

Rural Health and Research Congress #RHRC2019

How the Sense of Coherence, Health and Resilience (SCHARA) assessment tool can be used to identify and address barriers to accessing patient referrals

Improving health resilience in frequent users of the Canadian emergency health system

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Western Sydney University
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   @flygirlKRC

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Salutogenic Theory

Asks the question, "What causes health?"

Questions how can some people remain well despite their circumstances?

Recognises individuals' experiences impact health outcomes.

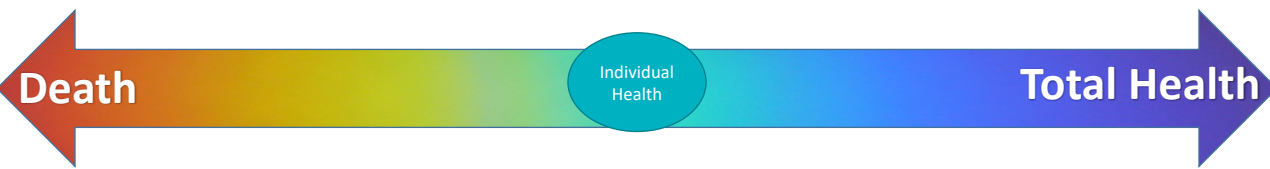
Does not view health as either healthy or sick.

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The Health Continuum



- Health is not dichotomous
- Each individual has a unique position along the continuum
- Our position along the health continuum changes constantly

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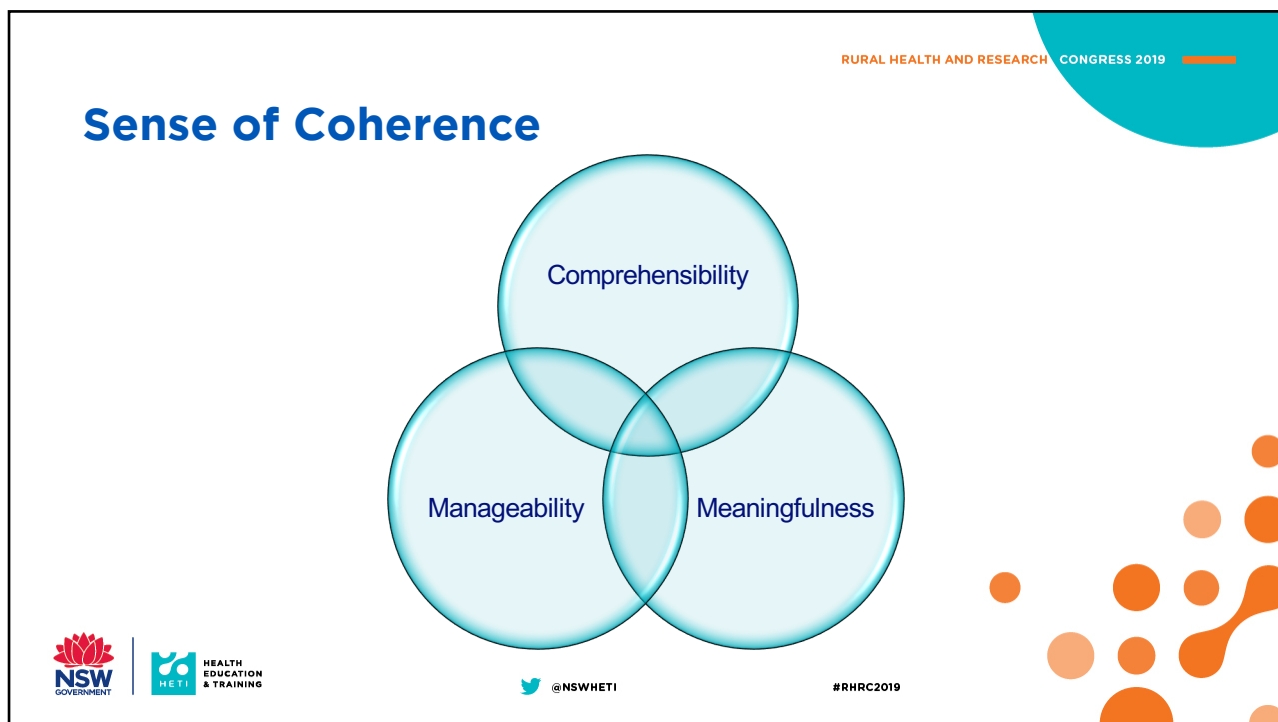
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Why can two people with the same diagnosis in similar living conditions have substantially different health outcomes?

