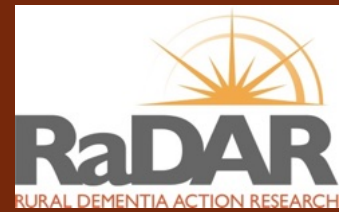


2023 Update

# RaDAR Primary Care Memory Clinics



## RaDAR Memory Clinic Teams (2023)



Carlyle



Esterhazy



Lampman



Maryfield



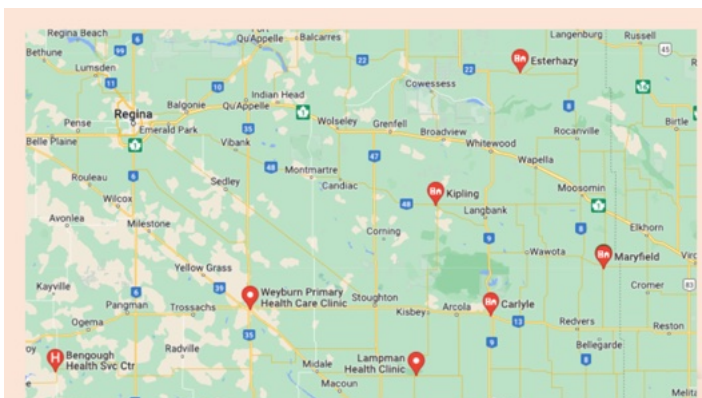
Kipling



Bengough



Weyburn



RaDAR Memory Clinic Locations (2023)

RaDAR primary care memory clinics are a collaboration between primary health care teams and the [Rural Dementia Action Research \(RaDAR\)](#) Team at the University of Saskatchewan. In 2023, memory clinics were offered as a regular service by primary health care teams in the communities of **Kipling, Weyburn, Bengough, Carlyle, Maryfield, Esterhazy, and Lampman** in southeast Saskatchewan.

## Welcome to the newest Memory Clinic teams

In 2023, two teams held their first memory clinics after completing orientation and PC-DATA™ training with Dr. Dallas Seitz, a geriatric psychiatrist at the University of Calgary and the developer of PC-DATA™ (Primary Care Dementia Assessment and Treatment Algorithm).

The **Lampman** team held their first memory clinic in September, 2023. Pictured from left to right are team members Lori Tulloch (Alzheimer Society First Link Coordinator), Amanda Hagel (Home Care), Shelley Fichter (Office Manager), Lois Coffey (Nurse Practitioner), Jacqueline Lemieux Currie (Primary Health Care Facilitator), Brooke McDonald (Occupational Therapist), and Jenna Lesy (Physical Therapist).



The **Esterhazy** team held their first clinic in June, 2023. Pictured from left to right are team members Carolee Zorn (Alzheimer Society First Link Coordinator), Jenna Kulovany (Community Pharmacist), Holly Scheier (Primary Health Care Facilitator), Glenda Erickson (Occupational Therapist), and Dr. Mandi Nel (Physician).

A short video of an Esterhazy memory clinic appointment is [available here](#).



*Image from Esterhazy video*

Funding to support involvement of the Esterhazy team is provided by a grant from [Dementia Supports in Rural Saskatchewan](#) to Dr. Debra Morgan. The study supports initiatives in Yorkton and surrounding communities focused on increasing social inclusion of people living with dementia.

## About the RaDAR Memory Clinics

The [Rural Dementia Action Research \(RaDAR\)](#) research program is led by Dr. Debra Morgan (USask). RaDAR's goal is to improve care for individuals with dementia and their families who live in rural and remote areas. These areas tend to have a higher proportion of older individuals at risk for dementia, yet limited access to supports and services.



RaDAR Team, USask

### Example of the Memory Clinic Implementation Process

- **Information sessions and initial meetings** held with leadership and staff in Southeast 1-5 Health Networks (April-Oct 2022)
- **5 planning meetings** to develop the Esterhazy memory clinic held with Southeast 1 and 2 leadership (Oct 2022 to March 2023)
- An **orientation and training workshop** was attended by the new Esterhazy memory clinic team (March 2023)
- The Esterhazy memory clinic **family physician lead shadowed** a Weyburn memory clinic (May 2023)
- The **first Esterhazy memory clinic was held June 2023**

### RaDAR rural primary care memory clinics

are an ongoing collaboration with Saskatchewan Health Authority primary health care teams. Local one-day team-based memory clinics are intended to reduce travel and wait times for specialist appointments, providing coordinated care and support for patients and families in their home community.

