

CHCA Project ECHO Integrated Seniors Care

All Teach, All Learn

Bridging the Knowledge Gap in
Home and Primary Health Care



Strengthening Integrated Care Planning with interRAI-HC and CAPs

Subject Expert:

John P. Hirdes, PhD CM FRSC FCAHS, University Professor, School of Public Health Sciences,
University of Waterloo

Panelists:

Katarina R. Busija, RN, BN, Vice President & Chief Nursing Executive, ParaMed
Leslie Eckel, Professor, Applied Health Sciences, Conestoga College

Host: Jennifer Campagnolo, CHCA
December 3, 2025

Land Acknowledgement



Artist Credit: Patrick Hunter

We recognize with humility and gratitude that Canada is located in the traditional, historical and ceded and unceded Lands of First Nation, Inuit and Metis Peoples. On behalf of us all, we acknowledge and pay respect to the Indigenous peoples past, present and future who continue to work, educate and contribute to the strength of this country.

Reflect on What You Hear...

As you listen to today's presentation and panel, consider how consistent and comprehensive assessment tools—such as interRAI-HC and CAPs—can help your team create care plans that are person-centred, coordinated, and responsive to changing needs.

Where in your daily practice could you apply the skills, knowledge, or attitudes discussed today to improve collaboration and individualized care planning?

Introductions



John P. Hirdes, PhD CM FRSC FCAHS

School of Public Health Sciences and Balsillie School of International Affairs
University of Waterloo



Katarina R. Busija, RN, BN

Vice President & Chief Nursing Executive,
ParaMed



Leslie Eckel

Professor, Applied Health Sciences,
Conestoga College



UNIVERSITY OF
WATERLOO

FACULTY OF HEALTH
School of Public
Health Sciences



Strengthening Integrated Care Planning with the interRAI Home Care Assessment and CAPs

John P Hirdes, PhD CM FCAHS FRSC

University Professor

School of Public Health Sciences

University of Waterloo



Faculty/Presenter Disclosure

- **Faculty: John P Hirdes PhD CM FRSC FCAHS**
- **Relationships with financial sponsors:**
 - **Any direct financial relationships including receipt of honoraria:**
Health eTraining International
 - **Memberships on advisory boards or speakers' bureau:**
Ontario Health at Home, interRAI
 - **Patents for drugs or devices:**
None
 - **Other: financial relationships/investments**
University Professor, University of Waterloo



Disclosure of Financial Support

- **This program has received financial support**
 - None
- **This program has received in-kind support**
 - None
- **Potential for conflict(s) of interest:**
 - **John Hirdes** has received **grants** from **interRAI, Health Canada, Public Health Agency of Canada, Ontario Ministry of Health, CIHR, and CIHI.**
 - **interRAI developed and licenses** a product that will be discussed in this program



Mitigating Potential Bias

- Dr. Hirdes was invited to speak at this event.
- The presentation is based on peer reviewed research published in publicly available scientific journals or professional websites.



interRAI Countries

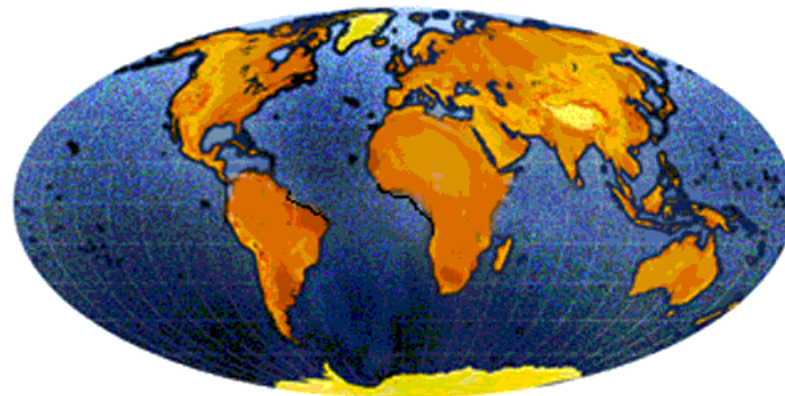


Central/South America & Caribbean

Brazil, Costa Rica, Belize,
Chile, Argentina, Ecuador,
Peru, Paraguay, Uruguay,
Panama, Guatemala,
Jamaica, Barbados, Trinidad
& Tobago, St. Vincent &
Grenadines, Grenada,
Dominica, Curacao,
St Vincent,
St Kitts & Neves

North America

Canada, US
Mexico



Africa

South Africa, Rwanda, Kenya,
Nigeria, Benin, Egypt, Tanzania,
Ethiopia, Malawi, Uganda, South
Sudan, Ghana, Sierra Leone, Tunisia

