

Function QUERI Program

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Quality Enhancement Research Initiative

Optimizing function and independence in vulnerable Veterans

Function QUERI enhances VA's capacity to rapidly adopt and sustain evidence-based practices that promote Veteran function and independence. By partnering with **5 National VA Program Offices and a VISN**, Function QUERI has developed evidence-based tools and strategies to promote expanded dissemination of three distinct but related clinical programs, overall training more than **821 VA employees** and serving over **5,088 Veterans and caregivers**.

Cross-Cutting Approach to Promote Independence

Nearly **5 million Veterans live with a service-connected disability**, which is a significant driver of healthcare use, costs, and poor quality of life.

This cost extends beyond the Veteran and impacts their support system, including nearly **5.5 million Veterans assisted in the home by family or friend caregivers** due to a disability or illness.

As a multi-disciplinary center, the Function QUERI Program is partnering with national, regional, and local health system leaders to implement three multi-faceted clinical programs – Group Physical Therapy, STRIDE, iHI-FIVES – to prevent disability in Veterans at risk for functional decline. Operational partners include:

- ◇ VA Physical Medicine and Rehabilitation Service
- ◇ VACO Office of Geriatrics and Extended Care
- ◇ VA Caregiver Support Program
- ◇ VA Office of Voluntary Services
- ◇ VHA Diffusion of Excellence
- ◇ VA Mid-Atlantic Healthcare Network (VISN 6)

Evidence-based Practices

Group Physical Therapy (PT) for Knee Osteoarthritis, a PT program utilizing a group-based model of care delivery



- Improves **self-reported pain and function**
- Improves **patient satisfaction and access**

STRIDE, a supervised, inpatient walking program reduces preventable harm of hospital-associated disability.



- Decreases **length of hospital stay**
- Decreases **discharges to nursing homes**

iHI-FIVES, a dynamic group training, improves caregiver skill building and support.



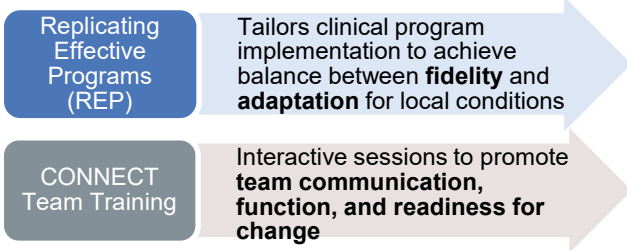
- Improves **caregiver experience of care**
- Decreases **caregiver burden and depressive symptoms**
- Aims to increase **Veteran days in the community**



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Multi-faceted REP, CONNECT to Support Sites

Function QUERI is implementing STRIDE and iHI-FIVES at eight VA medical centers each (16 total) and adding new sites; Group PT is a local quality improvement project at the Durham VA.

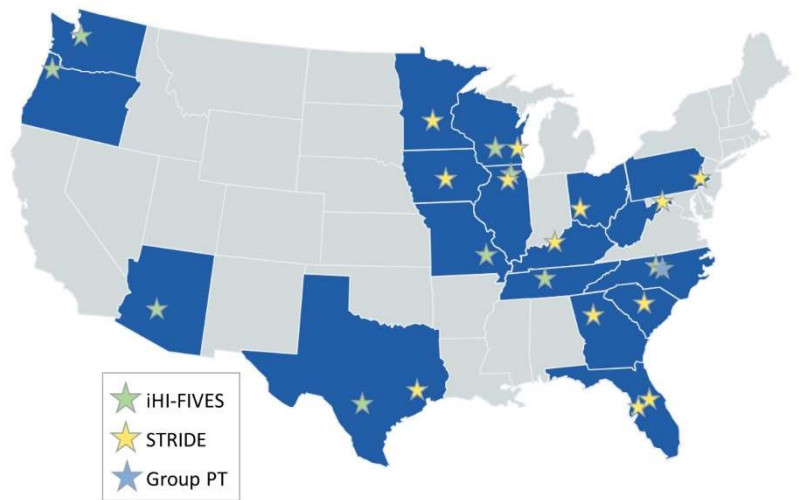


The **core implementation strategy** focuses on promoting flexibility of clinical programs to fit local environments (Replicating Effective Programs or REP). In addition, half of the sites were randomized to receive a “booster” implementation strategy, CONNECT, a complexity science-based intervention designed to prepare teams for implementation in diverse clinical settings.

Successful Implementation Across 23 VA Sites

Function QUERI has implemented Group Physical Therapy, STRIDE, and iHI-FIVES across 23 VA sites nationally and is currently...

- ◇ Creating **implementation playbooks** to support further scale up and spread across VA
- ◇ Performing a **business case analysis** to assess costs and inform program sustainability
- ◇ Developing capacity to conduct **rapid, high-quality evaluations** to meet operations partner needs



Project Impacts

<p>Group PT 17% functional improvement 96% patient satisfaction Part of VHA Diffusion Marketplace</p>	<p>STRIDE 4,848 Veterans impacted 756 providers trained VHA Diffusion of Excellence Gold Status Practice</p>	<p>iHI-FIVES 240 caregivers impacted 65 providers trained Part of VHA Diffusion Marketplace</p>
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For more information, check out:
<https://www.queri.research.va.gov/>

If you would like to learn more or partner with us, please contact our Program Coordinator, Liz Mahanna, at elizabeth.mahanna@va.gov.

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