



Department of Health and Social Services



**Nunavut Department of Health & Social Services
Report on Home and Community Care Services
April 1st 2003 to March 31st 2004**

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1. Introduction

This is the first annual report on Home and Community Care Services in Nunavut. The Home and Community Care program offers health related services, which enable people with disabilities, chronic or acute illness and the elderly to receive the care they need in their home communities. Although Nunavut has been offering home care services for some time now, the First Nations and Inuit Health Branch (FNIB) funded program was introduced to Nunavut in the 1999-00 fiscal year.

The goal of the FNIB Home and Community Care program is to provide basic home and community care services that are comprehensive, culturally sensitive, accessible, effective and equitable to that of other Canadians and which respond to the unique health and social needs of First Nations and Inuit.

All information on home care clients is sent to the Health Information and Research Section at departmental headquarters in Iqaluit where a pilot project was conducted to test a database for collecting and reporting on client services designed to meet Health Canada reporting requirements. This pilot is now complete and the department has been reporting quarterly for the past year. This is the first annual report.

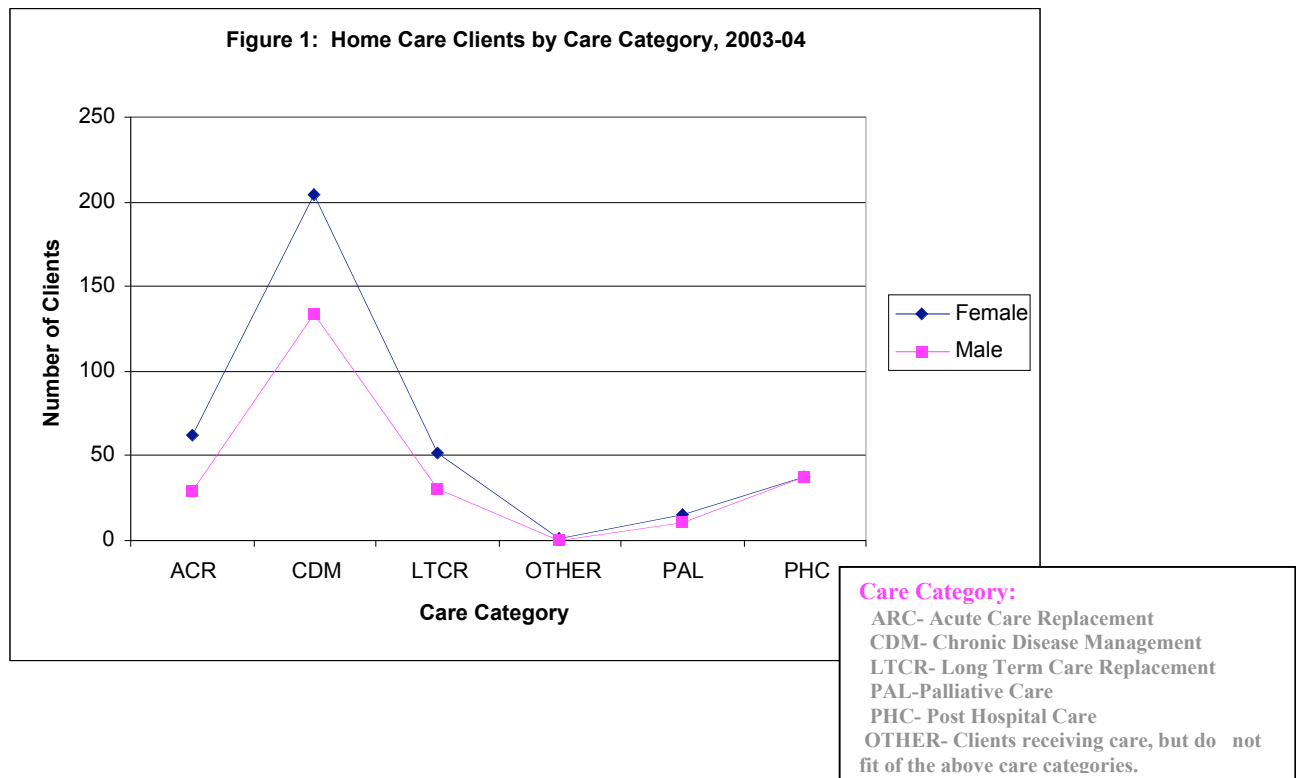
In Nunavut, the program is coordinated through three regional coordination centers. Services are provided by Home Care Nurses, Home Care Representatives and Home and Community Care Workers I and II. The role of the Home and Community Care Worker I, is to provide basic home making services to clients such as washing dishes and making beds. The Home and Community Care worker II provides basic home making services along with personal care services. These personal care services include assisting clients with basic hygiene such as washing, dressing and feeding. Most work carried out by the Home and Community Care Workers I and II is directly with individual clients. Similar to Home and Community Care Workers I and II, Home and Community Care Representatives provide interpretive, health and support services to clients, enabling them to stay in their homes and to promote the best level of functioning in activities of daily