Sense of Coherence

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How do we know which referral pathway is best for our patient?

What if they have barriers that prevent them from using the referrals?

How do I know if they have a strong sense of coherence or not?



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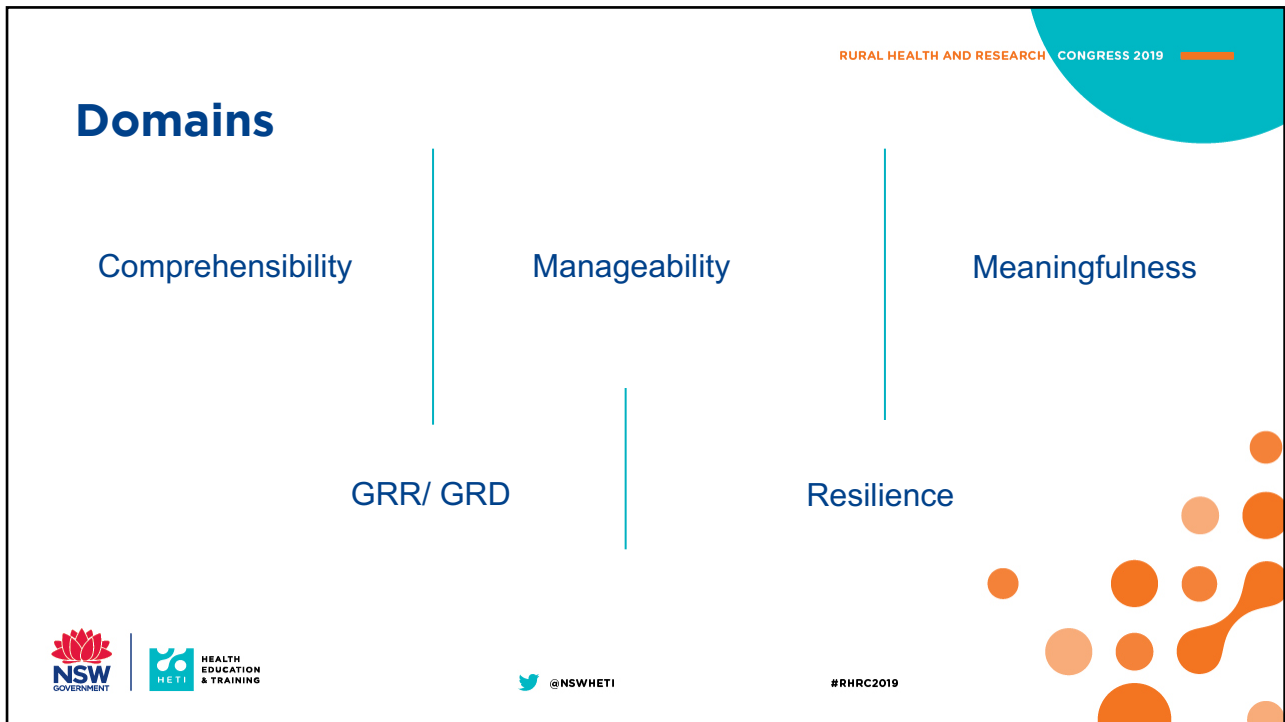
SCHARA

- A tool developed to examine individual Sense of Coherence (SOC), GRR and resilience to help guide health planning and appropriate referral pathways.
- By assessing SOC and resilience, paramedics may determine patients' capacity to cope with and manage health events as an adjunct to clinical treatment.



