

**FINAL REPORT
FLINN FOUNDATION
COMPREHENSIVE GERIATRIC TREATMENT PROGRAM
2000-2004**

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Purpose of the Project:

The Comprehensive Geriatric Treatment Program was a collaborative effort between the Department of Psychiatry and Behavioral Neurosciences and the Institute of Gerontology at Wayne State University. The goal offered three major aims:

1. To test the effectiveness of an early detection and intervention of mental health problems in a nursing home setting.
2. To test the effectiveness of an intervention approach for family caregivers.
3. To provide staff training on issues related to mental health

The project essentially required the creation of a new set of treatment providers and treatment approaches into an already established long term care setting. Two goals were paramount: (1) Improved scientific understanding of mental health problems among elders admitted to a nursing home setting and (2) the creation of a model treatment approach that would be sustained after the grant ended.

Data Collection

Data collection was an intense and time consuming effort. Data was collected from residents and from their caregivers at baseline (upon entry to the nursing home), at 3 months subsequent to admission, and at 12-months.

	<u>Patients</u>	<u>Caregivers</u>
Baseline	N= 194	N=115
3-months	n=91 re-tested n= 24 deceased n=10 in hospital n=45 d/c home n=17 @ other NH	N=92 re-interviewed

	<u>Patients</u>	<u>Caregivers</u>
12-months	n=46 re-tested n=57 deceased n=11 in hospital n=54 @ home n=21 @ other NH	N=74 re-interviewed

Scientific Highlights

- ❖ Compared to the Usual Care group, the Comprehensive Treatment Group demonstrated significant reduction in behavioral problems (i.e. agitation, psychosis).
- ❖ Eighty-five percent of the residents admitted to Long Term Care had at least one mental health problem
- ❖ Usual Care patients were often likely to receive absolutely no psychiatric treatment
- ❖ Caregivers demonstrated heightened stress and depression related to patient's mortality
- ❖ Caregivers receiving intervention demonstrated corresponding improvement in their patient's behavior as compared to caregivers not receiving intervention
- ❖ 10 National conference presentations were made on the project
- ❖ 3 papers have been submitted for publication and several more are in the planning stages (3 papers are included with this report).

Program Outcome Highlights

- ✓ The administration of the Nursing Home changed hands in 2003, and yet the new administration hired the WSU mental health team to deliver all psychiatric services throughout the facility, thus allowing the program to remain active.
- ✓ The Family Resident Council which was defunct when the project began, now boasts over 35 members and holds regular meetings and support groups
- ✓ Several components of the staff training performed by the research group have become standard parts of training for new employees of the nursing home
- ✓ A new model of supporting caregivers has been adopted in a new grant with the Alzheimer's Association.

The Comprehensive Geriatric Treatment Program staff considers this grant to be an unqualified success. We would welcome the opportunity to work with you further in issues related to geriatric psychiatry and mental health.