Europe

Iceland, Norway, Sweden, Denmark, Finland,
Netherlands, France, Germany, Switzerland,
UK, Italy, Spain, Czech Republic, Poland,
Estonia, Belgium, Lithuania, Ireland,
Austria

Pacific Rim

New Zealand, Japan, China,
Hong Kong SAR, Taiwan,
South Korea, Australia,
Singapore

South Asia & Middle East

India, Israel, Lebanon, Qatar,
Turkey



- **interRAI Network for Mental Health (iNMFH)**
 - Chair John Hirdes; Vice-Chair: Chris Perlman
 - Instruments: MH, CMH, ESP, BMHS, SAMH, ID, QoL
- **interRAI Network for Integrated Care and Aging (iNICA)**
 - Chair: Anja Declercq; Vice-Chair: Melanie Thomasson
 - Instruments: HC, LTCF, PC, CHA, Check Up, CA, QoL, SCAN
- **interRAI Network for Acute Care (iNAC)**
 - Chair: Len Gray
 - Instruments: AC, ED-CA, PAC-Rehab, Check Up, AC-CGA, CRA
- **interRAI Network for Child and Adolescent Health (iNCAH)**
 - Chair: Shannon Stewart; Vice-Chair: Chris Vadeboncouer
 - Instruments: ChYMH, ChYMH-DD, PEDS-HC, ESP-CY, QoL



