

Eastern State Hospital

Tobacco Treatment Services and Evidence-Based Practice

Chizimuzo (Zim) Okoli, PhD, MPH, MSN, RN, TTS

Director of Tobacco Treatment Services and Evidence Based Practice, Eastern State Hospital
Assistant Professor, University of Kentucky College of Nursing

UKCON Practice Council Presentation, February 7th, 2017



Overview

1. Describe position at Eastern State Hospital
2. Describe practice initiatives and outcomes
 - Tobacco Treatment Services
 - Evidence Based Practice
 - Research Council
3. Opportunities and future directions
 - Students and Placements
 - Work-Learning Program



Eastern State Hospital

2nd or 3rd oldest, free standing, continually operating psychiatric hospital in the U.S.



Names (according to annual reports):

1. Fayette Hospital—for the poor, disabled, and 'lunatic'(1817-1822)
2. Lunatic Asylum (1822-1844)— first patient admitted May 1, 1824
3. The Kentucky Lunatic Asylum (1844-1849)
4. Lunatic Asylum of Kentucky (1850-1852)
5. The Lunatic Asylum (1850-1852)
6. The Eastern Lunatic Asylum (1852-1855)
7. The Eastern Lunatic Asylum of Kentucky (1855-1858)
8. The Kentucky Eastern Lunatic Asylum (1858-1864)
9. Eastern Lunatic Asylum (1864-1867)
10. The Kentucky Eastern Lunatic Asylum (1867-1873)
11. The First Kentucky Lunatic Asylum (1873-1876)
12. Eastern Kentucky Lunatic Asylum (1876-1894)
13. Eastern Kentucky Asylum for the Insane (1894-1912)
14. Eastern State Hospital (since 1912)



Eastern State Hospital,
Williamsburg Virginia, 1773

Spring Grove Hospital,
Baltimore Maryland 1797

Eastern State Hospital

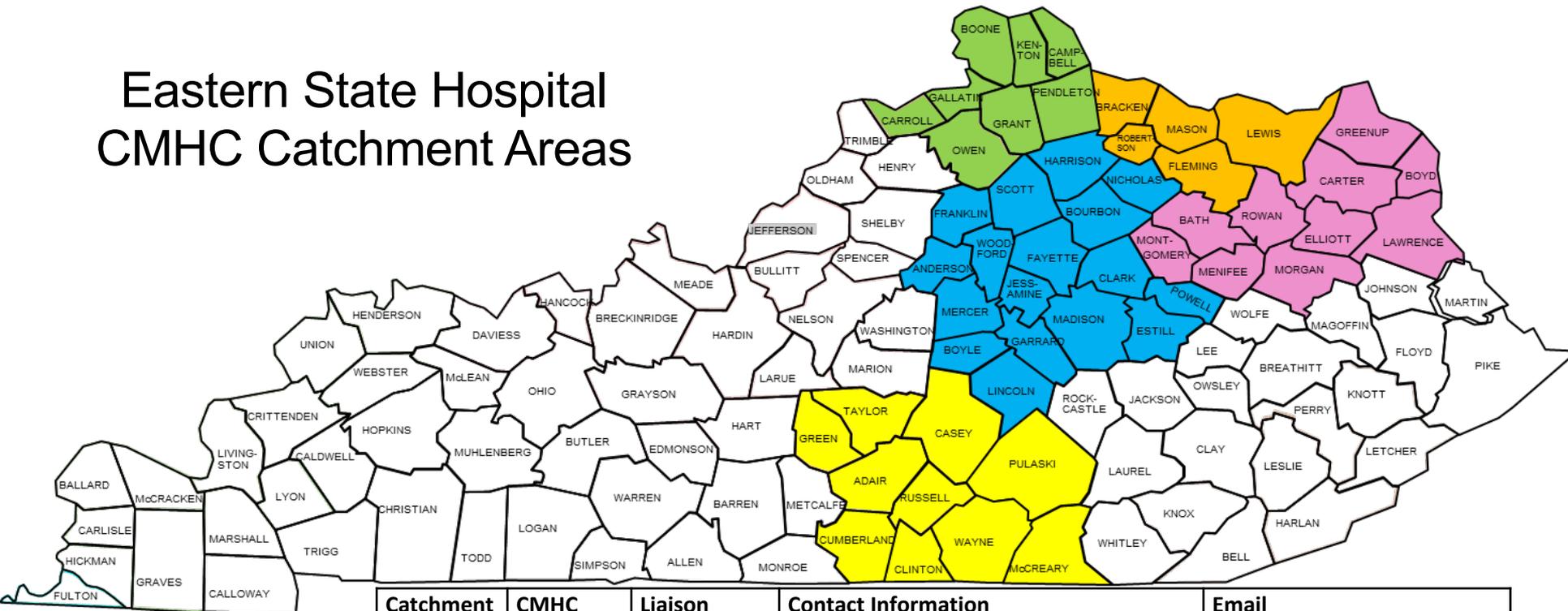
owned by the State but Managed by UK Healthcare

