



# COMPASS

COMPREHENSIVE POST-ACUTE STROKE SERVICES

## Update on COMPASS

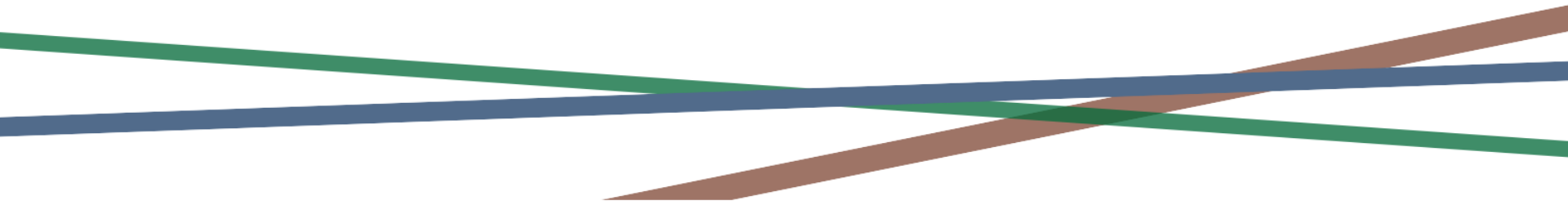
Pamela Duncan, PhD

Wayne Rosamond, PhD

Cheryl Bushnell, MD, MHS

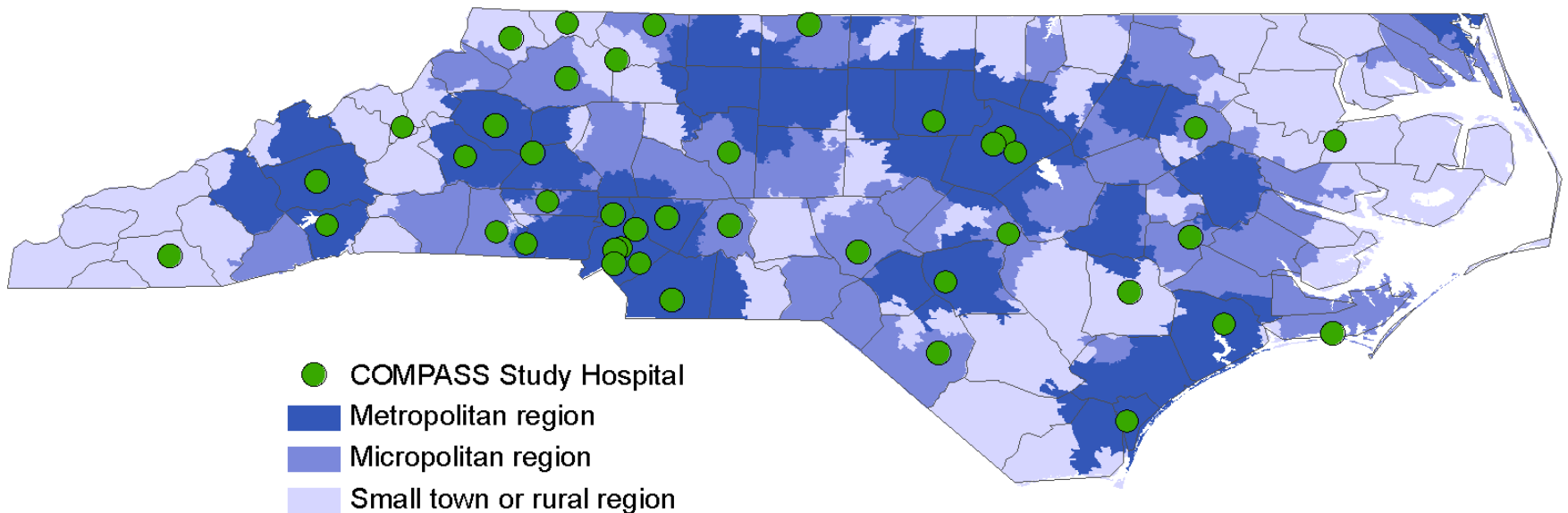
Stroke Advisory Council Meeting

October 13, 2016



# Hospital Recruitment

**COMPASS Study Participating Hospitals**



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# Finding The Way Forward



## Numbers

Know your numbers -blood pressure, blood sugar, cholesterol, etc.