interRAI's Stepped Approach interRAITM CANADA

to Mental Health Screening and Assessment





interRAI's Health Assessments Span the Life Course



0-3

Early Years



4-17

ChYMH
ChYMH-DD
Adol Supp
HC-CY



18+

SAMH
BMHS
ESP
CMH
MH
ID
ABI Supp



65+

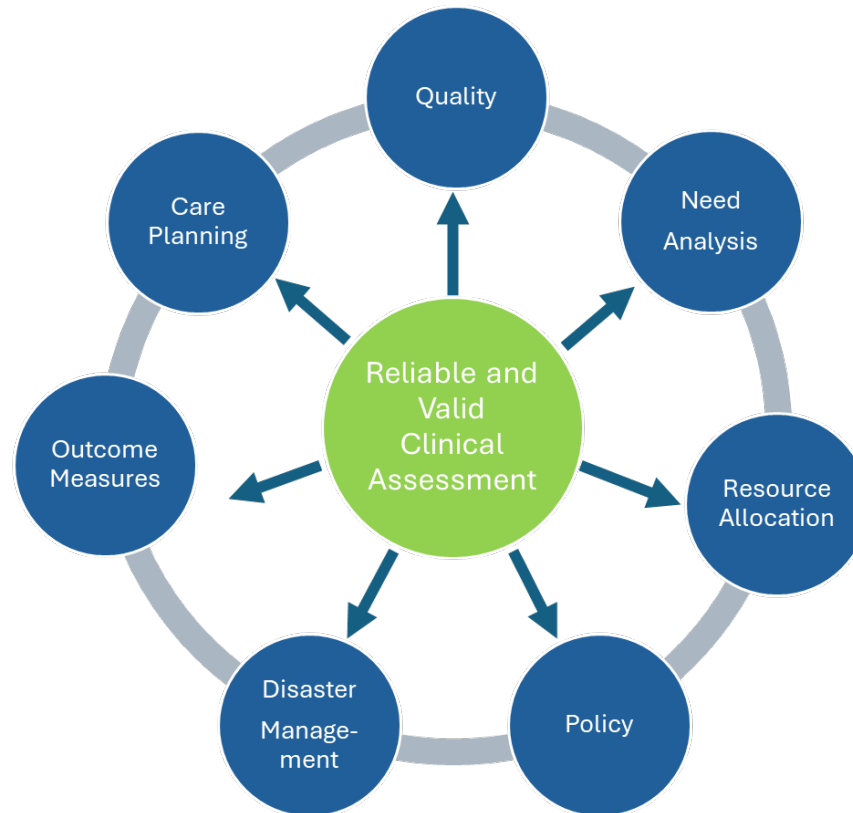
HC
LTCF
CHA
PC
CA
CCA



Caregivers

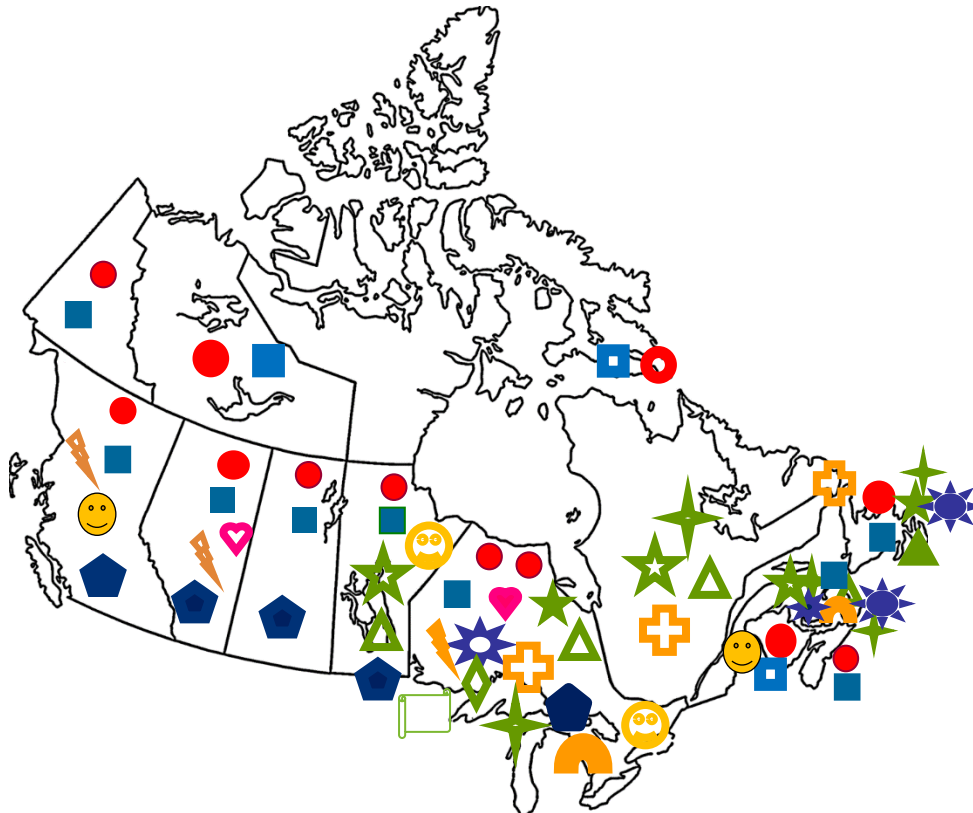
How can we use interRAI assessment data?













Multiple applications for multiple audiences





Use of interRAI Instruments in Canada



-  **RAI 2.0/ interRAI Long Term Care Facilities**
-  **RAI-Home Care**
-  **RAI-Mental Health**
-  **interRAI Community Mental Health**
-  **interRAI Emergency Screener for Psychiatry**
-  **interRAI Brief Mental Health Screener**
-  **interRAI Child/Youth Mental Health**
-  **interRAI Intellectual Disability**
-  **interRAI Palliative Care**
-  **interRAI Acute Care/Emergency Department**
-  **interRAI Contact Assessment**
-  **interRAI Community Health Assessment**
-  **interRAI Subjective Quality of Life**
-  **interRAI Campus Assessment Tool**

- 25+ million assessments
- 6+ million unique individuals
- 600K+ new assessments/year
- About 7 billion data points
- Longitudinal & linkable

Solid symbols refer to implementations that have been mandated by government
 Hollow symbols refer to research, pilot studies, or implementation planning underway



