



**Improving health access and health education
for individuals and families in supportive
housing**

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Presenters Disclosure

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*The following personal financial relationships with
commercial interests relevant to this presentation
existed during the past 12 months:*

No relationships to disclose

Background

- **Supportive housing**
 - a combination of housing and services
 - An effective approach for people who face complex challenges—individuals and families confronted with homelessness, poverty, and serious, chronic issues including substance abuse, mental illness, HIV/AIDS or other serious challenges to a successful life
- **Goals**
 - achieve residential stability,
 - increase their skill levels and/or incomes
 - obtain greater independence and self-determination

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Background

- Limited research
 - Mental health and substance abuse issues
 - Minor physical ailments
 - Health and dental care reported as services most needed but not provided
- Partnered with a community agency serving the homeless population



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The plan

- FNP-led on site Wellness Center, “staffed” by HSC nursing, medical & gender studies students
- Resident Advisory Team- ongoing program planning & development
- SBIRT screening



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The final product

- Bi monthly home visits with IP team of students
 - conduct health assessments using USPSTF guidelines
 - initiate & follow up on referrals
 - health education
- Socialization
- Resource manual with local contact info
- Intermittent contact with site manager

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Outcomes – the numbers

- Health assessment data (n=15)
 - 11 residents (73%) have a primary care provider and 10 had seen their provider within the past 6 months.
 - 2 of the 15 residents indicated that they had a regular dentist
 - 3 residents reported a need for glasses and vision exam.
 - 4 residents reported 10 to 30 days of poor mental health across the past month.
 - 7 residents reported 10 or fewer days when they felt healthy and full of energy across the past month



Outcomes – the numbers

- 63 home visits were conducted with 15 individuals across six months
- 15 initial assessment visits; 48 visits for general follow-up.
- 14 referrals to community services initiated and 100% completed.
- 32 health education sessions
- 29 blood pressure checks
- 5 residents accepted the flu vaccine.



Outcomes – success stories

- Don's Story
 - 63 yo single male, history of multi- substance abuse, Diabetes with ESRD & liver failure on Dialysis, MULTIPLE hospital readmissions
 - Smoking 1 + ppd, frequent falls, unable to manage ADLs
 - Collaborated with dialysis SW to initiate home health/hospice referral, eventually had BKA and moved to SNF



Outcomes – success stories

- **Mike's Story**
 - 38 yo single male with CAD, CHF, Asthma
 - Multiple admissions for CHF, unstable angina
 - Smoking 1 + ppd, poor dietary habits
 - As result of health education/frequent contacts
 - Cut down to ½ ppd, started ordering from low sodium menu Schwann' delivery, pedometer on lay away
 - Keeping walking log provided by student



Outcomes – success stories

- **Billy's Story**
 - 51 yo single male, long history of substance abuse
 - Initially- actively drinking, depressed, unemployed, domestic violence victim
 - Smoking 1 + ppd, staying in apartment all day
 - Referral to counselor @ local free clinic, routine visits for socialization/support, attended concerts
 - Employed @ local restaurant, singing & writing music
 - Cut back on drinking
 - Initiated regular health care @ free clinic




Outcomes – success stories

- **Millie's Story**
 - 60 yo single female, long history of asthma, HTN, depression, intimate partner violence
 - Smoking 1 + ppd, tearful @ every visit about loss of adult child to suicide
 - Referred to local minister to make home visits
 - Referred to local MH facility for outpatient counseling



Benefits to students

“ Working with fellow nursing students, medical students, case manager, and professors/colleagues I have learned the importance of the interdisciplinary team in the community setting.
Our team has made a significant impact in the resident’s lives.”
Sara, senior nursing student

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Benefits to students

‘ When I stepped into their apartments that first visit I realized it was going to be more By taking healthcare into their homes where they invite me to sit on their couch or eat some of their dinner, I found I was participating in lifecare not healthcare.’

I’ve learned a great deal from Nurse Pinto and from all of the nursing students about how to talk to patients and manage all those small problems that cause big damage if overlooked’

I have been blessed with the opportunity to participate in this project. It has let me develop clinical skills and learn medical knowledge. More importantly it has taught me how to interact with patients, interact with other healthcare professionals, and how to care. ”


Jason, Medical Student

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Benefits to students

“On top of the experience I've gotten with my nursing skills, it has been so rewarding getting to know these clients better, seeing the impact a few minutes of working with them can have on their day, and seeing them improve each time we go. ’

Jen, Senior Nursing Student

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Benefits to students

"Working with clients at the BHTF has been such a rewarding experience. I felt as if I was actually able help someone on a personal level, which was especially important to me after getting to know these clients so well. Working with other nursing students, med students, a social worker and nurse practitioner all gave me valuable insight into other health professions and how it really takes a team to accomplish goals."

Sierra, Senior Nursing Student



Lessons learned

- Truly transitional- frequent moves in/out
- Health concerns
- More time needed @ site
- More frequent/regular contact with site manager for case management/planning
- NEED TO BE FLEXIBLE



Lessons learned

- Sense of community (Millie's Dinner Parties)
- Residents 'took care of each other' (Don & Mike)
- Transportation & Location - MAJOR barriers
- "There's no place like home"- PRIDE

- Plans for the future
 - Sustainability and funding
 - Health education/counseling/coaching