

Learning Package



Principles of Enablement Nursing

Sites where Learning package applies	All sights where acute, sub-acute and residential care is Provided to adults.
Description	Captivate learning module
Target audience	All clinicians who provide care to adults
Learning Outcomes, On completion of this package you will be better able to:	Utilise enablement nursing principles to reduce functional decline in older people in hospital

[Hyperlink to Package](#)

Keywords	Enablement, functional decline, self care, cognition, mobility, continence, nutrition & hydration
Document registration number	TBA
Replaces existing document?	No

Related Legislation, Australian Standard, NSW Ministry of Health Policy Directive or Guideline, National Safety and Quality Health Service Standard (NSQHSS) and/or other, HNE Health Document, Professional Guideline, Code of Practice or Ethics:

- Australian Health Ministers Advisory Council (2004) *Best Practice Approaches to minimise functional decline in the older person across, acute, sub-acute and residential aged care setting*
- Australian Commission on Safety and Quality in Health Care (2014) [A Better Way to Care: Safe and High Quality care for patients with cognitive impairment \(dementia and delirium\) in hospital – Actions for Clinicians.](#) Sydney: ACSQHC
- Australian Commission on Safety and Quality in Health Care (2014) [A Better Way to Care: Safe and High Quality care for patients with cognitive impairment \(dementia and delirium\) in hospital – Actions for Managers.](#) Sydney: ACSQHC
- NSW Policy Directive 2011_078 [Nutrition Care Policy](#)
- HNE LHD Policy Compliance Procedure PD2011_078 [Nutrition Care for Inpatients & Residents](#)
- HNE LHD CG 14_27 [Management of the Older Person with Sarcopenic Obesity](#)
- HNE LHD Policy 14_06 [Minimum Standards of Patient Care for Adult Inpatients](#)
- HNE LHD CG 13_04 [Prevention Recognition & Management of Delirium in the Older Person](#)

Is this package recorded in HETI?	No
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Date authorised by Learning package committee:	

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Peer reviewed by:

Cognition: ACARS CNC/NP Group and ACARS Dementia CNC Working Group

Mobility: Rehabilitation CNCs & Physiotherapists (HNE LHD)

Self-care: Diversional Therapists (HNE LHD), Occupational Therapists (HNE LHD)

Continence: Continence CNCs & NPs (HNE LHD)

Nutrition & Hydration: Dieticians (HNE LHD)

Date:

Date Due:

Purpose: This package is designed to support the implementation of enablement nursing principles to prevent functional decline in older people in hospital. Functional decline in older people during hospitalisation can happen quickly (within two days) and over five interlinking domains: Cognition, Mobility, Continence, Nutrition & Hydration and Self-Care. This package contains modules and readings related to each domain.

Date for Learning Package Review:

2019

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Introduction

This package is designed to support the implementation of enablement nursing principles to prevent functional decline in older people in hospital. The package includes learning modules on each of the five enablement domains plus a range of resources to support clinicians to implement enablement principles into their nursing care. Individual modules include:

- Enablement domain – [Mobility](#)
- Enablement domain – [Cognition](#)
- Enablement domain – [Nutrition and Hydration](#)
- Enablement domain – [Self-care](#)
- Enablement domain - [Continence](#)

Disclaimer

This learning package has been prepared by health professionals employed in Hunter New England Local Health District. While all care has been taken to ensure that the information is accurate at the time of development, the authors recommend that all information is thoroughly checked before use if utilised by another unit, context or organisation.

Aim

The package and other resources will provide clinicians with best practice evidenced based approaches to the prevention of functional decline in older hospitalised people.

Learning Outcomes or Learning Objectives

Following completion of the package, clinicians will:

- Have an understanding of the principles of enablement nursing
- Be aware of key definitions
- Have increased awareness of the consequences of changes in functional status for older hospitalised people
- Be aware of enablement nursing principles that they can implement when providing care to older people in a HNE facility

Pre-requisites

Prior to, or after, completion of this package, clinicians should also complete the following related education resources.