interRAI's Outcome Measures and Risk Algorithms

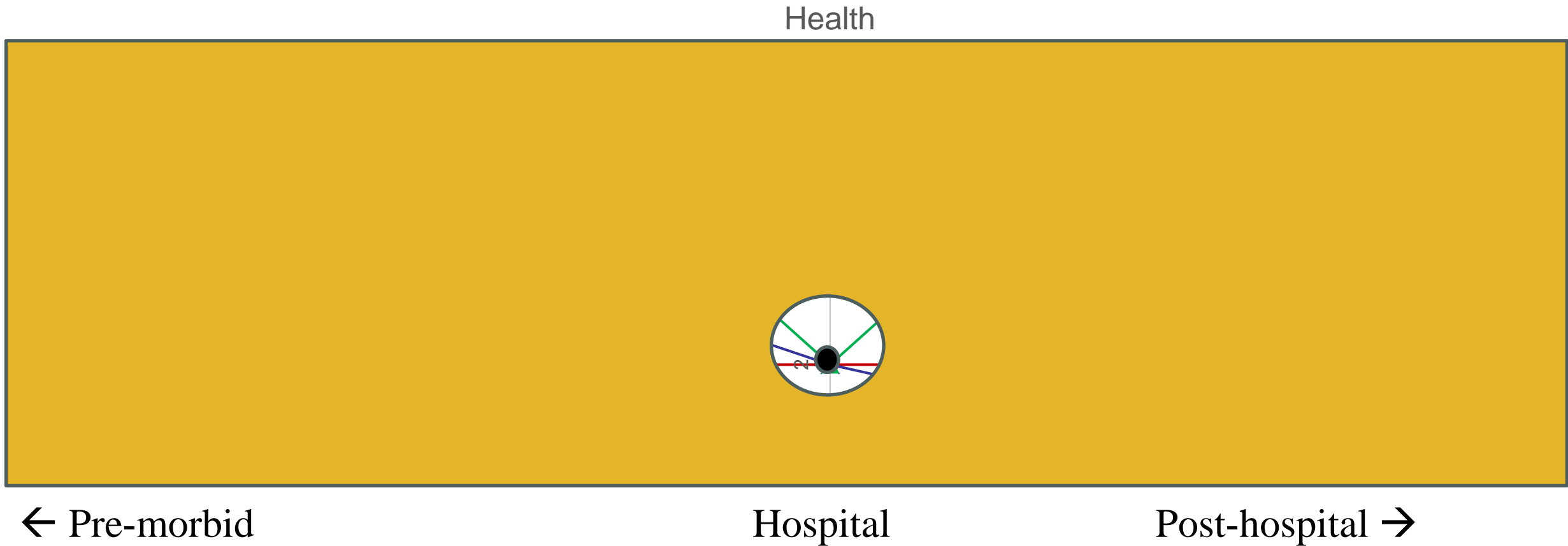
- Summary measures to describe person's status
 - Current level of need
 - Outcomes and trajectories of change
- Provide wholistic overview of person
 - Mental health, physical health, functional status, social relationships, service needs, multimorbidity
- Other uses
 - Triggers for care planning
 - Eligibility, placement, funding
 - Quality indicators
 - Population level need analyses
- Extensive psychometric testing
 - Item and scale level reliability
 - Face, content, convergent, criterion and predictive validity



Eliminate redundancy

interRAI Measure	Replaces need for ...
Cognitive Performance Scale	MoCA, MMSE
ADL Hierarchy & Long Form	Barthel ADL Scale, FIM
Pressure Ulcer Risk Scale	Braden Scale
Falls Clinical Assessment Protocol	Scott Fall Risk
Composite Mood Scale	Geriatric Depression Scale
Aggressive Behaviour Scale	Cohen Mansfield Agitation Inventory
Delirium CAP	Confusion Assessment Method
interRAI Frailty Scale, FI variants, CHESS	Clinical Frailty Scale (but CFS can be derived from interRAI)

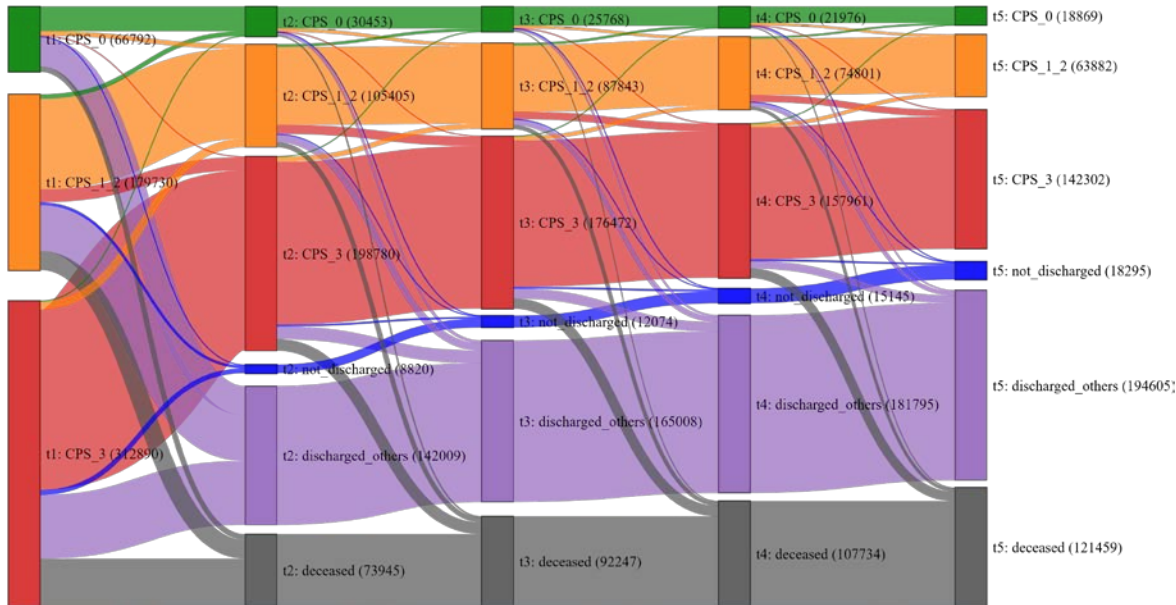
Why do we need a longitudinal record?