### One-day memory clinics are held every 1-2 months or as needed as part of

**regular services in each community.** The **interprofessional teams** are led by either a physician or nurse practitioner. Depending on local availability, teams include a home care nurse, social worker, occupational therapist, physical therapist, pharmacist, dietitian, and Alzheimer Society First Link Coordinator. Each half-day clinic appointment begins with a team huddle, followed by a team meeting with the patient and family to discuss their concerns. Team members then assess the patient and consult with accompanying family member(s). The appointment ends with a team debrief followed by a discussion with the patient and family to review the recommendations and care plan.

Memory clinic teams access point-of-care **decision support** in EMR templates. The templates follow the Primary Care Dementia Assessment and Treatment algorithm (PC-DATA™) developed by Dr. Dallas Seitz, a geriatric psychiatrist and faculty at the University of Calgary, based on Canadian guidelines. The templates are available in the Med Access and Accuro EMRs. We also created a RaDAR handbook for teams that includes materials to implement and operate the clinics (e.g., PC-DATA education manual, work standards, scripts, and customizable letters/forms). **Specialist-to-provider support** for health professionals and remotely-delivered interventions for patients and families are offered through the specialist [Rural and Remote Memory Clinic](#) at the University of Saskatchewan, which is part of the RaDAR program and provides clinical and research services.

## Core elements of RaDAR Memory Clinics

### Interprofessional care

- › [Interprofessional team](#) (e.g., FP/NP, HC/SW, OT, PT, Alzheimer Society First Link Coordinator)
- › [Coordinated clinic day assessment](#)
  - › Team huddle, team meeting with patient and family to discuss appointment
  - › Patient assessments and care partner interviews
  - › Team debrief, team meeting with patient and family to discuss care recommendations
- › [Shared electronic medical record \(EMR\) templates](#)
- › [Shared decisions and recommendations](#)



*Image from Kipling video*

### Decision support

- › Assessments are guided by the [Primary Care Dementia Assessment and Treatment Algorithm \(PC-DATA™\)](#) developed by Dr. Dallas Seitz, based on Canadian guidelines
- › [EMR templates](#) based on PC-DATA™ are available to memory clinic teams in both provincial systems, with a separate section for each team member to guide patient assessment and inform the final case conference between team, patient, and family
- › The [RaDAR Handbook](#) is a key resource for clinic teams with documents that include clinic processes and team member roles, patient forms, scripts, work standards, and the PC-DATA manual and other educational resources.

### Specialist-to-Provider support

- › [PC-DATA™ education](#) with Dr. Dallas Seitz (Geriatric Psychiatrist, UCalgary)
- › Continuing education webinars on dementia-related topics
- › Specialist Rural and Remote Memory Clinic (USask) offers [virtual assessment and interventions](#) for patients and families
- › Telephone consultation with Saskatoon geriatricians (polypharmacy and falls assessment)

#### Saskatchewan Healthcare Providers

More information for Health Care providers to make a referral.  
We welcome referrals from Saskatchewan physicians, nurse practitioners, nurses, and all allied health professionals.

[More for Healthcare providers . . .](#)

#### Concerned Family Member or Friend of a Saskatchewan Resident

More information to refer a family member or friend, or to access other remote-delivered supports.

[More for Family and Friends . . .](#)

*Remote interventions are provided by the Specialist Rural and Remote Memory Clinic (USask)*

## Feedback about RaDAR Memory Clinics

Patient and family experiences with the RaDAR memory clinics have been very positive. Attendees felt at ease and appreciated the team's professionalism, expertise, openness to questions, sensitivity, and understanding.



*"It is wonderful to see this clinic in a small town. It is so important to the elderly to have local health care and not have to travel many miles or come to a big city to get help."*



*"All of those folks as well as my mom, my dad, my brother and I, hearing the same message... it's so helpful in trying to determine what do we need to do, how do we need to help this person, how do we need to help the family."*

Memory clinic team members report that families and patients are aware of the memory clinics, there are now more referrals for dementia assessment, and the assessment process is more comprehensive and coordinated and health professionals feel more confident about the process.

