

Assessing the Scalability of the Aging, Community and Health Research Unit - Community Partnership Program (ACHRU-CPP): An Intervention for Older Adults with Diabetes and Multiple Chronic Conditions

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Objectives

Session participants will learn about:

- The ACHRU Community Partnership Program for Older Adults with diabetes and multimorbidity
- Purpose of scalability assessment
- Tool to assess scalability
- Patient partner involvement in scalability assessment
- Challenges in assessing scalability

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Pan-Canadian Partners and Collaborators

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- BeACCoN
- Carefirst Seniors and Community Services Association
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- St. Michael's Hospital
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- Centre Intégré universitaire de santé et de services sociaux de la Capitale-Nationale – GFMU-Saint-François D'Assise
- Healthcare Excellence Canada
- SPOR Support Units – QC, ON
- McMaster University School of Nursing

Provincial & Regional Health Authority Partners

- Ontario MOHLTC
 - Strategic Policy and Planning Division
 - Research, Analysis and Evaluation Branch
 - Primary Care Branch
- Department of Health and Wellness, PEI
- Ontario Health
- Health PEI – Primary Care and Chronic Disease
- Alberta Health
 - Primary and Community Health
 - Health Workforce Planning and Accountability
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**Aging, Community
and Health**
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ACHRU – Community Partnership Program for Diabetes Self-Management for Older Adults

Why Focus on Older Adults with Diabetes and Multimorbidity?



- Diabetes prevalence in older adults (≥ 65 years) in Ontario ~ 22%
 - Highest prevalence of diabetes of any age group
- 40% of older adults with Type 2 Diabetes have 3+ co-morbidities
- Higher comorbidity is linked to:
 - Higher mortality, poorer function, higher risk for adverse events, difficulties self-managing, and higher health service use
- Challenges with existing care delivery models:
 - Incomplete or fragmented care
 - Guidelines often organized around single conditions
 - Limited attention to the social determinants of health

Background: ACHRU Community Partnership Program

Core Components



Home Visits



Group Wellness Sessions



Team Based Care

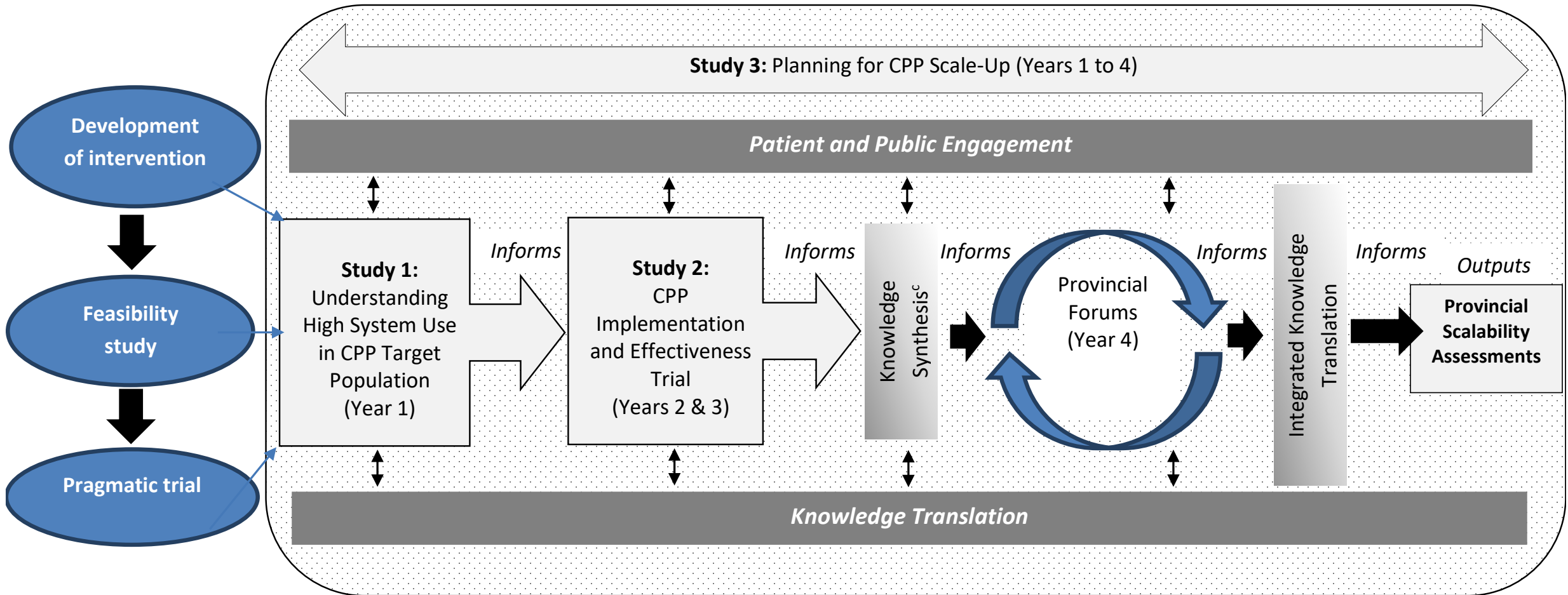


Care Coordination &
System Navigation

Intended Outcomes

- Improve mental and physical functioning
- Improve diabetes self-management
- Increase physical activity
- Reduce nutrition risk
- Reduce depressive symptoms
- Reduce anxiety
- Reduce cost of health and social services

