



## Creating a Dementia Capable Health Care Home

PREVENTIVE  
PARTNERS IN EXCELLENCE



**Essentia Health**  
Here with you

### PROVIDER

Essentia Health

### CHALLENGE

Patients and caregivers navigating a dementia diagnosis needed support. Yet no proactive model for identifying dementia in the PCP's office existed. Patients and caregivers were left to seek support on their own. We realized the importance of changing our dementia care protocols.

### PROCESS FOR CHANGE

Our goal was to integrate dementia care and management into Primary Care. This would enable the early identification and treatment of Alzheimer's and dementia. Our patient advocate group identified many critical patient and caregiver needs, including earlier diagnosis of dementia, information on type of dementia, best treatment and management options, and referrals for support and resources.

### RESULTS

- Increased dementia screening by incorporating MiniCog into Annual Wellness Visit (AWV). This resulted in the earlier diagnosis of 24 Alzheimer's/dementia patients.
- Developed dementia SmartSet in EPIC.
- Improved communication between community partners and care team.
- Improved access to community resources for caregivers and patients.
- Convinced patients, families and caregivers to take preventive action.
- Increased provider buy-in with education and decision support.

### ADOPTION CONSIDERATIONS

- Identify and include all stakeholders at the beginning.
- Maintain stakeholder communication throughout the process.
- Identify and discuss existing barriers early to ensure critical buy-in.

### RECOMMENDATIONS FOR SUSTAINING GAINS

- Replication of model at Duluth clinics and seven regional clinics.
- Continued investment in community partnerships.
- Development of training modules for outreach and education.
- Continued support for our program's EPIC SmartSet.
- Development and/or refinement of staffing plan.
- Continued monitoring of financial stability.





## Project BrainSafe

### INNOVATION

PARTNERS IN EXCELLENCE



#### PROVIDER

Project BrainSafe funded by CentraCare Health Foundation

#### CHALLENGE

Community awareness and understanding regarding concussions — including symptoms and potential for long-term consequences — is limited. We lack consistent standards for evaluating, diagnosing, managing and resolving this population. As a result, many patients struggle for months before receiving proper diagnosis and treatment helping them successfully resume their lives at home, school, work and in the community.

#### INNOVATION

We implemented a community-wide collaborative to improve the recognition, diagnosis and management of concussions/mild traumatic brain injuries for people of all ages living in Central Minnesota (and eventually beyond). Our initial focus is in the immediate St. Cloud region. We are targeting all ages, with initiatives for youth/high school athletics and general recreation. This network includes medical providers, educational facilities, athletics, community partners, municipalities, service organizations, local business and patient advocates.

#### IMPROVING HEALTH

- Standardized the evaluation, diagnosis and management of concussions across the care continuum.
- Targeted provider education through multiple channels to minimize undiagnosed incidents and adverse outcomes.
- Enriched community education and awareness to reduce overall number of missed diagnosis delayed events.

#### ENHANCING PATIENT EXPERIENCE

- Consistent care management practice and expectations across all entities.
- Consistent educational materials for patients and families.
- Clear guidelines and processes on Return to Learn/Play/Work protocols.

#### TAKING AIM AT AFFORDABILITY

- Baseline ImPACT screening for high school athletes allowing improved clinical decision-making following concussion.
- A community ImPACT repository that improves access to baselines, and creates efficiency as patients transition between care entities.
- Early, accurate diagnosis and proper clinical trajectory identification driving timely, effective treatment, decreased recovery time and reduced secondary sequelae requiring additional treatment.