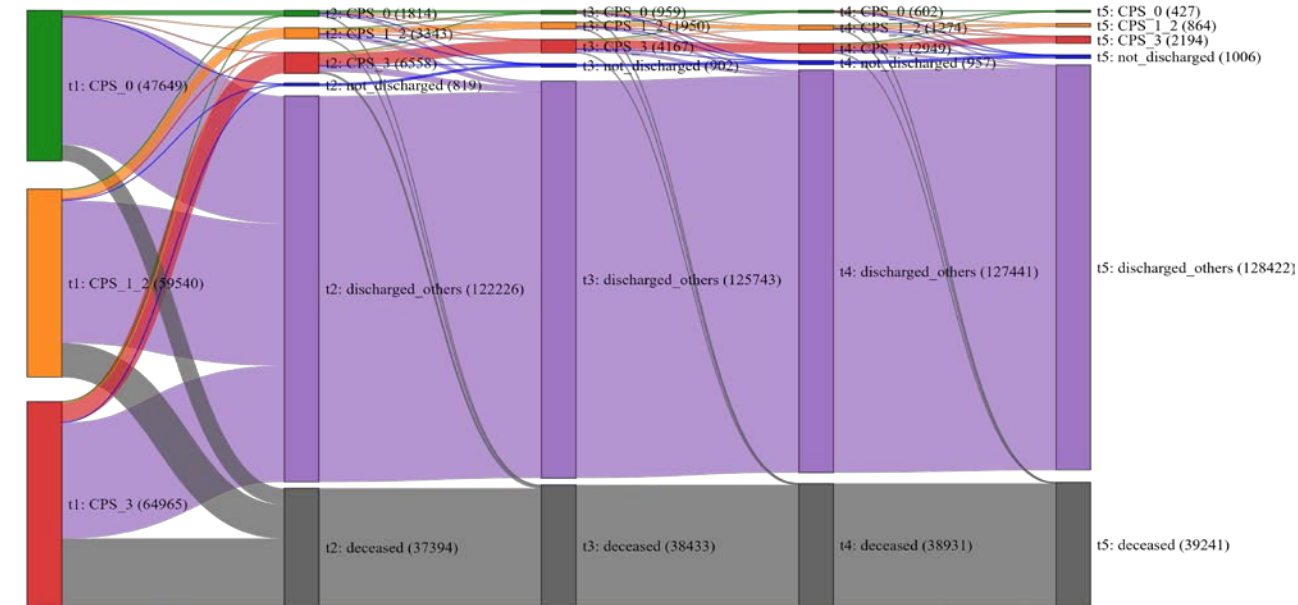


Transitions in Cognition Among LTC Residents and CCC patients

Long Term Care



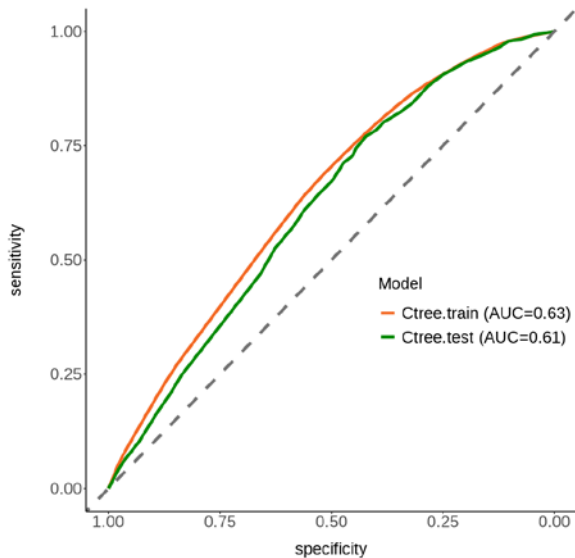
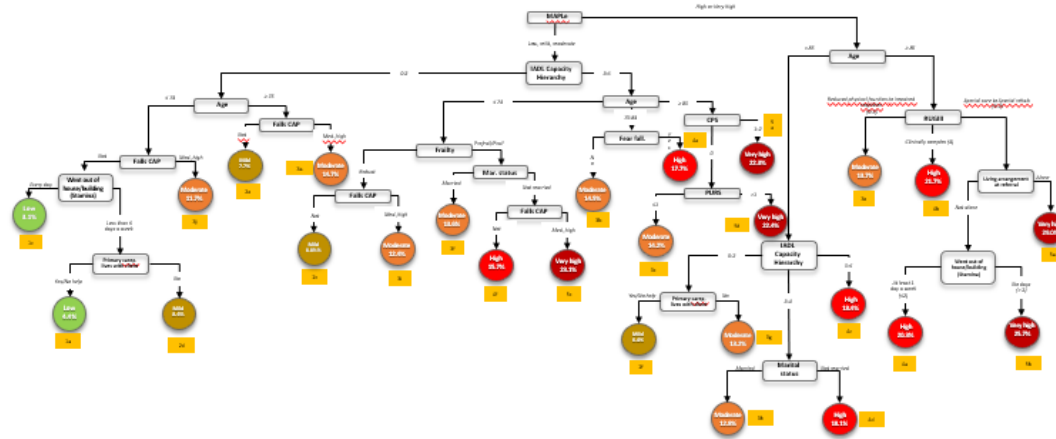
Complex Continuing Care