*"So when this whole thing came to be it gave us the confidence to say, "Oh, so we're enough." We always felt we weren't knowledgeable enough or we didn't know enough, and so we better get an MRI or we better send them to a neuro-somebody or whatever. But what the algorithm and what this whole process has given us is the confidence to say - and to recognize when we aren't, I guess, but it's not in that many cases." (RaDAR memory clinic team member)*



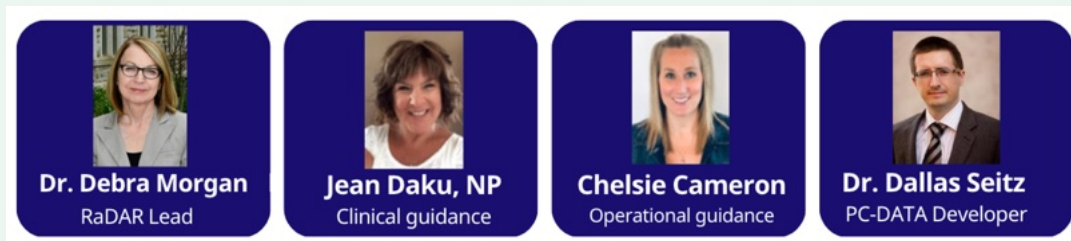
*Images from Esterhazy and Kipling videos*

## RaDAR Team's role in supporting RaDAR Memory Clinics

### Clinical and operational guidance

Training with PC-DATA™ developer Dr. Dallas Seitz is provided to primary health care teams before implementing a memory clinic. Teams also receive an orientation to standardized clinic processes and tools in the RaDAR handbook.

Shadowing and peer mentorship opportunities are available to new memory clinic teams with colleagues in nearby memory clinics. Clinical guidance is provided by Kipling nurse practitioner Jeanie Daku and operational support is offered in all clinics by RaDAR team member Chelsie Cameron. RaDAR holds workgroup meetings with teams in the implementation phase to address issues in the early stages, and ongoing check-in meetings with PHC facilitators and managers.



*“It’s all laid out for you, how you set it up and how you do it, so that makes it easier to start a clinic in a town with the support that you get... So, that makes it maybe not quite so daunting of a task.”* (RaDAR memory clinic team member)

### Continuing education

RaDAR regularly offers continuing education webinars with specialists and other experts on subjects related to dementia care. Examples of past topics include differential diagnosis, management of behavioural symptoms, medications used in dementia management, capacity and competency, and end of life issues in advanced dementia.

### Resources

To ensure memory clinic teams have the necessary resources for operation, RaDAR offers funds for purchasing equipment such as laptops, conference phones, and testing materials, as well as assists with the cost of training and travel for health professionals.

### Dementia Working Group

The mandate of the Dementia Working Group is to improve public awareness and share initiatives in dementia care and opportunities for improvement. The group also supports RaDAR in sustaining and spreading the memory clinics. Group members include SHA leadership, health professionals, the Alzheimer Society of Saskatchewan, and RaDAR.

# Memory Clinic research project

## Interprofessional Rural Primary Healthcare Memory Clinics: Patient and Family Experiences

**Objective:** To explore the assessment and diagnosis experiences of patients and families who attended a clinic.

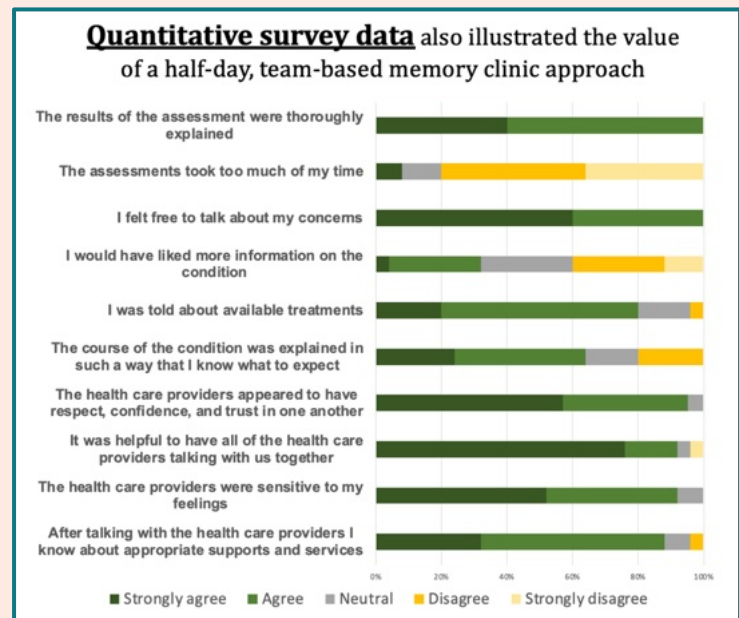
### Methods

- Data were collected via telephone interviews and mail-in surveys between November 2018 and February 2023. Memory clinics in 5 communities were included in this study.