## Engage

Be active - engage your mind and body

## Support

Ask for help - for yourself and your caregivers from community resources

## Willingness

Be willing – manage your medicines and lifestyle choices



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# COMPASS: **Processes** for a Multidimensional Intervention

- 1) **Care Model** that creates processes for post-acute care
  - 2-day post-discharge call and medication reconciliation
  - 7- to 14-day comprehensive post-acute medical & functional assessment; caregiver assessment
  - Individualized E-care plan for each patient- consistent with CMS requirements
- 2) **Systematic communication** with primary care, home health providers, and community agencies for each patient (e.g. eCareplan, referrals, and visit notes)
- 3) **Quality Performance Indicators**



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# Changing Structures of Care

to improve outcomes that matter to patients

## Post-acute Nurse Coordinator (PAC):

A registered nurse

- Education prior to discharge
- 2-day follow-up phone call
- Coordinate appointments with NP and PCP
- See patients within 7 to 14 days
- Follow-up calls at 30 and 60 days
- Connect with community referrals

## Advanced Practice Practitioner (APP):

A nurse practitioner or physician assistant

- See patients within 7 to 14 days
- Establish an individualized care plan
- Provide referrals to home health, outpatient therapy, and community services
- Support PCP, provide notes and communications related to post-acute care



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# Information on the Individualized eCare Plan

- **What are my health concerns?**
  - Explains issues found through eCare Plan assessments
- **Why is this important to me?**
  - Explains how this issue can affect overall health and stroke recovery
- **How do I find my way forward?**
  - Provides recommendations and referrals for dealing with the health issue
- **Summative Report**
  - A summary report created for patients that are at high risk of readmission
- **Community Resources Page**
  - Provides contact information to services that was recommended in the *How do I find my way forward* column of eCare Plan





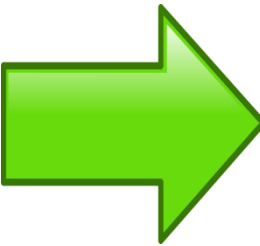
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COMPREHENSIVE POST-ACUTE STROKE SERVICES

# eCARE Plan: Engage

## COMPASS: Finding my Way for Recovery, Independence, and Health

Name: Christina Condon ID: 7 January 19, 2016 Page 3



 <b>COMPASS</b> <small>COMPREHENSIVE POST-ACUTE STROKE SERVICES</small>	What are my concerns?	Why is this important to me?	How do I find my way forward?
<p><b>Engage:</b> Be engaged in my overall health and well-being</p>  	It is difficult to use my hand affected by my stroke.	Therapy, exercise, and physical activity will improve the use of my hand and arm.	I can improve the use of my hand and arm by: <ul style="list-style-type: none"> <li>• Working with a physical and/or occupational therapist in my home or an outpatient clinic.</li> <li>• Exercising regularly on my own or in an exercise class.</li> <li>• Being physically active in my daily life and trying to use my arm and hand as much as possible.</li> </ul>
	My muscles feel stiff and I am having trouble moving, walking, or using my hand and arm.	Medicines, therapy, exercise, and physical activity can decrease the stiffness (also called spasticity) in my muscles. This will help me be more independent and safe in my daily activities.	I can decrease the stiffness in my muscles by: <ul style="list-style-type: none"> <li>• Working with a physical and/or occupational therapist in my home or an outpatient clinic.</li> <li>• Doing stretching and strengthening exercises.</li> <li>• Taking medicines to relax my muscles.</li> <li>• Seeing a specialist in spasticity treatment.</li> </ul>
	I have fallen or I am at risk for falling.	I am more likely to fall since I had a stroke. Improving my balance and strength will help decrease my chances of falling and improve my overall independence.	I can decrease my chances of falling by: <ul style="list-style-type: none"> <li>• Working with a physical therapist in my home or an outpatient clinic.</li> <li>• Attending a falls prevention class</li> <li>• Using appropriate walking aids for support</li> <li>• Having a home safety assessment</li> </ul>
	I am not independent in some of my routine activities like dressing or bathing myself, or being able to control my bladder/bowels.	Being as independent as possible will increase my confidence in my recovery. This will make it easier for my loved ones to care for me.	I can become more independent in my routine activities by: <ul style="list-style-type: none"> <li>• Working with a physical and/or occupational therapist in my home or an outpatient clinic.</li> <li>• Working with a home health aide on bathing and dressing</li> <li>• Getting adaptive equipment (e.g., tub chair) that can help with my activities</li> </ul>