- 'Where have the muscles gone?' series related to sarcopenia. (ACARS [Mylink](#))
- Nutrition Screening for Malnutrition (HETI)
- The Confused Patient: Dementia or Delirium (HETI)
- Intern Lecture Series (HNE LHD) (HETI)
- Cognitive Screening (ACARS [Mylink](#))

How to use this resource or Instructions for participants

- The five modules in this package are expected to take 60 minutes to complete
- Completion of this package is equivalent to one (1) Continuing Professional Development (CPD) hour which is a requirement for National Registration. Evidence of CPD can be generated using the Reflection on Learning page at the end of the template.
- This package can be used as an introduction for nurses wishing to further their knowledge and skills in this area.
- Participants will be asked questions that will reinforce key points or learnings.
- There is a suggested reference list and it is by no means complete. Journal articles can be accessed through CIAP. The online readings are not provided within this document due to copyright law restrictions. If you have any difficulty locating the readings please seek assistance from your hospital / health facility library.
- This resource has been written from a Hunter New England Area Local Health District perspective so it is not specific to any one health facility.

Recommended Readings

The list below contains journal articles that will provide you with further information and will expand your knowledge or challenge your ideas on each of the enablement domains. All articles are able to be accessed via CIAP.

- [HNE Factsheet – implementation of the nutrition care Policy](#)
- Riley, K. (2012) [Rehabilitation in the acute care setting: Are nurses ready for the challenge?](#) *HNE Handover*. Vol 5 (1)
- Graff, C. 2006. [Functional decline in older hospitalized adults.](#) *American Journal of Nursing*. Vol 106 (1) p 58 – 67
- Creditor, M. (1993). Hazards of Hospitalization of the Elderly. *Annals of Internal Medicine*. Vol 118 p 219 – 223

- Danter, J. (2003) Geriatric Assessment. *Nursing 2003*. Vol 33 (12) p 52 – 55
- Boltz, M., Resnick, B., Capezuti, E., Shuluk, J., Secic, M. (2012) [Functional Decline in Hospitalized Older Adults: Can Nursing Make a Difference?](#) *Geriatric Assessment*. Vol 33 p 272 – 279.
- Doherty-King, B., Bowers, J. (2013). Attributing the responsibility for ambulating patients: A Qualitative study. *International Journal of Nursing Studies*. 2013. <http://dx.doi.org/10.1016/j.ijnurstu.2013.02.007>
- Sager, M., Todd, F., Inouye, S., Landefeld, S., Morgan, T., Rudberg, M., Siebens, H., Winograd, C. (1996) Functional Outcomes of Acute Medical Illness and Hospitalization of Older Persons. *Archives of Internal Medicine*. Vol 156(6) p 645 – 652.
- Lyons, D. (2014) [Implementing a Comprehensive Functional Model of Care in Hospitalized Older Adults](#). *Medsurg Nursing*. Vol 23(6) p 379 – 385
- Flanagan, D., Fisher, T., Murray, M., Visvanathan, R., Charlton, K., Thesing, C., Quigley, G. & Walther, K. (2012). [Managing undernutrition in the elderly](#). *Australian Family Physician*. Vol 41(9) p 695 – 699
- Blanchette, K. (2012) [Exploration of Nursing Care Strategies for Management of Urinary Incontinence in Hospitalized Women](#). *Urologic Nursing*. Vol 32(5) p 256 – 271
- Parke, B. & Hunter, F. (2014) [The care of older people in hospital: if it's common sense why isn't it common practice?](#) *Journal of Clinical Nursing*. Vol 23 p 1573 – 1582.

Reflection tool

A reflective learning tool is provided for clinicians to complete. This form can be kept as a record of self-directed learning (following completion of all modules) or can be added to the individual training record (HETI) of the clinician by following the instructions on the form.

Evaluation

A feedback form is also provided. The form can be filled out manually and returned to the course contact or can be completed online from the Principles of Enablement Nursing main menu page on the ACARS Network Portal.