### Findings

#### Qualitative interview survey data suggest positive patient and family clinic experiences

- Local, rural-based care (comfort and convenience)
- Being heard (positive interactions & clinic duration)
- Team-based care (in same room, on same page)
- Support for the future (not alone, feeling hopeful)



*"It was quite good to talk 1:1, and then at the end to express things [with whole team], this was the first time we had any discussion about what was going to happen... Finding some answers, knowing there is help... it was like phew, ok, I don't have to do this myself."*

### Conclusions and Implications

Key elements to success of the clinics were their locality, the multi-disciplinary team format, positive team functioning, a patient/family centered approach, and informative communication. Findings have informed further refinement of the rural memory clinics and prompted development of a brochure (QR code).



# Memory Clinic research project

## Patient Quality of Life and Service Needs

**Objective:** To explore self-reported quality of life and community service needs of patients seen for an initial evaluation in a RaDAR memory clinic.

### Methods

- At initial evaluation in a RaDAR memory clinic from September 2021 to September 2023, semi-structured interviews were conducted with patients.

### Preliminary findings

#### Subjective Quality of Life

- We identified 8 themes across all responses, in descending order of frequency:
  - Happiness
  - Being healthy
  - Being comfortable/having no problems
  - Food/good home
  - Family/friends
  - Keeping busy/time for oneself
  - Being social
  - Enjoying nature

*“That means that I can go out and be with people. I love being around people. I love working with people, but I won’t be working anymore... It means that I can go out, we can chat. People can chat with me, and I can understand them.” (ID 7002)*

#### Self-rated quality of life

- 12.5% of patient rated their quality of life as excellent
- 62.5% very good
- 25% good/fair (*graph*)

### Conclusions

The majority of memory clinic patients rated their quality of life as very good. Quality of life meant tranquility (happiness, being comfortable) and having basic needs met (being healthy, having food/good home).





# Memory Clinic research project

## Family Care Partner Perspectives: Phase 2 of an Environmental Scan of programs and services for older adults in rural memory clinic communities and surrounding areas

**Objective:** To gain a deeper understanding of service-user experiences with those services, from their perspective, in their own voice.

### Methods

- Semi-structured phone interviews were conducted from March to July 2022 with 5 family care partners of people living with dementia in and around locations of 4 RaDAR memory clinics.

### Findings

- Home care services and the Alzheimer Society programs** were most frequently used and played a key role in connecting to other services.

- Program providers and participants** were an equal mix of female and male, and content was typically gender neutral.

Response	Service Category						
	General Support & Referrals	Respite	Home & Personal Care	Transportation	Education, Training, Information	Social & Leisure Activities	Safety
Aware of	4/5	5/5	5/5	3/5	4/5	5/5	5/5
Used	3/5	2/5	4/5	0/3	2/4	4/5	3/5
Group service	1/3	0/2	0/4	n/a	1/2	4/4	0/3
Female provider	3/3	1/2	2/4	n/a	1/2	2/4	0/3
Provider sex impact	0/3	0/1	0/2	n/a	0/1	0/2	0/3
Helpful	3/3	1/2	4/4	n/a	2/2	4/4	3/3
Recommendations	3/3	0/2	2/4	n/a	1/2	3/4	0/3
Difficulty	2/3	1/2	1/4	n/a	1/2	2/4	1/3
Workaround	2/2	0/1	1/1	n/a	1/2	2/4	1/1
Made it easier	3/3	1/2	2/4	n/a	2/2	4/4	1/3

- Key themes reflected the need for locally available, accessible services** that offer:
  - Individualized, flexible needs-based approaches
  - Continuity of care, and in-home care options
  - Both formal and informal supports

Care partners identified both **positive** and **negative** aspects:

<p><b>Rurality</b></p> <ul style="list-style-type: none"> <li>more personalized care, familiar providers</li> <li>more isolated</li> </ul>	<p><b>Pandemic</b></p> <ul style="list-style-type: none"> <li>more remote services available, mask-wearing lowered risk of illness</li> <li>even more isolated</li> </ul>
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- Key gaps reflected a range of factors,** including:
  - Locally accessible available services and resources in general
  - Dementia-related training and education for service providers
  - Awareness of what services were currently available, particularly among service providers

### Conclusions and Implications

This environmental scan identified **unmet needs and access barriers** for people living with dementia and their families in and around 4 rural primary care memory clinics.

