The OPTIMISTIC Impact

Although trips to the hospital are sometimes necessary for care, they can be stressful and disorienting to a nursing home resident. OPTIMISTIC is designed to improve care and communication in the nursing home to prevent avoidable transfers to the hospital.

OPTIMISTIC has been shown to reduce avoidable hospitalizations among nursing home residents by 40%.

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OPTIMISTIC Team

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To learn more, visit:
www.optimistic-care.org
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OPTIMISTIC is an innovative initiative developed by researchers and clinicians from Indiana University, the Regenstrief Institute, and University of Indianapolis. Funding is provided through the Centers for Medicare and Medicaid Services. Copyright © 2017 The Trustees of Indiana University
What is OPTIMISTIC?

**Funded by the Centers for Medicare and Medicaid Services (CMS),** OPTIMISTIC is an 8-year initiative developed by researchers and clinicians from Indiana University, Regenstrief Institute, and University of Indianapolis to enhance care in Indiana nursing homes.

Supported by a team of geriatricians and nurse practitioners, specially-trained registered nurses (RNs) are stationed at 19 central Indiana nursing facilities to support and educate facility staff, enhance chronic disease management, reduce unnecessary hospitalizations, and clarify residents’ goals of care.

Additionally, these 19 facilities and their approved providers, as well as 25 other nursing homes in the state, participate in a financial model to treat six common conditions (Pneumonia, Congestive Heart Failure, Urinary Tract Infection, dehydration, Skin ulcers, and COPD) in-place at the nursing home. OPTIMISTIC is focused on quality improvement to ensure residents receive the best possible care that aligns with their goals.

Goals of OPTIMISTIC

**Improving Medical Care**

OPTIMISTIC RNs are trained to recognize early warning signs of changes in condition so that treatment can begin before the problem escalates. The OPTIMISTIC team also provides resident-centered, evidence-based chronic care management, meaning that care decisions are based on the resident’s needs, values, and preferences.

**Supporting Palliative Care**

Palliative care is care guided by resident and family goals and values to focus on comfort and quality of life. OPTIMISTIC RNs support palliative care by providing education with the facility about advance care planning and symptom management. They also engage in advance care planning with residents and families to help residents make decisions about their treatment goals. These decisions are documented in a way that can be known and honored throughout the health care system.

Hospitalizations and emergency room visits can be extremely stressful to nursing home residents and their families. According to CMS, up to 45% of hospitalizations are potentially avoidable. OPTIMISTIC’s aim is to improve care and communication to prevent transfers. If a resident does need to go to the hospital, OPTIMISTIC RNs help educate the resident and family on the process and ensure that the resident’s care wishes go with them to the hospital.

**Enhancing Transitional Care**

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