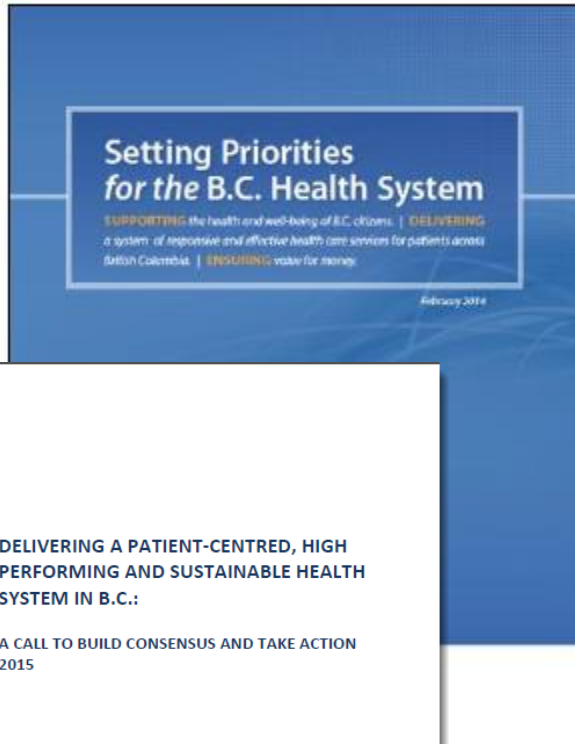
**Does not include major episodic care needs or unattached populations.*

Source: Health System Matrix 6.1

“We’re trying to provide services for people at home as much as possible, to keep them at home longer so they don’t have to go into residential care or into the hospital at an earlier time.”

– Minister Terry Lake, September 2, 2015

PROVINCIAL DIRECTION



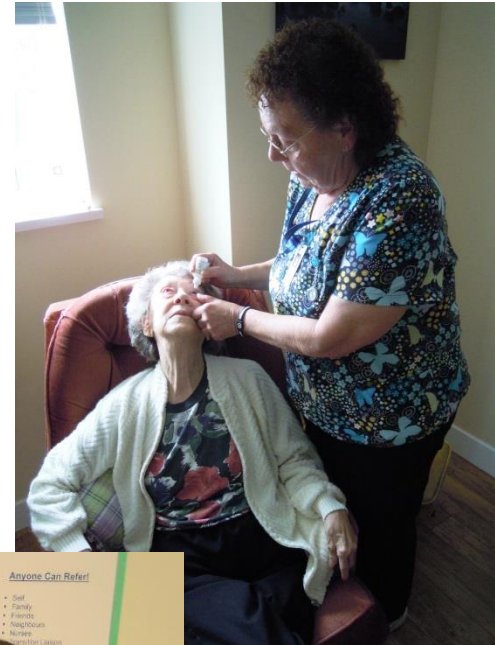
PROVINCIAL DIRECTION

- Improve access to/service design for:
 - Primary Health Care
 - Home & Community Care
 - Residential Care
- For those with high health support needs:
 - Mental Health & Substance Use
 - Complex chronic conditions
 - Frail elderly

TAILORED CARE MODEL

- Develop **best model of care** for older adults with chronic disease & increasing frailty
- **10 communities** across BC participating (Kamloops & Kelowna)
- **Multiple stakeholders:** Divisions of Family Practice, Patient Voices Network, Municipality
- **Local solutions for local situations**

CARE IN THE COMMUNITY



NURSE PRACTITIONERS

- Introduced in B.C. in **2005**. There are over **40 NPs** in Interior Health
- RNs with additional education & expanded scope of practice
- Able to diagnose, prescribe, order tests
- Focussed on primary care, chronic disease, disease prevention and health promotion



Grace Nakano – NP for Nelson & Trail

NPs in Kootenay Boundary Region:

- 1 NP at Castlegar Health Centre
- 1 NP for New Denver & Slocan Valley
- 1 NP for Nelson & Trail
- 2 NPs in Rossland & Trail working with physicians
- 1 NP in Rock Creek

WORKING TOGETHER



NEWS RELEASE

WORKING TOGETHER TO IMPROVE HEALTH CARE FOR KB RESIDENTS

Family Doctors, Specialists and Interior Health are forming new alliances through the Collaborative Services Committee and Shared Care Initiative for the benefit of patients across the region.

Kootenay Boundary, BC – Family Doctors, Specialists and Interior Health are working together to improve health care for residents thanks to the Collaborative Services and Shared Care Initiatives. Over 20 projects are currently being driven by the groups, affecting a broad range of issues that impact the health of KB residents.

"Interior Health is excited about the opportunities these initiatives give us to work directly with doctors and ensure residents in our communities are getting access to the care they need," said Cheryl Whittleton, IH Community Integrated Health Services Administrator for Kootenay Boundary. "The new organizations are creating better connections between our services and specialists and the care family doctors are giving their patients, and that means better care."

The Collaborative Services Committee includes representatives from the Kootenay Boundary Division of Family practice (representing Family Doctors) and Interior Health. The Shared Care Committee adds Specialist representation. A recent example of the group's impact on health care in the region is the work being spearheaded on Regional Diabetes.

Dr. Trevor Aiken, one of the family doctors engaged in this work, said, "The Regional Diabetes Committee is an excellent example of how all stakeholders, including doctors, specialists, patients and Interior Health, are working together to address systemic health care issues and improve diabetes care for the over 5,800 people in our region dealing with the disease."

In mid-January, the committee hosted the first region wide Diabetes Conference which allowed diabetes care providers in Kootenay Boundary to strengthen relationships, stimulate new ideas, and increase their understanding of the challenges faced by diabetes patients. A database outlining all of the Diabetes Services across the region was also launched at the Conference.

WHAT WE CAN ALL DO

- **Eat a balanced, healthy diet**
- **Stay physically active**
- **Refrain from smoking**
- **Get your flu shot**



DID YOU KNOW? People who are physically active for 30 minutes a day, control their weight, eat healthy foods, and refrain from smoking reduce their risk factors for most chronic diseases by up to 80 percent.

Thank you!