1. Acute psychiatric care services for a
2. Recovery mall services
3. On unit group activities
4. Multidisciplinary team of providers



- 300,000-square-foot
- 239 bed facility
- 2,700 patients in 2016

Eastern State Hospital CMHC Catchment Areas



Catchment	CMHC	Liaison	Contact Information	Email
	Adanta	Kathrina Riley Staffing Notific: Kim Stevens	Phone: (606) 679-4782 x 2013 Fax: (606) 451-4250 (606) 679-4782 X 2088 (606) 451-4250	kriley@adanta.org kstevens@adanta.org *send staffing notifications to Kim*
	Bluegrass	Jessica Sucik	Phone: (859) 447-7152 Fax: (859) 225-6027	jsucik@bluegrass.org
	Comprehend	Melanie Mineer	Phone: (606) 564- 4016 Fax: (606) 564-8288	mmineer@comprehendinc.org
	NorthKey	Diann Klug Staffing Notific: Karen & Kande	Phone: (859) 431-4770 Fax: (859) 431-2388 *Staffing Notif Fax* Fax: (859) 578-2864	dklug@northkey.org *send staffing notifications to Karen & Kande* kprice@northkey.org kandra.henderson@northkey.org
	Pathways	Marc Kelly	Phone: (606) 784- 4161 Fax: (606) 783-9952	mkelly@pathways-ky.org

Description of Practice Engagement at Eastern State Hospital

Purpose

- Collaboration between the UK College of Nursing and Eastern State Hospital in terms of practice, research, and scholarship.
- Began 40% level of support from UK Healthcare on this practice engagement agreement (October 1st, 2015)
- Increased to 60% (July 1st, 2016)

AIMS

- 1) Enhance tobacco treatment services
- 2) Promote evidence based practice, research, and scholarship
- 3) Develop a research council

Practice Initiatives and Outcomes



Aim 1: ESH Tobacco Treatment Services

Vision

Reduce tobacco related disease among Kentuckians with mental illness

Mission

Promote evidence based tobacco treatment at Eastern State Hospital

Goals

1. Increase screening of tobacco use by health care providers
2. Manage nicotine withdrawal for all tobacco using patients
3. Increase engagement in tobacco treatment by patients
4. Advance tobacco treatment for persons with mental illness through clinical research and the adoption of evidence-based practice

Staffed by:

- 1 Director of Tobacco Treatment Services,
- 1 LPN



Tobacco Treatment Services Flow Chart

Patient identified as a tobacco user at admission

Admitting Physician prescribes NRT (order set)

21 mg patch and/or 4mg lozenge if > 15 cigs/day

14 mg patch and/or 2mg lozenge if < 15 cigs/day

Tobacco Treatment Service provides follow-up assessment on unit

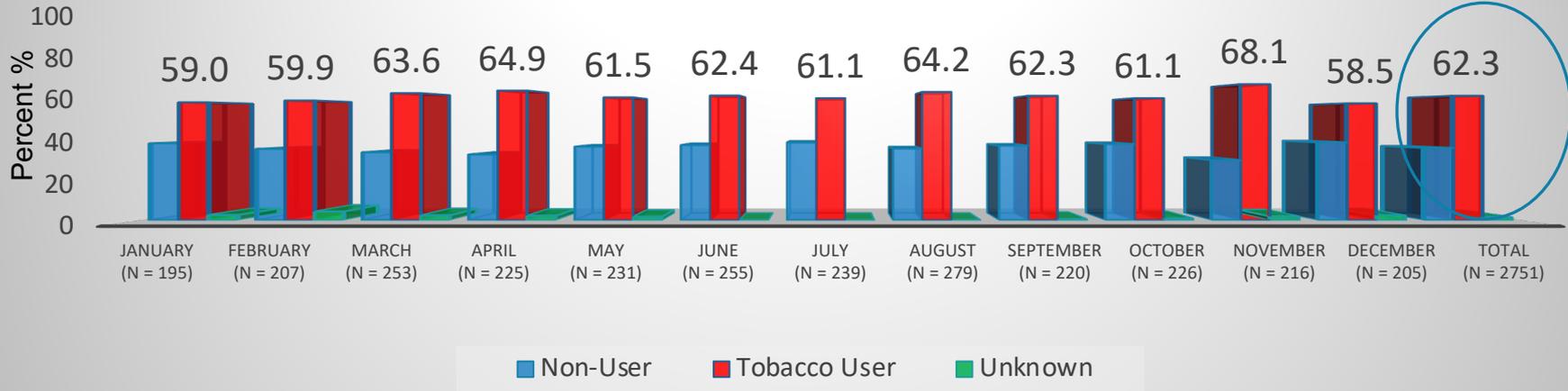
1. Assesses nicotine withdrawal, motivation to quit, and stage of change
2. Make recommendations to care team for tobacco treatment plan
 - a) Adjustment of tobacco cessation medication
 - b) Attend tobacco dependence education or cessation group (based on stage of change)