Background: ACHRU-CPP Research Program



Methods

Scalability: the ability of a health intervention shown to work on a small scale and/or under controlled conditions to be expanded to reach a greater proportion of an eligible population while remaining effective (Milat et al., 2019)

Scalability Assessment Process:

1. Formed provincial working groups
2. Conducted document analysis and environmental scan
3. Interviewed key informants
4. Held scalability assessment workshops (virtual)
5. Shared scalability reports with participants, policy- and decision-makers

Methods: Intervention Scalability Assessment Tool (ISAT)

- Supports the conduct of **systematic assessments** of the suitability of interventions for population scale-up (Milat et al., 2019)
- Consists of 2 main parts and 10 domains:

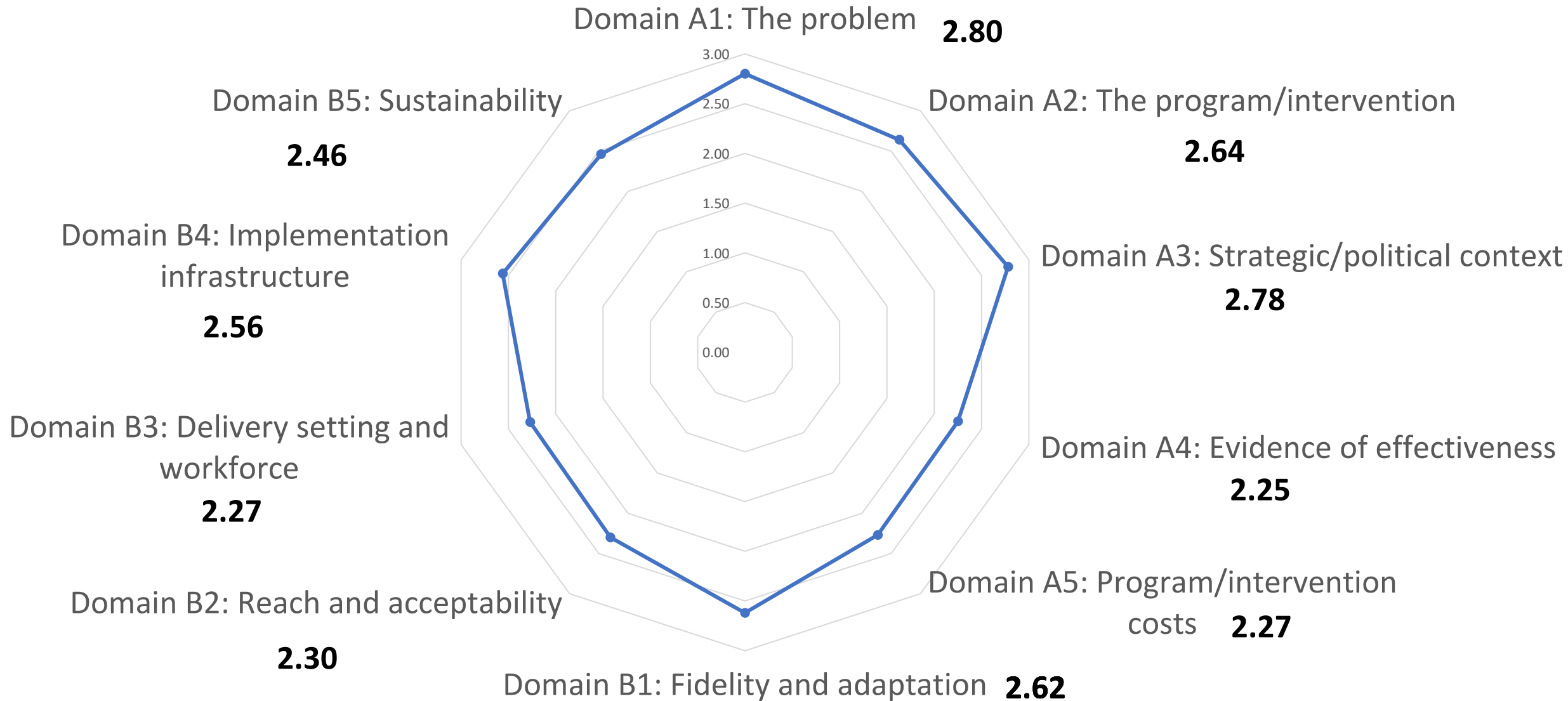
Part A

- Problem
- Intervention
- Political context
- Evidence of effectiveness
- Intervention costs & benefits