# Memory Clinic research project

## Care Partner Service Needs and Self-efficacy

**Objective:** To identify service/support needs and self-efficacy of care partners participating in an initial evaluation in a RaDAR memory clinic.

### Methods

- At initial evaluation in a RaDAR memory clinic from November 2019 to October 2023, semi-structured interviews were conducted with care partners and patient information was collected with patient consent (age, sex, cognitive and functional scores).

### Preliminary findings

#### Participant characteristics

- Of 44 care partner participants, 61% were female and the average age was 65 years
- Of 36 patient participants, 55% were female and the average age was 79 years

#### Use of services/supports

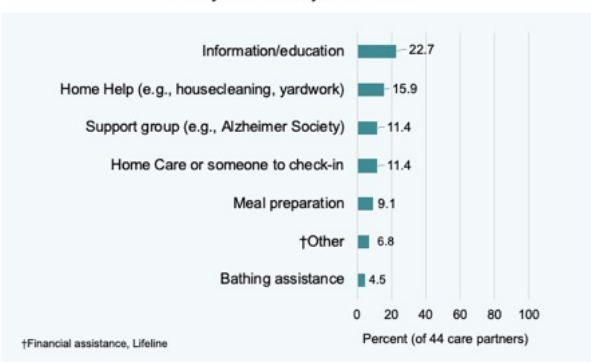
- 48% of care partners reported using no services/supports for themselves in the 30 days prior to the memory clinic evaluation
- 52% had used at least 1 service/support in prior 30 days
  - 36% accessed education, training, or information
  - 9% used a support group
  - 7% used home help
- 61% identified at least 1 service/support that they might benefit from but had not yet received (*graph*)

#### Self-efficacy

- 23% of care partners were not confident they can manage future caregiving challenges and 18% did not know where to get services they need (*graph*)

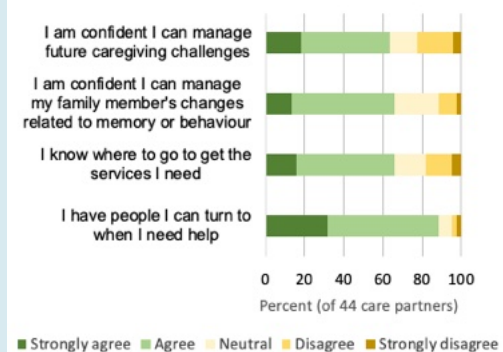
**Next steps:** We will continue to conduct first and second interviews with Care Partners (second interviews are conducted at 1-month) and examine changes over time.

Are there any particular services/supports that you may benefit from, that you haven't yet received?\*



\* 61.4% identified at least 1 service (n = 27)  
38.6% no/don't know (n = 17)

#### Care Partner Self-efficacy



## **RaDAR Memory Clinics**

### **Bengough Health Centre**

400 2<sup>nd</sup> Street West  
Bengough, SK S0C 0K0  
306-268-2222

### **Carlyle Medical Clinic**

214 Main Street  
Carlyle, SK S0C 0R0  
306-453-6795

### **Esterhazy District Medical Clinic**

300 Gonczy Avenue  
Esterhazy, SK S0A 0X0  
306-745-6681

### **Kipling Primary Health Care Clinic**

200 4<sup>th</sup> Street South  
Kipling, SK S0G 2S0  
306-736-2559

### **Lampman Community Health Centre**

309 2<sup>nd</sup> Avenue  
Lampman, SK S0C 1N0  
306-487-2811

### **Maryfield Medical Clinic**

233 Main Street  
Maryfield, SK S0G 3K0  
306-646-2133

### **Weyburn Primary Health Centre at the Weyburn Health Centre**

36 4<sup>th</sup> Street NE  
Weyburn, SK S4H 0X7  
306-842-8790

## Publications

Morgan et al. 2022. Factors influencing sustainability and scale-up of rural primary healthcare memory clinics: Perspectives of clinic team members. *BMC Health Services Research*, 22:148. [Google Scholar](#).