Tobacco Treatment Clinic provides individual or group classes

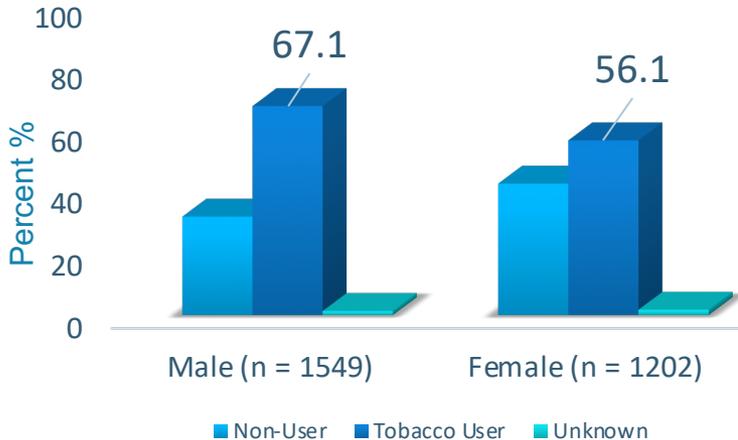
1. 1-hour tobacco education (For Pre-contemplation and Contemplation stages)
2. 1-hour tobacco cessation groups (For Preparation, Action, and Maintenance)
3. Provide referrals to tobacco treatment programs (e.g., KY quitline, Freedom from Smoking)

Screening of Tobacco Use Among Patients

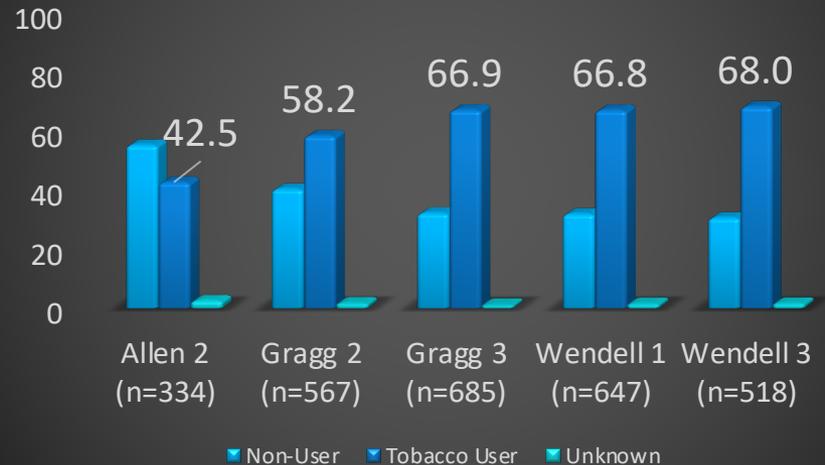
Tobacco Use Status at Admission (January to Dec, 2016)