living. Home Care Nurses oversee all home care services in the community. They ensure the delivery of quality case management as well as provide nursing duties and support services to clients. This enables clients to stay in their homes and function at their optimal level.

2. Demographics of Clients in the HCC program

Distribution of Home Care Clients by Category of Care

During the 2003-04 fiscal year, the Nunavut wide home care program had 612 clients. In that time period there were 262 new admissions. 20 clients were readmissions 123 clients were discharged.



The care categories have been defined by Health Canada’s First Nation and Inuit Health Branch as follows:

- Acute Care Replacement (ARC)
- Chronic Disease Management (CDM)
- Long Term Care Replacement (LTCR)
- Palliative Care (PAL)
- Post Hospital Care (PHC)

An “OTHER” category was created for clients receiving care, who did not fit into any of the above care categories.

The majority of clients in the program in 2003-04 (55%) were referred for Chronic Disease Management(CDM). Overall there were approximately 21% more females than males admitted into the home care program.

Table 1: Distribution of Client by Client Category in each Community, 2003-04

Community	ACR	CDM	LTCR	PAL	PHC	OTHER	Totals	% *
Arctic Bay	0	3	0	0	0	0	3	0.4
Arviat	7	27	5	1	4	0	44	2.3
Baker Lake	1	14	9	3	0	0	27	1.7
Cambridge Bay	2	17	2	2	2	0	25	1.9
Cape Dorset	2	8	6	2	4	0	22	1.9
Chesterfield Inlet	0	1	0	0	0	0	1	0.2
Clyde River	0	7	1	1	0	0	9	1.1
Coral Harbour	7	20	1	2	7	0	37	5.1
Gjoa Haven	2	2	22	1	12	0	39	4.0
Grise Fiord	0	1	0	0	1	0	2	1.2
Hall Beach	0	1	0	0	0	0	1	0.1
Igloolik	6	25	9	4	5	0	48	3.5
Iqaluit	24	67	5	3	11	0	110	2.1
Kugluktuk	3	33	3	0	1	0	40	3.3
Pangnirtung	6	29	1	0	11	0	47	3.6
Kugaaruk	1	2	2	0	0	0	5	0.8
Pond Inlet	7	18	2	1	6	1	35	2.8
Qikiqtarjuaq	1	0	3	0	0	0	4	0.7
Rankin Inlet	12	22	6	4	3	0	47	2.1
Repulse Bay	9	11	4	0	1	0	25	4.0
Resolute Bay	0	0	0	0	1	0	1	0.4
Sanikiluaq	0	14	1	0	7	0	22	3.2
Taloyoak	0	12	0	0	0	0	12	1.6
Whale Cove	1	4	0	1	0	0	6	1.9
Total	91	338	82	25	75	1	612	2.3

* Percentage of community population admitted to the home and community care program

The table above shows number of clients for each community in Nunavut that were referred to the homecare program, broken down by the category of care they were admitted to.