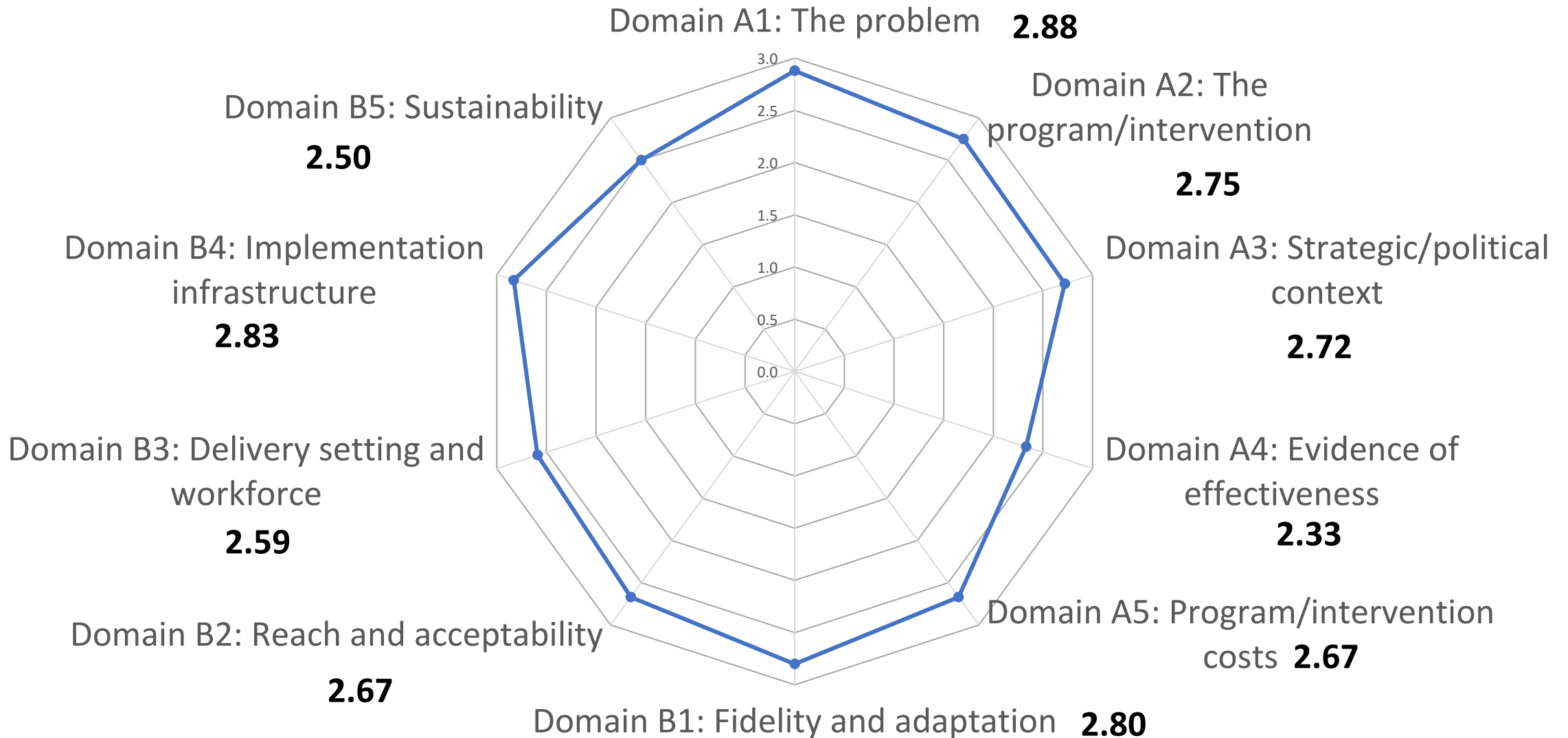
Part B

- Fidelity & adaptation
- Reach & acceptability
- Delivery setting & workforce
- Implementation infrastructure
- Sustainability

Results: The ISAT Radar Plot, Mean scores for Ontario



Results: The ISAT Radar Plot, Mean scores for PEI



Key Learnings

- Context matters:
 - Assess readiness to scale up in local contexts
- Diverse perspectives are essential:
 - Consider threats and enablers in moving research into practice
- Tensions will arise:
 - Balance different types of evidence to inform next steps



Next Steps

- Identify a priority population that could benefit the most from ACHRU-CPP
- Start scale-up of ACHRU-CPP with priority populations in a phased, horizontal approach
- Initiate scale-up at sites where program leverages existing infrastructure
- Gather more evidence on program effectiveness and implementation from these targeted scale-up efforts



Patient Partner: Ron Beleno



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Questions?

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