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Scoring

SCHARA	
Total Score	
Low	<24
Median	25-36
High	>37
Comprehensibility	
Benchmark	11
Manageability	
Benchmark	11
Meaningfulness	
Benchmark	8

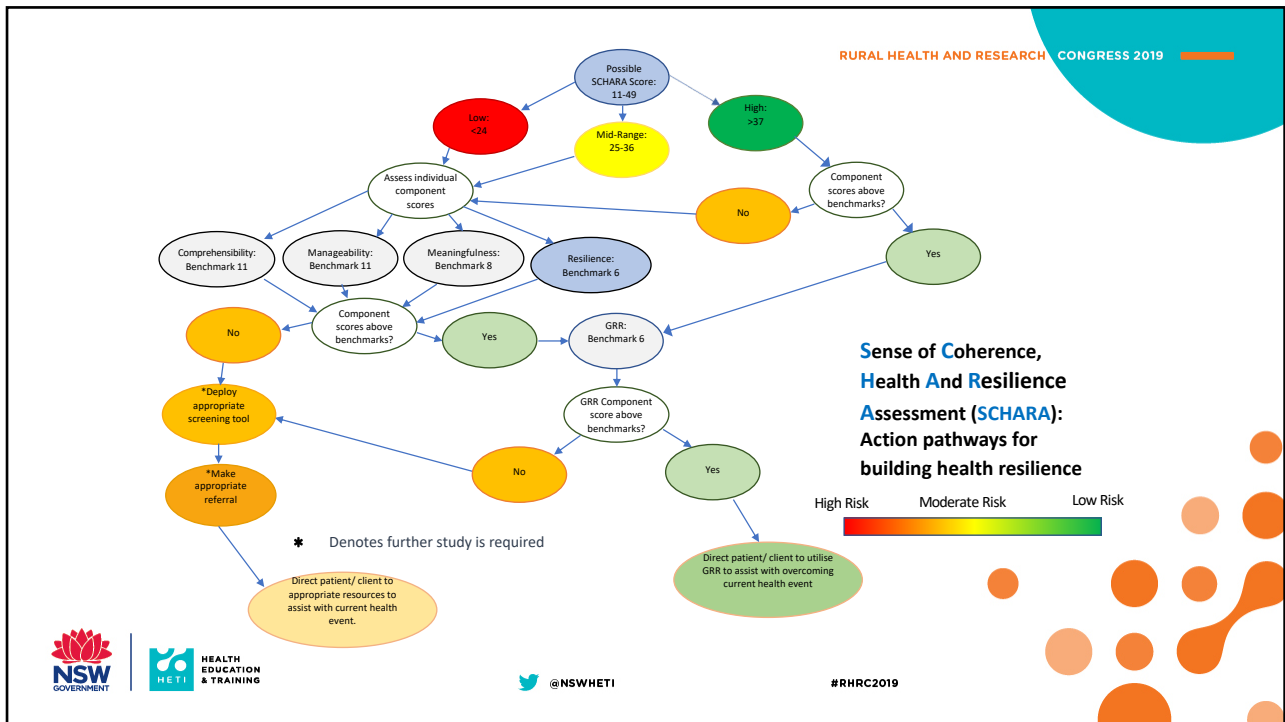
SCHARA		
Component	Maximum	Minimum
Comprehensibility	18	4
Manageability	18	4
Meaningfulness	13	3
Total	49	11
Sub-components		
GRR	9	3
Resilience	10	2

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Family Medicine



@GinaAgarwal

@CP@clinic

@McMasterFamilyMed



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FAMILY MEDICINE

Community Paramedicine

Case Study

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Professor, Department of Family Medicine

