

Wesbury joins the fight against senior depression

Wesbury's Grace Health Center is one of 40 nursing facilities across the commonwealth participating in the Pennsylvania Quality Improvement Depression Collaborative, sponsored by the Southeastern Pennsylvania Association for Healthcare Quality (SPAHQ) and the Madlyn and Leonard Abramson Center for Jewish Life and its Polisher Research Institute.

The public health goal of the collaborative is to improve the quality of life of nursing home residents through the early detection and treatment of depression. The collaborative is modeled after the Abramson Center's "Promoting Positive Well-Being" depression management program, which has over three years of data sup-

porting its efficacy in reducing the percentage of residents at risk for depression through regular administration of depression screenings, individualized interventions and monitoring resident response to interventions.

Depression is a significant concern in the nursing home setting, where the estimated rate of depressive symptoms among residents is between 22 and 40 percent. In addition to psychological suffering, research shows that nursing home residents who are depressed are at increased risk for disability, illness, injury, hospitalization and death.

The Southeastern Pennsylvania Association for Healthcare Quality is dedicated to improving the quality of health care and promoting the professional growth and development of health care professionals by advancing the practice of quality management in health care organizations throughout the southeastern Pennsylvania region.

The Abramson Center for Jewish Life is a nonprofit provider of services to seniors that include nursing care, personal care and independent living apartments, post-hospital transitional care, hospice, home care, adult day care counseling and referral, as well as aging research. The Abramson Center serves seniors throughout greater Philadelphia.