Machine Learning Model to Predict ALC in Surgical Patients

Based on previous interRAI HC assessments (i.e., pre-morbid status) of 40,194 surgical patients



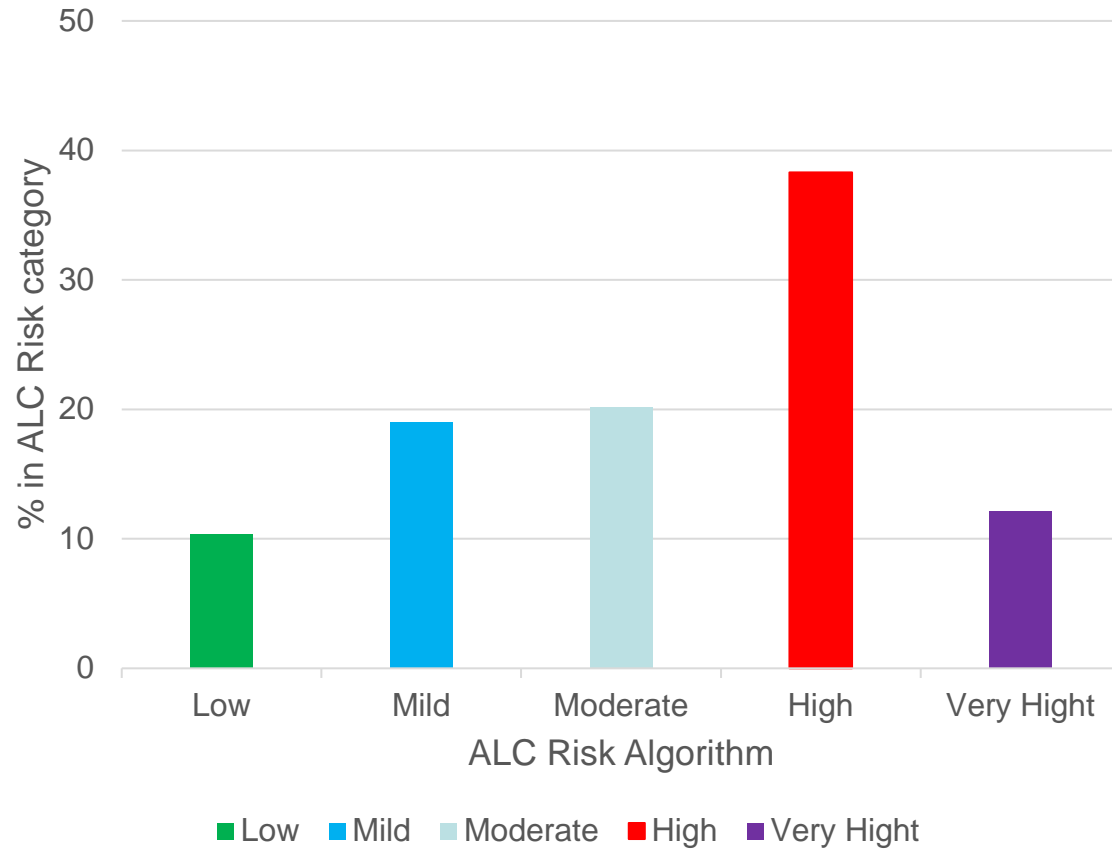
- MAPLe
- Age
- Primary language
- Social resources
- ADL and IADL
- Cognition
- Behaviour
- Falls
- Stamina
- Frailty
- Living arrangements