# eCare Plan: Numbers

## COMPASS: Finding my Way for Recovery, Independence, and Health

Name: Christina Condon ID: 7 January 19, 2016 Page 1

My Goals for My Recovery, Independence, and Health are:  
~work ~friends



 <b>COMPASS</b> COMPREHENSIVE POST-ACUTE STROKE SERVICES	<b>What are my concerns?</b>	<b>Why is this important to me?</b>	<b>How do I find my way forward?</b>
<b>Numbers: Know My Numbers</b> 	My Blood Pressure is <b>170 / 80</b>	High blood pressure damages the arteries that bring blood to the brain. This can cause another stroke. A blood pressure less than 120/80 is considered normal.	Healthy numbers lead to a healthy life. Keeping track of my numbers will decrease my chances of having another stroke.
	My LDL (bad) cholesterol level is <b>120</b>	A high LDL (bad) cholesterol level puts me at risk for another stroke. My bad cholesterol level should be less than 70.	
	I do not know all of the risk factors for stroke	There are risk factors I didn't realize could cause another stroke. It's important that I am aware of these risk factors, and my own specific risk factors, so I can make correct lifestyle choices to prevent or manage them.	There are many factors that can put me at a higher risk of having another stroke. These risk factors are: <ul style="list-style-type: none"> <li>• High blood pressure</li> <li>• Smoking</li> <li>• Diabetes or high blood sugar</li> <li>• Irregular heartbeat or atrial fibrillation</li> <li>• Heart disease</li> <li>• High cholesterol</li> <li>• Physical Inactivity</li> </ul>



# eCARE Plan: Support

## COMPASS: Finding my Way for Recovery, Independence, and Health



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 <b>COMPASS</b> COMPREHENSIVE POST-ACUTE STROKE SERVICES	<b>What are my concerns?</b>	<b>Why is this important to me?</b>	<b>How do I find my way forward?</b>
<b>Support: Services in My Community</b>  	Since my stroke, I do not eat at least two meals a day.	Eating enough healthy food is important for me to recover and can help reduce my chances of having another stroke.	I can get healthy meals from Meals on Wheels or at a congregate meal site. If I cannot afford food, a social worker can help.
	I am having trouble with transportation.	Being able to get to my medical appointments and social events is important for my recovery, health and happiness.	I can get help with transportation by: <ul style="list-style-type: none"> <li>• Being referred to Transportation services</li> <li>• Getting support from Faith Health for my medical and non-medical appointments.</li> </ul>
	My network of family and friends do not (or cannot) visit me as often as I would like.	Being around others who understand what I am going through can help me stay positive about my recovery.	I can get support from others who care about me at stroke support groups and/or day programs as well as from members of my faith community.
	My caregiver needs additional assistance with helping me: ~bathe ~dress	My caregiver and I need help with what I have to do every day to take care of myself and get better.	My caregiver and I can get help with taking care of me by letting my health care provider know what we need and asking them to refer us to resources like: <ul style="list-style-type: none"> <li>• Area Agency for Aging Caregiver specialist</li> <li>• Home Health Occupational Therapy or Physical therapy</li> <li>• Outpatient Occupational Therapy or Physical therapy</li> <li>• PACE Personal Care Assistant</li> <li>• Meals on Wheels</li> <li>• Caregiver section of COMPASS website (American Heart Association resources and CareGiving Guide)</li> </ul>

# eCARE Plan: Willingness

## *COMPASS: Finding my Way for Recovery, Independence, and Health*

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 <b>COMPASS</b> <small>COMPREHENSIVE POST-ACUTE STROKE SERVICES</small>	<b>What are my concerns?</b>	<b>Why is this important to me?</b>	<b>How do I find my way forward?</b>
<b>Willingness:</b> <b>I am Willing to Manage My Medication and Lifestyle Choices</b> 	I am taking a lot of medicines.	Taking multiple medicines after a stroke may be normal. Many of these medicines help to decrease your chance of having another stroke. You should review your medicines with your provider to make sure that all your medicines are still necessary to keep you healthy.	I can share my concerns about my medicines and can get help with how to take them by reviewing them with: <ul style="list-style-type: none"> <li>• My doctor</li> <li>• My Home Health Nurse</li> <li>• My local Pharmacist</li> </ul>
	Sometimes, I forget to take my medicines and/or I quit taking my medicines when I begin to feel better or worse.	Most medicines prescribed after stroke must be taken for a long time to prevent another stroke. Stopping them or missing doses may increase my risk of another stroke.	
	I do not have anyone to help me manage my medicines, and I may be getting confused about when to take them.	Medicines help to decrease the chance of having another stroke. They are also useful to keeping you healthy.	I can share my concerns about my medicines and can get help with how to take them by reviewing them with: <ul style="list-style-type: none"> <li>• My doctor</li> <li>• My Home Health Nurse</li> <li>• My local Pharmacist</li> </ul> <b>I may need someone everyday to help manage my medicines, fill my pillbox, or remind me so I can take them right.</b>