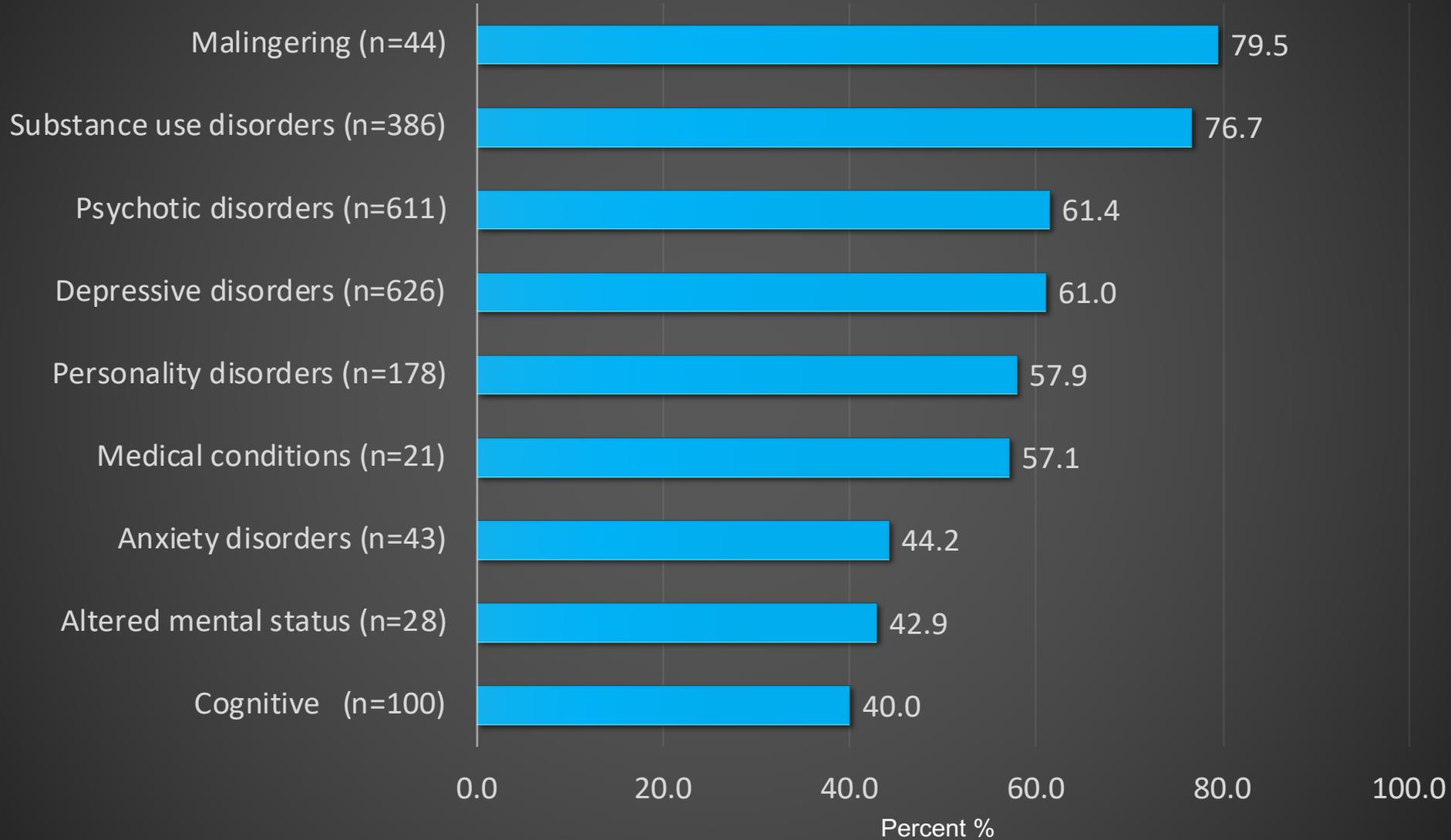
Smoking Status by Gender (N = 2751)



