

A QUALITATIVE UNDERSTANDING OF MOTIVATIONS, PREFERENCES, AND ATTITUDES TOWARD ADHERENCE-BASED TECHNOLOGY

Michael Dieciuc,¹ Shenghao Zhang,² Nicholas Gray,³ Andrew Dilanchian,⁴ Dawn Carr,⁴ Mia Lustria,⁵ and Walter Boot,⁴ 1. *Florida State University, Florida State University, Florida, United States*, 2. *Florida State University, Tallahassee, Florida, United States*, 3. *Psychology Department, Florida State University, Florida, United States*, 4. *Florida State University, Tallahassee, Florida, United States*, 5. *School Of Information, Florida State University, Florida, United States*

The future of cognitive assessments and brain-training programs is very likely to involve mobile applications for phones and tablets. However, adherence to these programs over the long haul is notoriously low. In an effort to countervail this trend, we ran online focus groups with both older and younger adults to understand from a user-centered perspective how to better design apps to increase adherence. Using thematic content analysis (Braun & Clarke, 2006) with an inductive bottom-up approach (Frith & Gleeson, 2004), we found a surprising number of common themes across older and younger adults that superseded many of their superficial differences. For instance, both younger and older adults were reluctant to engage in the program unless it had some obvious perceived benefit; both wanted the program personalized to their individual preferences; both wanted the ability to customize features and reminders; and both generally agreed that the tasks had to be fun.

THE EFFECT OF REMINDER MESSAGE TAILORING ON COGNITIVE INTERVENTION ADHERENCE

Shenghao Zhang,¹ Michael Dieciuc,² Andrew Dilanchian,³ and Walter Boot,³ 1. *Florida State University, Tallahassee, Florida, United States*, 2. *Florida State University, Florida State University, Florida, United States*, 3. *Florida State University, Tallahassee, Florida, United States*

To examine the potential impact of tailored messaging on adherence and attitudes toward text message reminders, a pilot study conducted in advance of the APPT randomized controlled trial systematically manipulated the match between text message content and participants' self-reported motivations to participate in a cognitive intervention study. Older adults (n=40) were asked to engage in cognitive training, in the form of gamified neuropsychological tests, 30 minutes a day for 10 consecutive days, and adherence was tracked remotely over time. Critically, each day text message reminders alternated between messages consistent or inconsistent with participants' previously reported motivations for entering the study. This talk presents results, derived from multilevel modeling, that explore the effectiveness of this simple and cost-effective message tailoring approach for facilitating adherence and engendering positive attitudes toward the reminder system, and implications for programs requiring long-term adherence.

Session 4475 (Symposium)

THE IMPORTANCE OF REDEFINING GERIATRIC EXPERTISE IN NURSING HOMES TO REDUCE UNNECESSARY HOSPITALIZATIONS

Chair: Franziska Zúñiga

Co-Chair: Lori Popejoy

Discussant: Amy Vogelsmeier

Unplanned transfers from nursing homes (NHs) are burdensome, associated with adverse outcomes for residents

and costly for health care systems. Internationally, NHs are facing similar issues whereby a lack of geriatric expertise combined with a shortage of NH general practitioners require innovative and adaptable models of care tailored to the organizational context. In this symposium, we will present studies from the MOQI project from the United States, which successfully reduced unnecessary hospitalizations by embedding advanced practice registered nurses (APRN) in 16 US NHs over a 6-year period. We will discuss the influence of race on multiple hospital transfers and present possible interventions to reduce transfers. Next, we will present finding from a study with MOQI APRNs that highlighted their contributions to the COVID-19 pandemic response in NHs and discuss the broader implication or infection control practices. In addition, we will present the INTERCARE project which successfully reduced unplanned hospitalizations in 11 Swiss NHs, by implementing a registered nurse with an expanded role, to compensate for the very limited access to APRNs; which is the case for many European countries. Both MOQI and INTERCARE pinpoint the importance of strategies to support the introduction of a new role in NHs. Both projects will give examples of different models of care which can be feasibly implemented to sustainably decrease unnecessary hospitalizations, in different contexts and with different resources. Finally, data from the INTERCARE study will address the issue of potentially avoidable fall-related transfers and which resources are deemed appropriate to mitigate these.

MULTIPLE HOSPITAL TRANSFERS AMONG MOQI NURSING HOME RESIDENTS: THE INFLUENCE OF RACE

Kelli Canada,¹ Elizabeth Fritz,² Amy Vogelsmeier,³ Marilyn Rantz,³ and Lori Popejoy,³ 1. *University of Missouri, Columbia, Missouri, United States*, 2. *Sinclair School of Nursing, Columbia, Missouri, United States*, 3. *University of Missouri - Columbia, Columbia, Missouri, United States*

Missouri Quality Initiative (MOQI) was a CMS-funded enhanced care and coordination provider demonstration project (2012-2020) that successfully reduced avoidable hospitalizations and improved nursing home (NH) care quality. Little is known about the influence of race in multiple hospital transfers from NHs. Using a mixed-methods approach we analyzed hospitalization root cause analysis data from 2017-2019 for 1410 residents in 16 MOQI NHs. There were 113 residents who were transferred 609 times. Those with multiple transfers (four or more transfers/year) were compared by race and key characteristics (e.g., code status, diagnosis). A subset of residents with multiple transfers were examined qualitatively to identify and describe key cases. Findings suggest that Black residents have a higher probability for multiple transfers. Findings highlight the need for transfer prevention efforts for Black residents including early assessment and intervention, early/frequent discussion about goals of care, advance directives, resuscitation status, and family/resident understanding of treatment effectiveness.

THE INFLUENCE OF MOQI APRNS ON THE COVID-19 RESPONSE IN NURSING HOMES

Lori Popejoy, Megan Hiltz, Marilyn Rantz, and Amy Vogelsmeier, *University of Missouri - Columbia, Columbia, Missouri, United States*