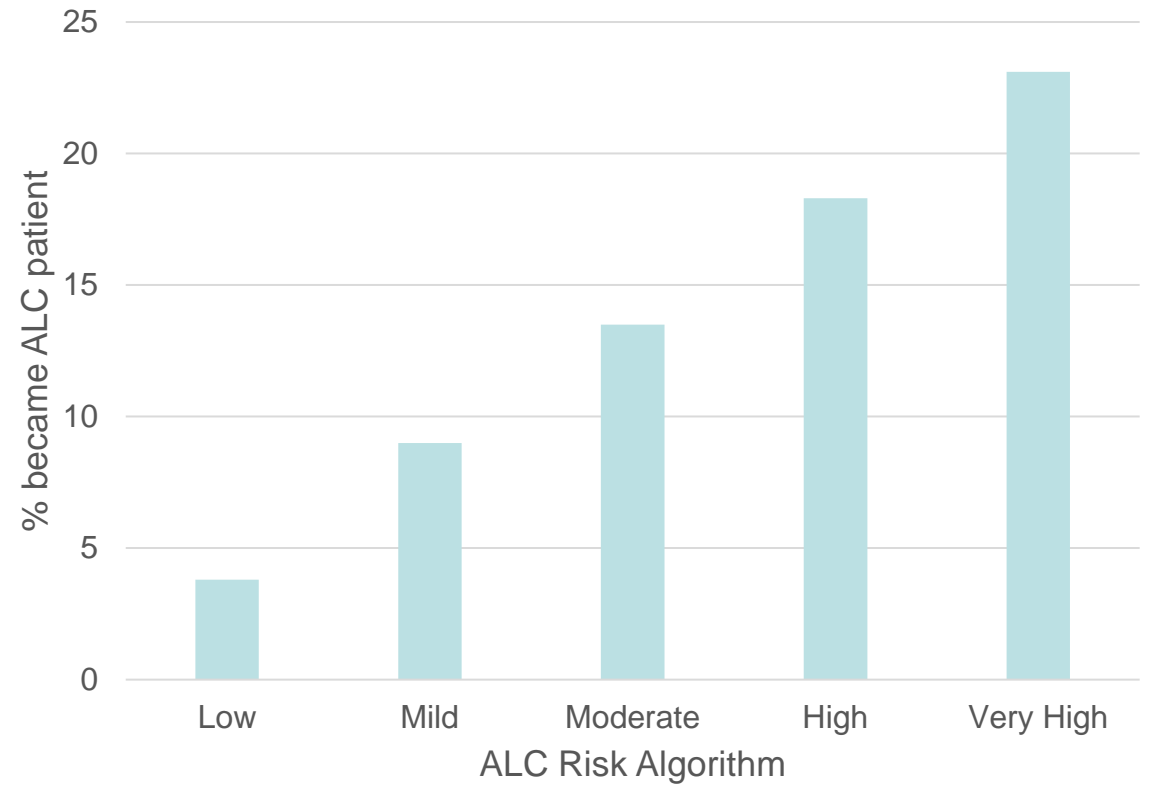
It works!



Distribution of ALC Risk Levels



Rates of Becoming ALC - Surgical Patients





interRAI Collaborative Action Plans



interRAI™

For Use with the Child and Youth Mental Health Assessment Instrument **ChYMH**

interRAI Child and Youth Mental Health Collaborative Action Plans (CAPs)

Version 9.3

Shannon L. Stewart, PhD, CPsych [Chair]
Laura A. Theall, MSc [Coordinator]

London Community Foundation
Volunteer Centre of Ontario
CPR CHILD & PARENT RESOURCE INSTITUTE
Hebrew SeniorLife

interRAI™

For Use with the ChYMH-DD Assessment Instrument **ChYMH-DD**

interRAI Child and Youth Mental Health and Developmental Disability Collaborative Action Plans (CAPs)

Version 9.3

Shannon L. Stewart, PhD, CPsych [Chair]
Laura A. Theall, MSc [Coordinator]

London Community Foundation
Volunteer Centre of Ontario
CPR CHILD & PARENT RESOURCE INSTITUTE
Hebrew SeniorLife
UNIVERSITY OF WATERLOO

interRAI™

interRAI Clinical Assessment Protocols (CAPs)

HC LTCF NH CHA AL

For Use with Community and Long-Term Care Assessment Instruments

Version 9.1

John N. Morris, PhD, MSW [Chair]
Katherine Berg, PhD, PT
Magnus Björkgrén, PhD
Harriet Fabre-Sovet, MD, PhD
Bram E. Fries, PhD
Dennis Fjellén, PhD
Randi Gilman, MD
Leo Spill, MD, PhD

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interRAI™

For Use with the Palliative Care Assessment Instrument **PC**

interRAI Palliative Care Clinical Assessment Protocols (CAPs)