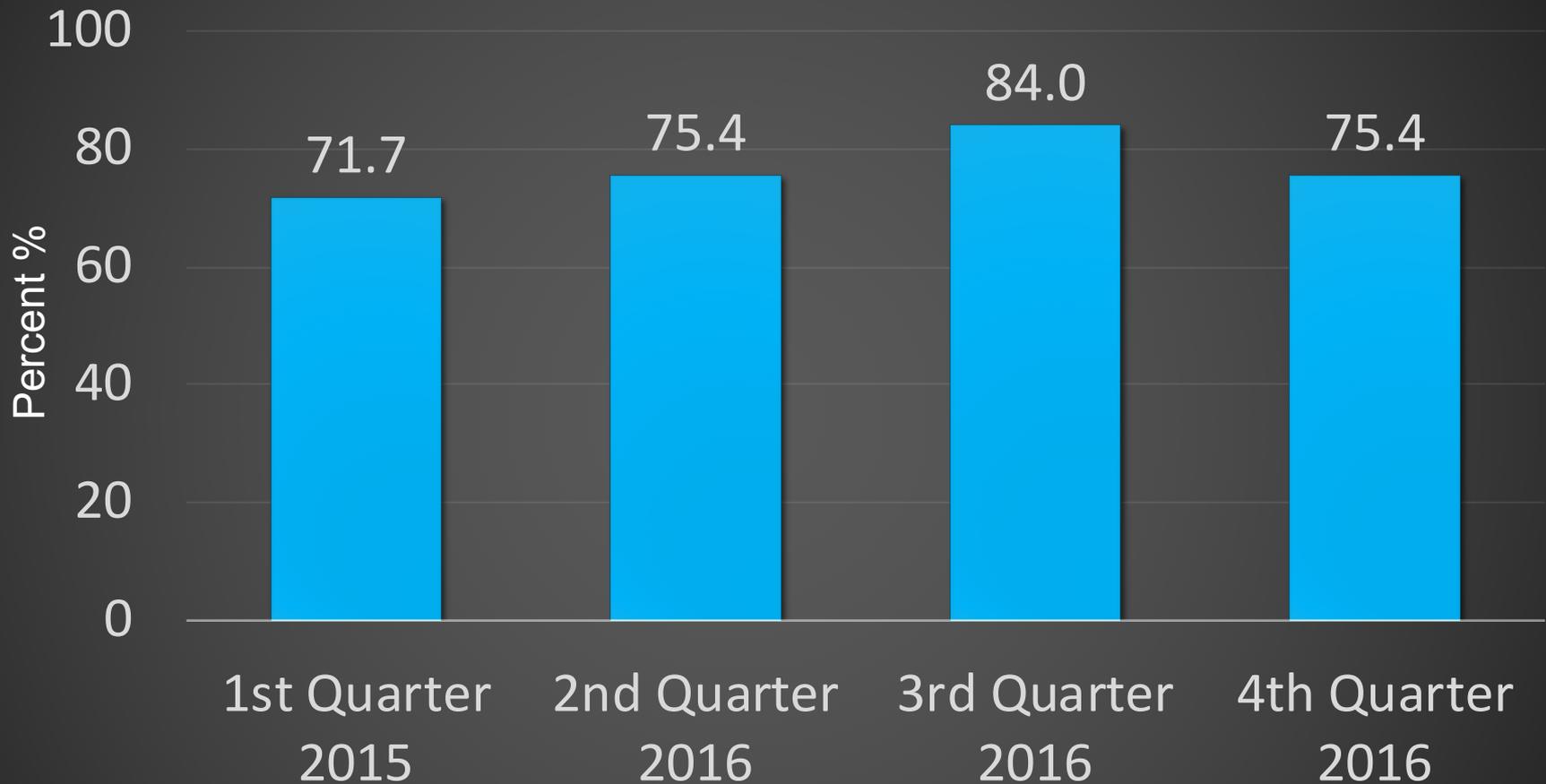
Smoking Status by Unit (N = 2751)



Smoking Status by Discharge Diagnosis (n = 2037)



Discontinuation of medication during hospitalization by quarter (Sep 2015 to Nov*, 2016 n = 1999)



F = 5.93 (DF = 3,11), p = .012

Aim 2: Promote evidence-based practice, research and scholarship

A) Evidence-based practice

- Working group to integrate **the US Preventative Service Task Force recommendations** to assess, provide treatment, or refer patients for preventive services
 - Developed a resource for USPSTF evidence-based recommendations
 - Developed a resource for SAMHSA evidence-based programs
- **Enhanced delivery of substance use (SUMI) and mental health (MISU) programming** in collaboration with social work in the active treatment teams (within the Recovery Mall).
- **P.A.L.S program** to enhance visitation among patients

Enhanced the P.A.L.S program

To support patient visitations based on identified needs.

PALS: Providing Acceptance Love & Support

Many of our patients need two things most of us take for granted: **companionship and conversation.**

Only about 10 percent of Eastern State Hospital's patients receive visitors. That's why we've launched the PALS (Providing Acceptance Love & Support) program, which is designed to connect volunteers with those patients to provide compassion, support and hope. Often patients just need an ear to listen, a friendly face, or someone to play cards with.

Eastern State Hospital
Managed by UK HealthCare



Initiatives/Accomplishments



B: Research

- **Facilitating the Kentucky Chapter of the Psychiatric Nurses Association Annual Conference** to be hosted in part by ESH (March 24th, 2017)
- Received a **technical assistance grant, 'Build a Clinic'** program, through the University of Denver, Colorado to further integrate tobacco treatment into the normal workflow of the hospital
- Conducting two research studies:
 - Developing **tobacco treatment for smokers with schizophrenia** (Funded by the American Psychiatric Nurses Association)
 - **Tobacco use engagement surveys** with staff, providers, managers, and patients.