In all communities, most of clients were admitted for Chronic Disease Management. It appears that a disproportionate number of clients in Gjoa Haven were referred for Long Term Care Replacement.

Table 2: Age Distribution of Home Care Clients in each community, 2003-04

Community	Age 0-10	Age 11-20	Age 21-30	Age 31-40	Age 41-50	Age 51-60	Age 61-70	Age 71+	Total
Arctic Bay	0	0	0	0	0	1	1	1	3
Arviat	3	1	6	2	2	5	12	13	44
Baker Lake	0	1	1	2	2	3	3	15	27
Cambridge Bay	0	0	0	4	3	5	2	11	25
Cape Dorset	1	1	1	0	0	1	8	10	22
Chesterfield Inlet	0	0	0	0	0	0	0	1	1
Clyde River	1	0	0	0	0	4	0	4	9
Coral Harbour	7	1	1	4	2	7	8	7	37
Gjoa Haven	5	3	1	2	0	2	17	9	39
Grise Fiord	0	0	0	0	0	1	1	0	2
Hall Beach	0	0	0	0	0	0	0	1	1
Igloolik	6	1	3	3	4	6	13	12	48
Iqaluit	7	6	6	11	11	14	24	31	110
Kugluktuk	4	1	0	1	5	2	7	20	40
Pangnirtung	5	1	5	2	1	6	12	16	47
Kugaaruk	0	1	0	0	0	0	1	3	5
Pond Inlet	2	2	2	1	2	6	13	7	35
Qikiqtarjuaq	0	0	0	1	0	0	1	2	4
Rankin Inlet	1	0	0	3	3	7	15	18	47
Repulse Bay	4	4	3	0	1	4	3	6	25
Resolute Bay	0	0	0	0	0	0	0	1	1
Sanikiluaq	1	2	1	1	2	4	6	5	22
Taloyoak	0	0	0	1	0	1	5	5	12
Whale Cove	0	0	0	1	1	1	1	2	6
Total	47	25	30	39	39	80	153	201	612

The table above shows the breakdown of home care clients by age in each community.

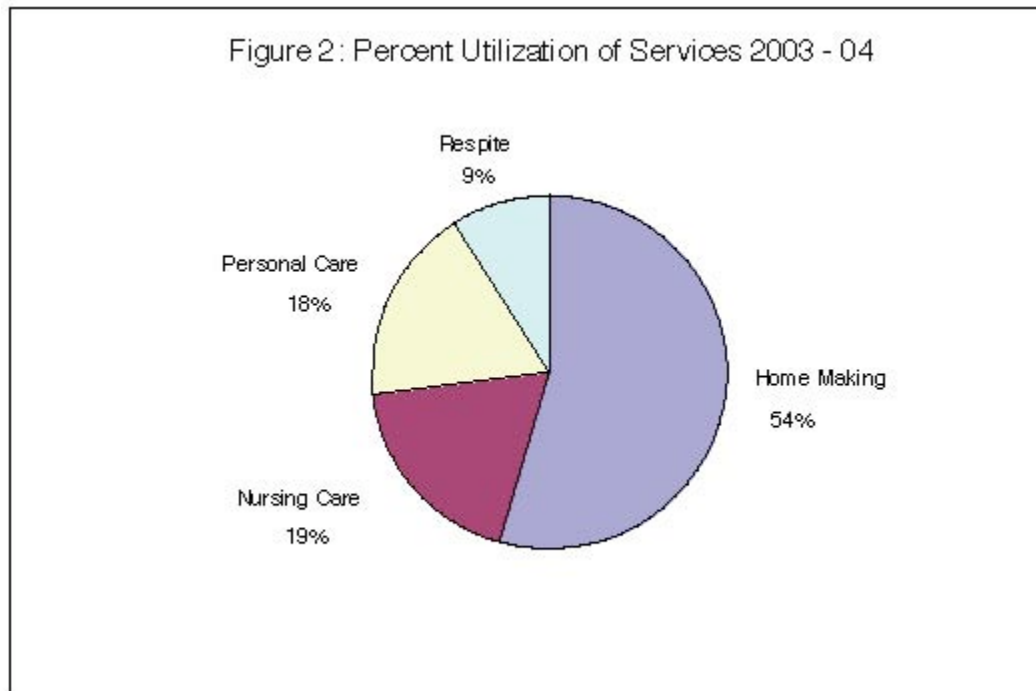
Approximately 33% of home care clients are over age 70. In Nunavut, the greatest utilization of home care is for clients over age 50. It is of note that 38% of clients are between ages 50-70. This reflects a younger population distribution compared to some southern provinces (anecdotal reporting). This is also supported by the pattern of early chronic disease development in the Nunavut population as reported in the Nunavut diabetes and cancer reports. Approximately 12% of home care clients were under age 20.