Version 9.1

Kraig Steel, MD [Co-Chair]
Trevor Fife Smith, PhD [Co-Chair]
John N. Morris, PhD, MSW
Shannon Freeman, MSc
John P. Hirdes, PhD
Nancy Curtin-Telegdi, MA

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interRAI™

interRAI Mental Health Clinical Assessment Protocols (CAPs)

MH CMH ESP

For Use with Community and Hospital-Based Mental Health Assessment Instruments

Version 9.1
Canadian Edition

John P. Hirdes, PhD [Chair]
Nancy Curtin-Telegdi, MA
Krista Mathias, BA
Christopher M. Perlman, PhD
Tudor Sasirek, MD
Halldor Kolbeinnsson, MD
Rakel Valdimarsdottir, RN, ANHM
John N. Morris, PhD, MSW
Bram E. Fries, PhD
Terry Rabinowitz, MD

Canadian Institute for Health Information
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interRAI™

For Use with the Intellectual Disability Assessment Instrument **ID**

interRAI Intellectual Disability Collaborative Action Plans (CAPs)

Version 9.2

Lynn Martin, PhD [Chair]
Melody Ashworth, MSc
Mary L. James, MA
Ronald Baas, MD
John P. Hirdes, PhD
Terry Rabinowitz, OGS, MD
Greg Brown, PhD
Pauline Belleville-Layton, RN, MS

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Components of interRAI CAPs

- Overview of issue
- Goals of care
- Triggering algorithms to predict improvement/decline
- Guidelines
 - Deeper dive questions
 - Issues to consider
 - Identifying underlying causal or exacerbating factors
 - Potential interventions



interRAI CAPs: The Research Effort

- International consultation
 - Feedback through interRAI Fellows and collaborating agencies
 - International experts participate in CAP revision
 - Extensive review by interRAI ISD Committee and clinical networks
- Literature reviews and examination of best practices
 - Examination of new research on CAP topics
 - Search of English language and non-English language BPGs
 - Aimed to find international consensus on clinical approach
- Extensive analyses of interRAI data holdings
 - Millions of LTC and HC assessments
 - > 350,000 RAI MH from inpatient mental health
 - 2,000 interRAI CMH from Ontario and Newfoundland



Basic Principles for CAPs

- Evidence-based triggers and assessment guidelines
- Incorporate recovery principles
- Collaborative decision-making involving person and, where appropriate, informal support network
 - Not a robotic care planning library!!
- Support autonomy of person and take into account strengths, preferences, and needs
- Focus on enhancing person's quality of life in all domains possible
 - Multidimensional intervention strategies (person, family, community)
 - Not a diagnostic system
- Calibrate approach to person's current level of functioning



Stages of Care Planning Using interRAI CAPs

- Standardized, quantitative assessment with interRAI instrument
 - Calculation of outcome measures, risk algorithms
 - Application of CAP triggering algorithms
- Detailed, open-ended qualitative discussion about triggered CAPs
 - Engage person and key sources of support
 - Consider person's strengths, preferences and needs
 - Use CAP guidelines as an "interview guide"
 - Consider inter-relationships between CAPs
 - Ask whether any non-triggered issues important to person
- Collaboration to develop plan of action
 - Define expected outcomes using interRAI measures where possible
- Implement care plan
- Reassess with interRAI instrument to monitor progress and adjust care plan



Charles E. Munster Case Review

- What do you see at first glance?
- How do the CAPs and scales/algorithms help summarize his situation?
- What factors might be inter-related? What could magnify risk?
- What are areas of strength?
- What must be clarified in conversation with Charles?
- What new areas of risk are you concerned about?
- How adequate are the resources Charles has now?
 - Paid services
 - Social supports?
- What do you worry about in the short term? Long term?
- Who needs to be engaged in the circle of care?

Discussion / Q&A



John P. Hirdes, PhD CM FRSC FCAHS

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University of Waterloo



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Upcoming TeleECHO Clinics

cdnhomecare.ca/chca-project-echo-integrated-seniors-care

CHCA Project ECHO Integrated Seniors Care

All Teach, All Learn
Bridging the Knowledge Gap in
Home and Primary Health Care



Navigating Autonomy and Safety in Complex Care

December 10, 12 – 1pm Eastern

Kerry Bowman, Olesya Kochetkova, Jean Johnston-McKitterick



Assessing Frailty in Complex Care: Balancing Risk, Judgment, and Care Planning

January 21 2026, 12-1pm Eastern

Dr. Kenneth Rockwood, additional panelists TBC

Thank you for taking a moment to complete the survey!