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Educational Abstract

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A Pilot Interprofessional Training Programme for Nurses in the Use of Mini-Mental State Examination (MMSE) and Modified Barthel Index (MBI) in Nursing Home

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Learning Objectives: The goal of developing the training programme is to standardise the way of administration and scoring of MMSE and MBI for nursing home residents. The objective is to increase the skills, knowledge and self-confidence of participants in the use of them.

Background: MMSE is a screening tool used for cognitive impairment and dementia. MBI is used to assess overall functioning in the home and to identify individual needs for long term care. Each resident is continually assessed 6-monthly by Occupational Therapist and nurse to evaluate the effectiveness of the care plan. There was no structured training provided to nurses in Econ Healthcare to administer MMSE and MBI.

Findings & Procedure Details: A Train-the-trainers workshop was developed and conducted by Occupational Therapist to 20 centre managers and staff nurses. The curriculum includes administration, scoring and results interpretation guidelines of MMSE and MBI with case studies and quiz. The participants each completed pre- and post-workshop self-rating questionnaire (skills/knowledge and self-confidence to administer MMSE and MBI) and participant feedback survey. The average scores of post-workshop self-rating in skills/knowledge increased by 75%, self-confidence increased by 74%, and all participants had their expectations met for the training content.

Conclusion: This workshop can potentially equip healthcare professionals with the skills and knowledge to use MMSE and MBI, and to provide standardised training to junior staff. Further development includes continuous programme evaluation and extending the training to other staff.