3. Utilization of Home Care Services in Nunavut

Home Care Utilization by Service Category

Home care utilization is reported by four categories of care. These categories are: **Home Making** which involves duties such as washing dishes, picking up groceries and making beds. **Personal Care** is mainly assisting clients with personal hygiene. **Nursing Care** provides nursing duties and support services to clients which enables clients to stay in their homes and function at their optimal level. **Respite** services which were mainly provided in the Long Term Care Hospice in Baker Lake.



The table above shows the majority of home care services were used for home making (see Appendix 2). This is not unexpected as there are very few assisted living facilities in Nunavut, and this type of service allows the elderly to stay in their homes and communities. Approximately 89% of home making services were provided to clients over age 50 (See Appendix 3).

The following table shows a breakdown of service hours provided by service category for each community.

Table 3: Hours of Service by Service Category for Each Community 2003-04						
Community	Home Making	Nursing Care	Personal Care	Respite	Average number of hours of service per client	Total number of service hours provided
Arctic Bay	341	114	383	12	283	849
Arviat	174	218	290	3	16	684
Baker Lake	737	22	4	0	28	763
Cambridge Bay	430	225	787	63	60	1505
Cape Dorset	1039	14	26	4	49	1079
Chesterfield Inlet	10	0	0	0	10	10
Clyde River	221	34	71	15	38	341
Coral Harbour	2033	184	748	0	80	2964
Gjoa Haven	1128	233	988	46	61	2395
Grise Fiord	1	8	0	0	5	9
Hall Beach	117	55	20	98	290	290
Igloolik	7187	726	382	539	180	8834
Iqaluit	1335	2380	735	47	41	4498
Kugluktuk	1165	357	570	27	53	2119
Pangnirtung	356	118	51	0	11	525
Pelly Bay	20	6	0	0	5	26
Pond Inlet	1476	1591	11	621	106	3699
Qikiqtarjuaq	0	0	0	19	5	19
Rankin Inlet	342	36	1	0	8	378
Repulse Bay	61	154	0	82	12	297
Resolute Bay	0	1	0	0	1	1
Sanikiluaq	230	39	658	73	46	1001
Taloyoak	5	16	11	800	69	833
Whale Cove	560	7	549	611	288	1727
Total	18,968	6538	6285	3060	57	34844

Note: These hours include direct time with clients only.

Home making: involves duties such as washing dishes, picking up groceries and making beds.
Personal Care: this mainly includes assisting clients with personal hygiene
Nursing Care: care provided in the home
Respite: care that is provided while regular care provider has a rest

We have presented this descriptive table but have not attempted to analyze it as the dynamics of needs, resources and staff available, are unique for each community.