Morgan et al. 2019. Barriers and facilitators to development and implementation of a rural primary health care intervention for dementia: A process evaluation. *BMC Health Services Research*, 19:709. [Google Scholar](#).

Morgan et al. 2019. A 5-step approach for developing and implementing a rural primary health care model for dementia: A community-academic partnership. *Primary Health Care Research & Development*, 20 (e29). [Google Scholar](#).

Kosteniuk J., Morgan D., O'Connell M.E., Seitz D., Elliot V., Bayly M., Cameron C., Froehlich Chow A. 2022. Dementia-related continuing education for rural interprofessional primary health care: perceptions and needs of webinar participants. *Primary Health Care Research and Development*, 23 (e32): 1–7. [Google Scholar](#).

## Presentations

Morgan D., Bayly M., Kosteniuk J., Elliot V. Interprofessional rural primary healthcare memory clinics: Patient and family experiences. A New and Notable (Oral) Presentation at the *11<sup>th</sup> Canadian Conference on Dementia*, Toronto, ON, November 4, 2023.

Morgan D., Kosteniuk J., Bayly M., Elliot V. Interprofessional rural primary healthcare memory clinics: Patient and family experiences. A poster presentation at the *11<sup>th</sup> Canadian Conference on Dementia*. Toronto, Ontario, November 2-4, 2023.

Morgan D., Kosteniuk J., O'Connell M., Seitz D., Elliot V., & Cameron C. Esterhazy RaDAR Memory Clinic: Development and implementation. A poster presentation at the *Knowledge Network in Rural and Remote Dementia Care: 16<sup>th</sup> Annual RaDAR Rural Dementia Summit*. Saskatoon, SK, November 21-22, 2023.

Elliot V., Morgan D., Kosteniuk J., Cameron C. & O'Connell M.E. Family care partner perspectives: Phase 2 of an environmental scan of programs and services for older adults in rural memory clinic communities and surrounding areas. A poster presentation at the *Knowledge Network in Rural and Remote Dementia Care: 16<sup>th</sup> Annual RaDAR Rural Dementia Summit*. Saskatoon, SK. Nov. 21-22, 2023.

Kosteniuk J., Morgan D., Elliot V. O'Connell M., Seitz. D., Cameron C. Impact of rural primary health care memory clinics: Perceptions of team members. A poster presentation at the *11<sup>th</sup> Canadian Conference on Dementia*. Toronto, Ontario, November 2-4, 2023.

Kosteniuk J., Morgan D., O'Connell M. RaDAR primary care memory clinics: Research projects to date. An oral presentation at *Canadian Centre for Rural and Agricultural Health Research Seminar*, University of Saskatchewan, Saskatoon, October 31, 2023.

Kosteniuk J., Morgan D., Elliot V. O'Connell M., Seitz. D., Cameron C. Impact of rural primary health care memory clinics: Perceptions of team members. A poster presentation at the *Knowledge Network in Rural and Remote Dementia Care: 16<sup>th</sup> Annual RaDAR Rural Dementia Summit*. Saskatoon, SK, November 21-22, 2023.

## Newsletters

Co-editors Elliot V, Morgan D, and Kosteniuk J. (2023 June). [RaDAR Newsletter: Summer 2023](#).

Elliot V, Morgan D, and Kosteniuk J. (2022 January). [RaDAR Newsletter: Winter 2023](#).

## Media

[RaDAR Esterhazy Memory Clinic video](#) by Honey Cut Studios. 2023.

[RaDAR Kipling Memory Clinic video](#) by Honey Cut Studios. 2019.

[Podcast introduction to the Kipling Memory Clinic](#), featuring the story of Leanne and her mother Marjory. *Dementia Dialogue System Journey Podcast Series*. Sept 28, 2020.

[RaDAR Website](#). The website serves as a repository of RaDAR research, interventions & initiatives, and publications.

## Funding

Research funding is provided by a Canadian Institutes of Health Research Foundation grant to Dr. Morgan, and funding from the Saskatchewan Health Research Foundation through Phase 2 of the Canadian Consortium on Neurodegeneration in Aging (Co-Leads Drs. Megan O'Connell and Debra Morgan).

For more information about implementing a memory clinic in your community:

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