# eCare Plan: Default Messaging

## *COMPASS: Finding my Way for Recovery, Independence, and Health*

Name: Christina Condon ID: 7 January 19, 2016 Page 10

### **My recovery and my health require that I:**

- Numbers** • manage my blood pressure
- Engage** • am physically active
- Support** • ask for help when I need it
- Willingness** • take my medicines correctly

For additional information, and to investigate local resources,  
visit the COMPASS study website at: <https://www.nccompass-study.org/>



# COMPASS

COMPREHENSIVE POST-ACUTE STROKE SERVICES

# Accessing Community Resources on eCare Plan

- Includes basic information about local resources recommended to patients on the “How do I find my way forward” column of eCare Plan
- Patients only referred to resources that provide services within their county of residence
- Providers can customize which resources appear on Community Resources page

<b>Lee County Enrichment Center Sanford/Lee County Stroke Support Group</b>	
<b>Organization and Program Information</b>	919-776-0501 1615 S. Third Street Sanford, NC 27330 <a href="http://www.leecountync.gov/Departments/SeniorServices.aspx">http://www.leecountync.gov/Departments/SeniorServices.aspx</a>
<b>Direct Contact Information</b>	Joy Murphy Support Group Facilitator
<b>Notes for the Provider:</b> *This program has special eligibility requirements, please see website for more details *This program has a special referral process, please see website for more details	

# eCare Dashboard



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Date: 10/12/2016 04:31 PM / Patient: Gladys Test / Age: 44 / Compass ID: 320233 ▾

## Home



Build eCare Plan



View eCare Plan



Provider Report

## Patient Form Status



Two-Day Post-Discharge  
Follow-up



Post Stroke  
Functional  
Assessment



Stroke Caregiver  
Assessment



Post Stroke Advanced  
Practice Assessment



Clinical Research  
Consent



Post-Discharge Follow-up  
Call Disposition



7-14 Day Visit Disposition



Provider Report Comment

## Patient Demographics

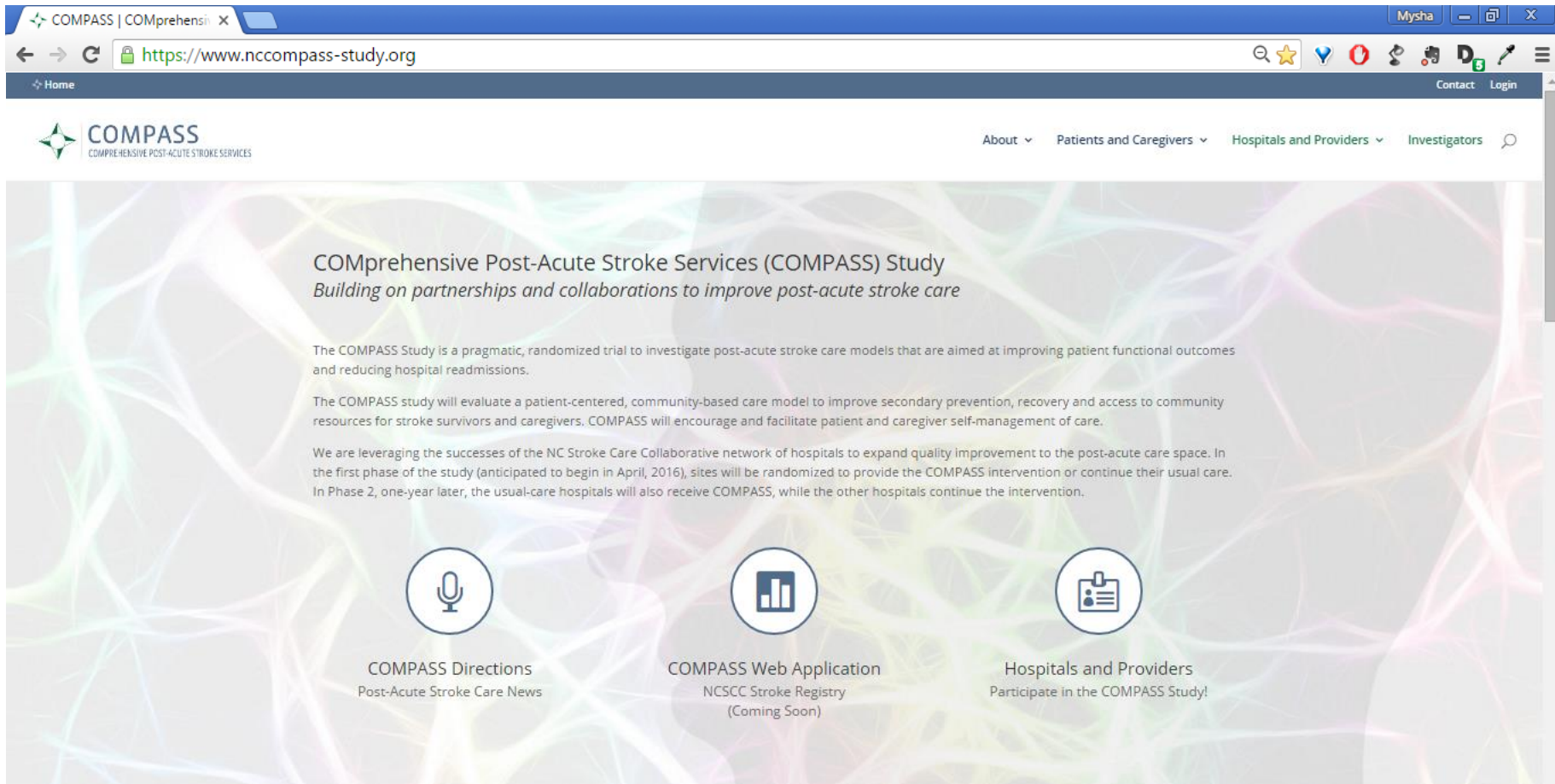
Compass ID:	320233 (Vanguard)	Patient Name:	Gladys Test
Date of Birth:	August 8, 1972	Age:	44
Gender:	Female	State / County of Residence:	NC / Orange