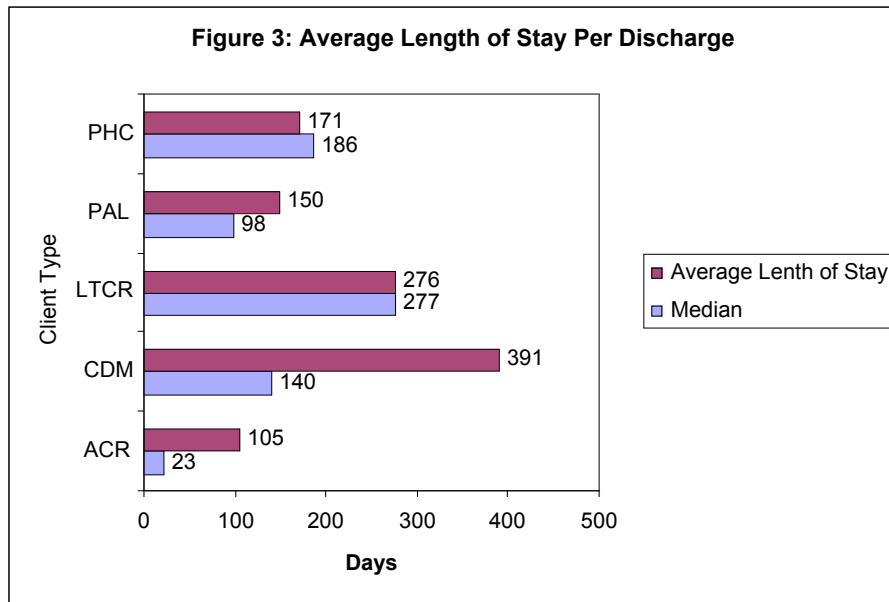
4. Homecare Utilization by Diagnosis

Diagnosis was not specified in 24% of the cases. Of those that did report diagnosis, respiratory disorders accounted for 22% of clients and 21% of services, musculoskeletal disorders including arthritis accounted for 10% of clients and 19% of services. Cardiovascular disorders accounted for 14% of clients and 12% of services, and cancer accounted for 0.4% of clients and 9% of services (see Appendices 2 and 3 for more detailed information).

5. Average Length of Stay

Average length of stay (ALOS) for an individual was calculated using the discharge date minus the admission date. The average was calculated by groups in the same category of care. We noted that a few clients with very long LOS skewed some of the results and have therefore also reported a “median” LOS.

Twenty percent of clients (123) were discharged in the 2003-04 fiscal year and the average and median length of stay evaluated by client care category is shown below.



The average length of stay in all categories appears somewhat long and is suggestive of a need to review the discharge planning process. It is also possible that some of the chronic disease cases should have been designated to Long term Care Replacement, so the process of assigning care categories should also be reviewed.

6. Future Directions

Currently the information collected is very basic. Information is submitted from 24 home and community care centers to headquarters for data input and analysis. Now that the central database is established, monthly reporting to the community health centers can begin. The goal of the HCC program is to eventually have data captured at the community level. This would improve the quality of data as well as provide more immediate feed back to the local unit.

Average length of stays for post hospital care and some chronic disease management cases seems very long and consideration will be given to regularly review cases with length of stays that are greater than an expected length of time; otherwise as more cases are added, the growing burden on the system will eventually become unsustainable.