Initiatives/Accomplishments



C: Scholarship

- Submitted **4 abstracts** to the **American Psychiatric Nurses Association Conference** directly related to the work at ESH (**All abstracts were accepted**)
- Submitted 1 study to the **Journal of the American Psychiatric Nurses Association**.

Aim 3: Research Council

PURPOSE

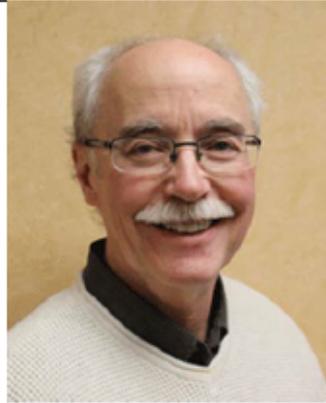
To provide Eastern State Hospital with a guideline for the improvement of practice through the conduct of research and the use of evidence-based practice. To support compliance with human subject protection requirements while verifying that patient care is not compromised due to research study processes.

- Quarterly meetings
 - Have had 3 meetings
- Comprised of medical, psychology, social work, nursing, mental health associate, and pharmacy staff.
- Review potential studies, provide support in developing IRB applications, disseminate research and evidence-based practice opportunities (conferences, speakers etc)

Eastern State Hospital Invites You To Two Special Presentations by a National Expert

Supported Cognitive Enhancement Therapy (CET)

Hosted a national expert of a SAMHSA endorsed evidence-based program (April 12th and 13th), to conduct a lunch and learn (1hr) and workshop (3hrs).



Ray Gonzalez, LISW-S
Executive Director of the
Center for Cognition and Recovery
Cleveland, OH

Lunch and Learn:
“Beyond Treatment as Usual: The Case
for Cognitive Remediation”
April 12th, 2016: 12noon – 1pm

3hr Workshop:
“CET: Physical Therapy for the Brain or
Beyond TAU (Treatment as Usual)”
April 13th, 2016: 10am-1pm

ESH 1A05 Conference Room;
1350 Bull Lea Road, Lexington, KY

The ‘Lunch and Learn’ and ‘3-hour workshop’ will provide lunch and CEUs opportunities for Nursing, Social Work, and Psychology

Space is limited so RSVP by emailing:

chizimuzo.okoli@esh.ukhc.org or amanda.lykins@esh.ukhc.org

CET (Cognitive Enhancement Therapy) is a SAMHSA recognized Evidence Based Practice that helps individuals recovering from schizophrenia and other major mental disabilities improve their processing speed, cognition (attention, memory, and problem solving) and learn how to be socially wise and vocationally effective.

Through 48 once-a-week treatment sessions using computer exercises, individual coaching and a social cognition groups program, CETCLEVELAND® (CCR’s community based version of CET) works to jump start clients to improved cognitive function and increased social cognition (e.g. how to have friends and how to get and keep a job).

- 34 CETCLEVELAND® Program sites in 12 states (10 sites in Ohio, one site in Kentucky)
- Over 250 completed CET groups
- Average attendance rate of 70 to 90%
- Graduation rate of 80 to 85%.

Examples of projects in progress

- 1. Alternatives to the use of seclusion and restraints: An intervention in an inpatient psychiatric hospital (Nursing)**
- 2. Drug and Alcohol Education Assessment (DAE-A) Evaluation (Social Work)**
- 3. An intervention to increase retention among mental health associates (Chaplain)**
- 4. The effect of sensory-based services on distress level, physical aggression, and modulation ability. (Occupational Therapy)**
- 5. E.A.R.N project to introduce nurse driven hourly rounding to prevent patient falls**

Opportunities and future directions

- **UK Students and Placements**

- Currently have 4 DNP students, 3 RN-BSN, and 1 undergraduate nursing student at Eastern State Hospital.
- Currently have at least 3 clinical groups (psych mental health nursing) from UK CON at Eastern State Hospital

- **Work-Learning Program**

- An initiative to advance education, enhance staff development, support research, and improve patient outcomes through an Academic-Practice partnership between the University of Kentucky, University of Kentucky College of Nursing, UK Healthcare and Eastern State Hospital (ESH).
- Goal is to support 8 to 10 RN to BSN in a 2-year period.

QUESTIONS?