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# Study Website

<https://www.nccompass-study.org/>



The screenshot shows a web browser window with the address bar displaying <https://www.nccompass-study.org/>. The website header includes the COMPASS logo (a green star icon) and the text "COMPASS COMPREHENSIVE POST-ACUTE STROKE SERVICES". Navigation links for "About", "Patients and Caregivers", "Hospitals and Providers", and "Investigators" are visible, along with "Contact" and "Login" buttons. The main content area features a large background image of colorful, abstract, branching lines. The title "COMprehensive Post-Acute Stroke Services (COMPASS) Study" is followed by the tagline "Building on partnerships and collaborations to improve post-acute stroke care". Three paragraphs describe the study's goals and phases. Below the text are three circular icons: a microphone for "COMPASS Directions", a bar chart for "COMPASS Web Application", and a clipboard for "Hospitals and Providers".

COMPASS | COMprehensive Post-Acute Stroke Services

Home Contact Login

About Patients and Caregivers Hospitals and Providers Investigators


## COMprehensive Post-Acute Stroke Services (COMPASS) Study

*Building on partnerships and collaborations to improve post-acute stroke care*


The COMPASS Study is a pragmatic, randomized trial to investigate post-acute stroke care models that are aimed at improving patient functional outcomes and reducing hospital readmissions.

The COMPASS study will evaluate a patient-centered, community-based care model to improve secondary prevention, recovery and access to community resources for stroke survivors and caregivers. COMPASS will encourage and facilitate patient and caregiver self-management of care.


We are leveraging the successes of the NC Stroke Care Collaborative network of hospitals to expand quality improvement to the post-acute care space. In the first phase of the study (anticipated to begin in April, 2016), sites will be randomized to provide the COMPASS intervention or continue their usual care. In Phase 2, one-year later, the usual-care hospitals will also receive COMPASS, while the other hospitals continue the intervention.



COMPASS Directions  
Post-Acute Stroke Care News



COMPASS Web Application  
NCSCC Stroke Registry  
(Coming Soon)



Hospitals and Providers  
Participate in the COMPASS Study!



COMPREHENSIVE POST-ACUTE STROKE SERVICES

# Website Features:

## Hospitals and Providers

COMPASS Study Overview and News

Up-to-Date Resources:

- Patient/Caregiver Handouts:
  - English and Spanish
  - Printable Versions
- Checklists, Helpful Hints
- eCare Application Website Resources:
  - Getting Started
  - Instructions/Tutorials
- Training Webinars



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