

P2 - THE INTERRAI QUALITY OF LIFE SURVEYS: BENCHMARKING AND EVALUATION

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Brief Description of Research or Project: This presentation will provide an introduction to the interRAI Self-Reported Quality of Life (interRAI QoL) surveys, and show examples of how variance in responses allows benchmarking and comparisons of QoL scores between long term care homes, between sectors, across provinces, and internationally. We will also show how the interRAI QoL can be used as an evaluation tool to show meaningful differences in QoL before and after a program implementation.

Why is this research important to profile at the Research Day 2014? Quality of Life (QoL) is vitally important for residents, yet it is a multifaceted concept that is difficult to measure. Objective indicators of QoL are already present in the MDS 2.0 and interRAI-LTCF, but this survey concentrates on subjective, self-reported QoL. The interRAI QoL survey can be used for benchmarking because it provides enough variance in responses that meaningful differences can be reported. Examples of comparisons between facilities, LHINs, provinces, and countries will be shown. Implementation of the survey can have an impact on care transitions because measuring QoL allows an LTC home to identify dimensions where residents do not feel comfortable or engaged. New programs can be implemented in order to address those dimensions. New residents can benefit immediately from the increased comfort and engagement, and will have a smoother transition into LTC. For example, the interRAI QoL survey was used in evaluating Java Music Club (JMC) - a program that was designed to improve depression and loneliness. QoL surveys were collected and were categorized as being either before or after their JMC participation started. Responses were compared to surveys from those who never participated in JMC. Preliminary results on the question "I am treated with dignity by the people involved in my support and care" show that 79% of those who were surveyed before their JMC participation gave positive responses, as compared to 89% after participation, and 87% of those who never participated ($p < 0.05$).