Appendix 1: Diagnosis by Care Category, 2003-04

Diagnoses	ACR	CDM	LTCR	PAL	PHC	OTHER	Total
Accident victim	0	2	0	0	4	0	6
Autoimmune condition (lupus, etc.)	0	1	0	0	0	0	1
Cancer	2	7	3	4	1	0	17
Cardiovascular/heart/circulatory disease or disorders	7	46	6	2	5	0	66
Central nervous system conditions (MS, Parkinsonism, MD, CP)	2	4	1	0	4	0	11
Cerebrovascular disease or CVA	1	7	1	0	1	0	10
Communicable disease	0	3	0	0	0	0	3
Conditions of the endocrine	0	1	0	0	0	0	1
Dementia and related conditions (Alzheimer's disease, etc.)	0	2	1	0	0	0	3
Diabetes - diagnosed more than a year ago	1	6	0	0	1	0	8
Difficulty feeding (tube feeding dysphagia, etc.)	1	1	1	0	3	0	6
Frail elderly	0	7	8	1	0	0	16
Gastrointestinal	0	1	0	0	1	0	2
Genito-urinary condition	0	5	0	0	0	0	5
Hepatic, biliary and pancreatic	0	2	0	2	1	0	5
Lack of diagnostic information	1	0	0	0	0	0	1
Musculoskeletal condition - other	0	7	4	0	3	0	14
Musculoskeletal condition (fracture, amputation, etc.)	2	3	0	0	2	0	7
Musculoskeletal condition (such as arthritis)	1	23	8	1	3	0	36
Other	21	59	15	3	11	1	110
Renal conditions	1	7	0	0	0	0	8
Required nursing treatment not related to a diagnostic code	0	0	0	0	1	0	1
Respiratory disorders	10	64	12	1	5	0	92
Severe and persistent mental disorders	0	6	2	0	0	0	8
Severe blindness	0	2	1	0	0	0	3
Severe deafness	1	0	0	0	0	0	1
Skin and Subcutaneous Condition	5	6	2	0	5	0	18
Transitory mental disorders	0	3	0	0	0	0	3
Total	56	275	65	14	51	1	462

Note: 24% of clients did not have a diagnosis defined

Appendix 2: Hours of Service by Diagnosis of Home and Community Care Clients, 2003-04

<i>Diagnosis</i>	<i>Home Making</i>	<i>Nursing Care</i>	<i>Personal Care</i>	<i>Respite</i>	<i>Total</i>
Accident victim	25	29	0	0	54
Autoimmune condition (lupus, etc.)	0	102	0	0	102
Cancer	2116	252	217	462	3048
Cardiovascular/heart/circulatory disease or disorders	2041	1009	659	467	4175
Central nervous system conditions (MS, Parkinsonism, MD, CP)	1446	127	339	11	1923
Cerebrovascular disease or CVA	233	65	380	3	681
Communicable disease	7	32	10	0	50
Conditions of the endocrine	1	28	0	0	29
Dementia and related conditions (Alzheimer's disease, etc.)	57	70	143	0	270
Diabetes - diagnosed more than a year ago	373.	82	0	1	456
Difficulty feeding (tube feeding dysphagia, etc.)	16	85	27	2	130
Frail elderly	642	143	192	8	985
Gastrointestinal	69	44	0	0	113
Genito-urinary condition	114	19	12	0	146
Hepatic, biliary and pancreatic	17	62	0	0	79
Lack of diagnostic information	250	25	0	0	275
Musculoskeletal condition - other	1137	103	72	4	1316
Musculoskeletal condition (fracture, amputation, etc.)	359	84	1	0	443
Musculoskeletal condition (such as arthritis)	1321	514	1546	606	3987
Other	3799	732	1014	979	6523
Renal conditions	83	57	65	15	219
Respiratory disorders	3735	1825	1209	442	7210
Severe and persistent mental disorders	126	712	93	6	937
Severe blindness	369	65	11	14	459
Skin and Subcutaneous Condition	425	195	293	13	926
Transitory mental disorders	207	78	0	24	308
Total	18968	6539	6283	3057	34844

The above table shows the number of service hours by diagnosis.

Appendix 3: Hours of Service by Age Group, 2003-04

<i>Age Group</i>	<i>Home Making</i>	<i>Nursing Care</i>	<i>Personal Care</i>	<i>Respite</i>	<i>Total</i>
0 to 10	535	454	254	11	1254
10 to 20	53	126	11	4	193
21 to 30	558	129	496	2	1184
31 to 40	589	187	87	20	883
41 to 50	387	522	270	365	1544
51 to 60	3198	1305	588	333	5423
61 to 70	5101	1597	1752	869	9319
71+	8545	2218	2828	1452	13717
Total	18967	6538	6286	3056	34844



Clyde River Health Centre, Anton North



Pond Inlet Health Centre, Anton North



Arctic Bay Health Centre, Anton North



Hall Beach Health Centre, Anton North