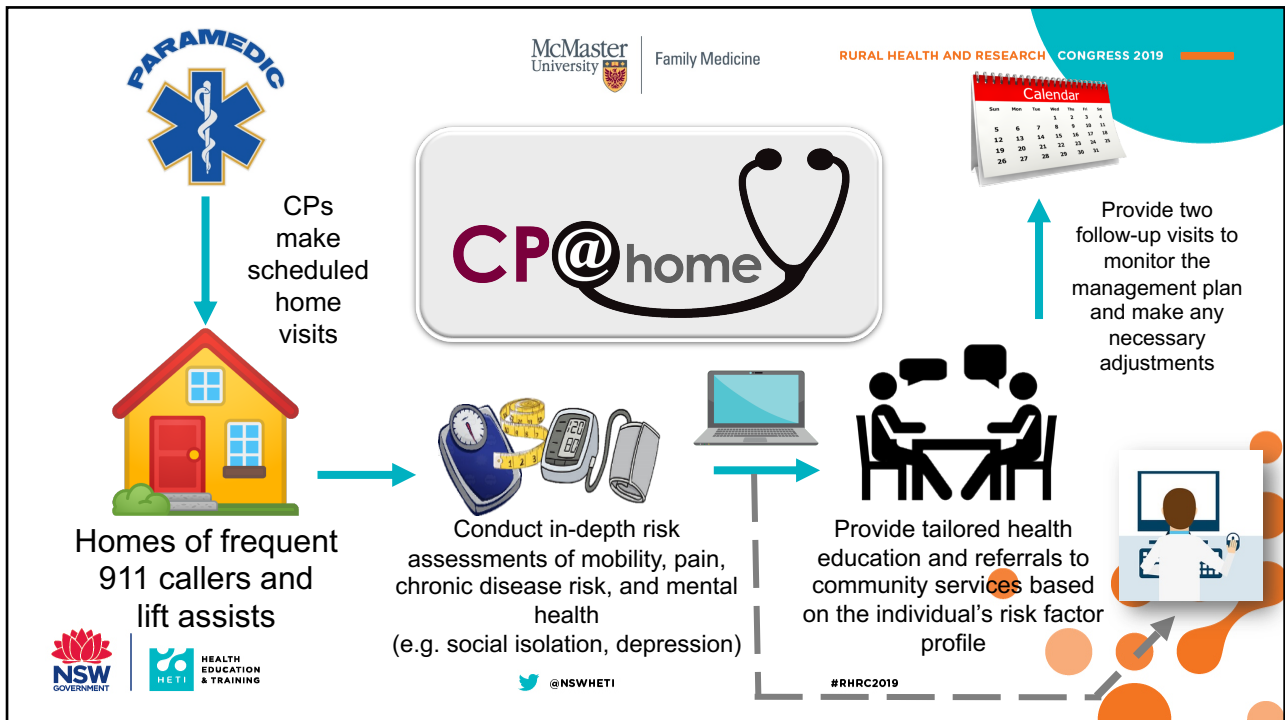


CP@clinic

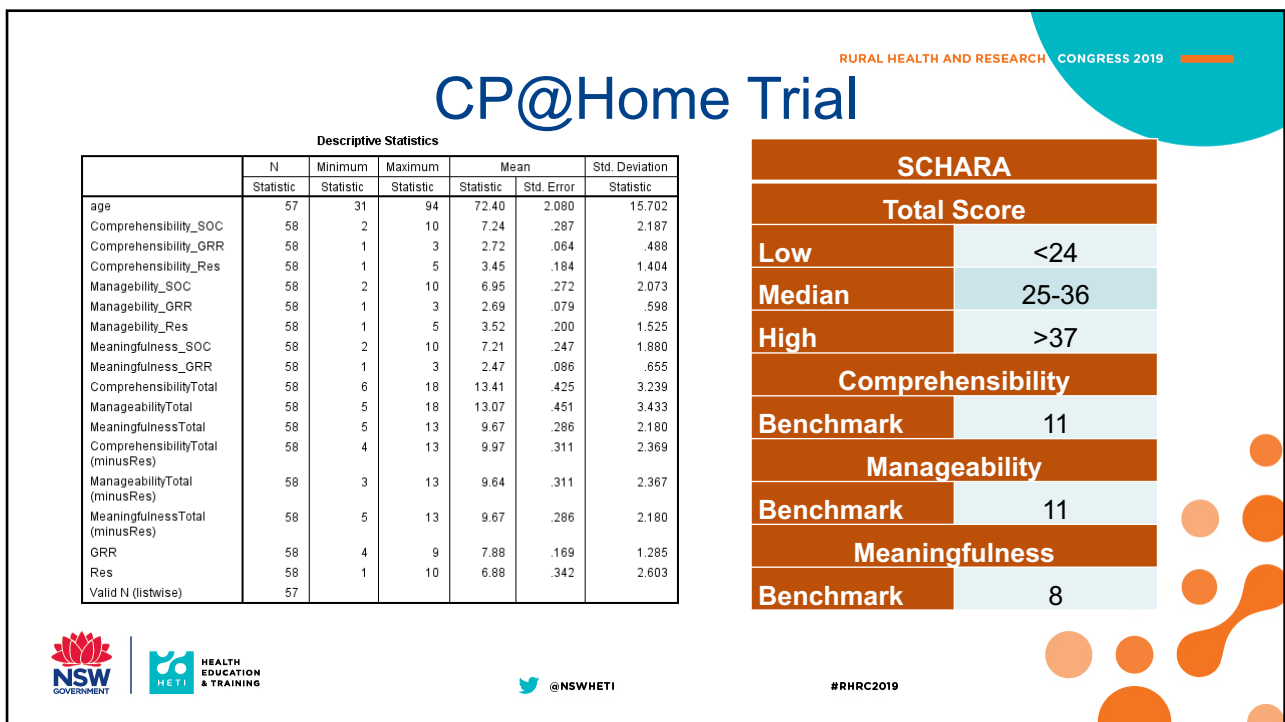


Michael G. DeGroote
SCHOOL OF MEDICINE

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Components

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ID	ComprehensibilityTotal	ManageabilityTotal	MeaningfulnessTotal	GRR	Res		SCHARA
76	12	9	11	8	1	2	32
45	13	14	8	9	5	1	35
77	12	7	9	8	2	2	28
88	10	8	11	8	3	3	29
162	15	10	10	8	5	2	35
170	11	8	10	4	6	4	29
213	8	10	7	7	2	4	25
217	11	10	10	8	3	3	31
277	6	7	5	6	2	5	18
309	7	6	5	8	3	4	18
10	13	11	9	6	4	3	33
37	15	11	12	9	6	2	38



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Components

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ID	ComprehensibilityTotal	ManageabilityTotal	MeaningfulnessTotal	GRR	Res	# of domains scored at or below the benchmark	SCHARA
7	18	15	12	9	8	0	45
132	14	13	13	9	8	0	40
222	13	15	11	9	8	0	39
251	18	15	13	9	9	0	46
282	12	15	10	8	7	0	37
299	16	16	10	8	9	0	42
307	17	17	12	9	9	0	46



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Referral to Cognitive-behavioural therapy and counselling

Does not regularly engage in physical activity
Number of Medications:

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Breakdown of Individual Scores

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ID	Comprehensibility Total	Manageability Total	Meaningfulness Total	GRR	Res	# of domains scored at or below the benchmark	SCHARA
214	13	5	11	6	7	2	29
ID	Comprehensibility_SOC	Comprehensibility_GRR	Comprehensibility_Res	Comprehensibility Total minus Res	Comprehensibility Total		
214	6	2	5	8	13		6/10 SOC 5/5 Res 2/3 GRR
ID	Manageability_SOC	Manageability_GRR	Manageability_Res	Manageability Total minus Res	Manageability Total		