References:

Self Care

- Hughes, RG. (Ed) 2008. Reducing Functional Decline in Hospitalized Elderly in *Patient Safety & Quality: An Evidenced-Based Handbook for Nurses*
- Sager, M., Franke, T., Innouye, S., Landefeld, S., Morgan, T., Rudberg, M., Siebens, H., Winograd, C. (1996) Functional Outcomes of Acute Medical Illness and Hospitalization in Older Persons. *Archives of Internal Medicine*. Vol 156 (6). p 645 – 652.

Mobility

- Australian Health Ministers Advisory Council (2004) *Best practice approach to minimise functional decline in the older person across the acute, sub-acute and residential aged care settings*. Victorian Government Department of Human Services. Melbourne, Victoria.
- Doherty-King, B. Bowers, B. (2013) Attributing the responsibility for ambulating patients: A qualitative study. *International Journal of Nursing Studies*.
<http://dx.doi.org/10.1016/j.ijnurstu.2013.02.007>
- Graf, C. 2006 Functional Decline in Hospitalized Older Adults. *American Journal of Nursing*. Vol 106(1) p 58 – 67

Cognition

- Australian Commission on Safety and Quality in Health Care. *A better way to care: Safe and high-quality care for patients with a cognitive impairment (dementia and delirium) in hospital – Actions for clinicians*. Sydney: ACSQHC, 2014.
- Australian Commission on Safety and Quality in Health Care. *A better way to care: Safe and high-quality care for patients with a cognitive impairment (dementia and delirium) in hospital – Actions for managers*. Sydney: ACSQHC, 2014.
- Better Health Channel Victoria – (Dementia)
<https://www.betterhealth.vic.gov.au/conditionsandtreatment/dementia>
- NSW Health & Royal Australian and New Zealand College of Psychiatrists (2013) *Assessment and Management of People with Behavioural and Psychological Symptoms of Dementia (BPSD)*. Sydney

Continence

- Blanchette, K. (2012) Exploration of Nursing Care Strategies for the Management of Urinary Incontinence in Hospitalized Women. *Urologic Nursing*. Vol 32 (5). pp 256 – 259, 271.
- Brown, J., Vittinghoff, E., Wyman, J., Stone, K., Nevitt, M., Ensrud, K. & Grady, D. (2000) Urinary Incontinence: Does it Increase Risk for Falls and Fracture. *Journal of American Geriatrics Society*. Vol 48 (7). p 721 – 725.
- Cassells, C & Watt, E. (2003) The impact of incontinence on older spousal caregivers. *Journal of Advanced Nursing*. Vol 42 (6), p607 – 616
- Cooper, G & Watt, E. (2003) An exploration of Acute Care Nurses' Approach to Assessment and Management of People With Urinary Incontinence. *Journal of Wound, Ostomy and Continence Nurses*. Vol 30 (6). p 305 – 313.
- Deloitte Access Economics (2011) *The economic impact of incontinence in Australia*
http://www.continence.org.au/data/files/Access_economics_report/dae_incontinence_report_19_april_2011.pdf
- Do, C. & Kistler, C. (2013) Diagnosis of Urinary Incontinence. *American Family Physician*. Vol 87 (8). p 543 – 550
- Norton, P. & Brubaker, L. (2006) Urinary incontinence in women. *The Lancet*. Vol 367 January. p 57 – 67
- Ostaszkiwicz, J., O'Connell, B. & Millar, L. (2008) Incontinence: Managed or mismanaged in hospital settings. *International Journal of Nursing Practice*. 14. p 495 – 502.
- Sager, M., Todd, F., Inouye, S., Landefeld, C., Morgan, T., Rudberg, M. Siebens, H. & Winograd, C. (1996) Functional outcomes of Acute Medical Illness and Hospitalisation in Older Persons. *Archives of Internal Medicine*. Vol 156 (6), p 645 – 652

- Wyman, F. (2003) Treatment of Urinary Incontinence in Men and Older Women. *American Journal of Nursing*. Vol 103, March. p 26 – 35

