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Implementing Health Information Stations at Addiction Recovery Center

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Aging Gracefully at the Addiction Recovery Center

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NUR 4153 - Nursing Leadership in
Community Engagement



Windshield Survey

Neighborhood

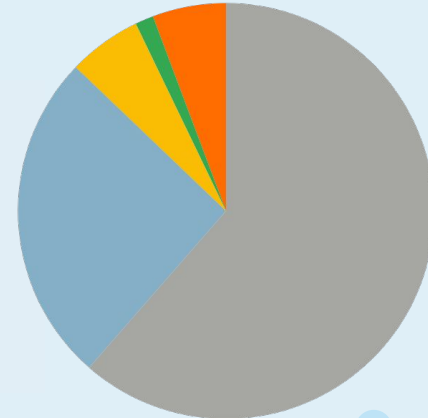
- South Lake Union
- Steep Hill
- High-end apartments/senior retirement area
- Modern design, lots of business, college area
- Easy bus access, limited parking

Resources

- Recovery circles (A.A meetings)
- Hot meal services: Lunch and Dinner
- On site services: haircuts, exercise sessions, yoga, Meditation, bingo, open mic
- Connects to dental, screening, vaccines

Demographics

- Population: >50+ age
- 49% Unhoused
- Housed; low income apartments





Nursing Diagnosis

knowledge deficit

related to

lack of anticipatory guidance towards aging well

due to

life circumstances

as evidenced by

**staff's expressed concerns validated by members through
interview and surveys**



Cardiovascular Disease



- 2nd leading cause of death is heart disease (WA)
 - 1 in 5 women ; 1 in 4 men
 - Biggest Concerns for Aging populations:
 - Hypertension, atherosclerosis, heart disease
 - Interventions:
 - Nutrition, tobacco, chronic diseases, weight, stress, medication
-

Stress Management



- 7/10 report health impacts due to stress
- > 1/10 report using alcohol or drugs to manage stress
- Biggest concern:
 - inability to recognize when they're stressed
- Interventions: Lazy 8, box breathing, stress balls
- Goal: self-awareness of stress



Mobility

- Falls; leading cause of fatal/nonfatal injuries among older adults
 - > 1:4 65yo fall qyr
- Biggest concern for Aging Population:
 - Injury, loss of independence, costly hospital visits and impacting overall quality of life
- Interventions:
 - Educate in health promotion to prevent falls
- FALLS ARE NOT A NORMAL PART OF AGING ~ figure out what is causing



Intervention

- 3 Education Stations
(Pre & Post Quiz/Survey)



Stress Management Station

- Pre-survey; identify & navigate stress, what symptoms they have
 - Stress ball techniques
Breathing techniques
 - Stress Relief techniques
 - Question/Answer session
-



Cardiovascular Station

- Pre-survey on knowledge
- Blood Pressure
- Education on lifestyle interventions
- Question/Answer session



Mobility Station

- Pre-survey: fall prevention knowledge
- Fall Prevention Video
- Importance of exercise
- How to get up from a fall
- Home modifications
- Question/Answer session
- Post-survey

Outcomes



Stress Management Station:

13 people attended

Pre-Survey:

- Only **46.8% displayed** positive coping mechanisms for stress

Post-Survey:

- **100%** of people stated that they learned something.
- **95%** of people took home info cards and stress balls.



Cardiovascular Station:

12 people attended

Pre-Survey:

- **30%** answered question 4 wrong
- **50%** of participants had Stage 2 Hypertension
- **80%** had unanswered questions about heart health

Post-Survey:

- **90%** learned something new



Mobility Station:

10 people attended

Pre-Survey:

- **45%** unaware of fall risk factors

Post Survey:

- **50%** increased in knowledge
 - Teach back method was also demonstrated by half
 - **90%** learned something new
-

Barriers to Interventions

Time Constraint

- Members were having lunch and immediately followed by rehab support groups

Absence of Interest

- Members not interested in sitting down for conversation or answering question

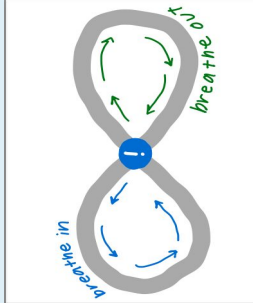
Weather

- On nicer days, less recovery members attended

Recommendations

- Early advertising
 - Share about agency circles and what they provided
-

Examples of Quiz/Survey



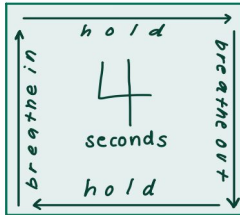
Lazy 8 / Infinity Breathing

1. Put your finger in the middle of the 8.
2. Breathe in while you trace the blue side with your finger.
3. Breathe out while you cross over to the green side with your finger
4. Repeat until calm :)

Box Breathing

1. Take a deep breath thru nose (if possible!) for 4 sec.
2. Hold your breath for 4.
3. Breathe out thru nose for 4.
4. Hold your breath for 4.
5. Repeat! :)

calm your mind



Post-Survey: Stress-Relieving Techniques

post-survey for SPU Students stress management booth

* Indicates required question

1. did you learn something today?

Mark only one oval.

- ☐ yes
☐ no

2. will you be using these techniques in your own life? *

Mark only one oval.

- ☐ yes
☐ no
☐ maybe

3. did we answer all your questions? *

Mark only one oval.

- ☐ yes
☐ no

4. if no, what questions do you still have?

Cardiovascular QUIZ

1. What factors affect heart health? Select all that apply

- a. Diet
- b. Exercise
- c. Ethnicity
- d. Smoking
- e. Finances

2. True or False - Smoking has no effect on heart health

3. True or False - High blood pressure has no effect on heart health

4. What lifestyle changes lower blood pressure?

- a. Exercise
- b. Eating salty foods
- c. Managing stress
- d. Drinking more coffee

5. Do you have unanswered questions about cardiac health? (Pre)

- a. Yes
 - i. Member's response if so:
- b. No

6. Did you learn something new today that you didn't know before? (Post)

- a. Yes
 - i. Member's response if so:
- b. No

Mobility QUIZ

1. What factors increase fall risk? Select all that apply

- a. Rugs at home
- b. Damaged assistive device
- c. Being tall
- d. Bad hearing

2. What do you do if you fall?

- a. Call 911
- b. Do nothing
- c. Take a breath and assess injury before standing
- d. Get up right away

3. True or False: An effective way to prevent falls is to decrease activity

4. Do you have unanswered questions about mobility?

5. Did you learn something new today that you didn't know before?

Thanks for Listening!



Questions or comments?

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