214	2	1	2	3	5		2/10 SOC 2/5 Res 1/3 GRR
ID	Meaningfulness_SOC	Meaningfulness_GRR	Meaningfulness_Res	Meaningfulness Total minus Res	Meaningfulness Total		
214	8	3	11	11			8/10 SOC 3/3 GRR

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Age: 93
Education: High School or Less

**Referral to CHATS Telehomecare
(community and home assistance to seniors)**

☒ Has had a stroke ☒ Signs of dementia CP@home

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Breakdown of Individual Scores

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ID	Comprehensibility Total	Manageability Total	Meaningfulness Total	GRR	Res	# of domains scored at or below the benchmark	SCHARA		
173	16	17	5	7	9	1	38		
ID	Comprehensibility_SOC	Comprehensibility_GRR	Comprehensibility_Res	Comprehensibility Total minus Res	Comprehensibility Total			9/10 SOC	4/5 Res
173	9	3	4	12	16				
ID	Manageability_SOC	Manageability_GRR	Manageability_Res	Manageability Total minus Res	Manageability Total				
173	10	2	5	12	17			10/10 SOC	5/5 Res
ID	Meaningfulness_SOC	Meaningfulness_GRR	Meaningfulness_Res	Meaningfulness Total minus Res	Meaningfulness Total				
173	3	2	5	5				3/10 SOC	2/3 GRR

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What's next?

- Test and validate the benchmarks
- Align scores with relevant interventions
- Develop tool into electronic application for real-time decision-making

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What's next?

Meeting with relevant stakeholders to discuss implementing CP@Home/ CP@Clinic programs in Australia

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Want to get involved?



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