Nutrition

- Taffet, G. (2016) *Normal Aging*. Up-to-date: <http://www.uptodate.com/contents/normal-aging?topicKey=PC%2F14605&elapsedTimeMs=16&view=print&displayedView=full#>
- Australian & New Zealand Society for Geriatric Medicine (2013) *Position Statement 22 Frailty in Older People*
- Boaz, m., Rychani, M., Barami, K., Hour, Z., Yosef, R., Siag, A., Berlovitz., Leibovitz, E. (2013) Nurses and Nutrition: A Survey of Knowledge and Attitudes Regarding Nutrition Assessment and Care of Hospitalized Elderly Patients. *The Journal of Continuing Education in Nursing*. Vol 44(8) p 357 – 364
- Bouchonville, M., Villareal, D. (2013) Sarcopenic Obesity: how do we treat it? *Current Opinion in Endocrinology, Diabetes and Obesity*. Vol 20(5), p 412 – 419
- Chen, CC-H., Bai, Y-Y., Huang, G-H., Tang, ST. (2007) Revisiting the concept of malnutrition in older people. *Journal of Clinical Nursing* Vol 16, p 2015 – 2026
- Flanagan, D., Fisher, T., Murray, M., Visvanathan, R., Charlton, K., Thesing, C., Quigley, G., Walther, K. (2012) Managing undernutrition in the elderly: Prevention is better than cure. *Australian Family Physician* 41 (9) September. P 695 -699
- Jarosz, P., Bellar, A. (2009) Sarcopenic Obesity: An Emerging Cause of Frailty in Older Adults. *Geriatric Nursing*. Vol 30(1), p 64 – 70.
- Lopez, D., Flicker, D., Dobson, A. (2012) Validation of the FRAIL Scale in a Cohort of Older Australian Women. *Journal of the American Geriatrics Society*. Vol 60(1), p 171 – 173
- Lucas, R. & Kennedy-Malone, L. (2014) Frailty in the older adult. Will you recognize the signs? *The Nurse Practitioner*. Vol 39 (3). p 29 – 34.
- NSW Health PD2011_078 Nutrition Care Policy 2011
- Ulltang, M., Vivanti, A., Murray, E. (2013) Malnutrition prevalence in a medical assessment and planning unit and its association with hospital readmissions. *Australian Health Review* Vol 37(5). p 695 – 699
- Visvanathan, R., Penhall, R. Chapman, I. (2004) Nutritional screening of older people in a sub-acute care facility in Australia and its relation to discharge outcomes. *Age and Ageing*. Vol 33(3), p 260 – 265.
- Young, A., Kidston, S., Banks, M., Mudge, A., Isenring, E. (2013) Malnutrition screening tools: Comparison against two validated nutrition assessment methods in older medical inpatients. *Nutrition*. Vol 29, p 101 – 106.

Reflective learning

By completing this table, your participation in this learning activity ***Principles of Enablement Nursing*** and the outcome achieved will form the evidence of CPD. You are able to record one hour of CPD in your personal education diary / record.

Payroll:	Name:
Outline the key learning you obtained from completion of the package	
How was the learning useful for your practice?	
How will the learning influence your practice? What will you change in your practice?	
Is there any further education you need to undertake as a result of completing the package?	

If you would like to have the completion of this learning module recorded in your personal learning history in HETI, please return this completed form, along with your full name and payroll number to Kim Riley. (kim.riley@hnehealth.nsw.gov.au or fax: 65402180).

Learning Package Feedback Form

Please circle your response to the following questions:

1. The aims and objectives of the learning package were clear and appropriate
Yes No

2. As a result of completing this package, I have a better understanding of the prevention of functional decline due to malnutrition and dehydration Yes No

3. The activities helped to reinforce key learnings? Yes No

4. The package was easy to follow? Yes No

5. Some suggestions I would like to make to improve the package are:

6. Further comments I would like to make are:

Please send this feedback form to:

Fax: 65402180 (attention Kim Riley)

Email: kim.riley@hnehealth.nsw.gov.au