

Better Care Through Better Data





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- Masters of Social Work, Macro Emphasis
2017
- Founded Karuna Care Services (KCS) in 2014
- Boulder County Mil Levy Advisor Council, Appointee
Board Member, 2020 - Current
- Collaborative Impact Fund of Denver, Board Member,
2021 - Current
- YMCA of Northern Colorado, Board Member,
2018 - Current
- Blue Spruce Group, Board Member,
2019 - Current



What Are We Talking About?!?

- Why do we collect data?
- What do we do with our data?
- Understanding our data
- Let's collect better data
- Data Analysis





Why Do We Collect Data?

- Primarily Compliance Driven Practice
- Individual Service and Support Evaluation
- Improve Quality of Care and Support
- Program Evaluation
- Our Data Should Serve to Improve Care

What Do We Typically Do With Our Data?

1

Level One:

- **Data is primarily used for reporting purposes**
 - HRC Reporting
 - IDT Requirements
 - CCB Requirements
- **Compliance Focused**

2

Level two:

Evaluation and Review to identify trends

- Is the support plan achieving the goal?
- Are skills improving?
- New skills acquired?
- Increase / Decrease of identified behaviors?

3

Level Three:

- **Secondary data analysis**
- **Program evaluation**
- **Cross client support evaluation**

What Does Our Data Typically Look Like?

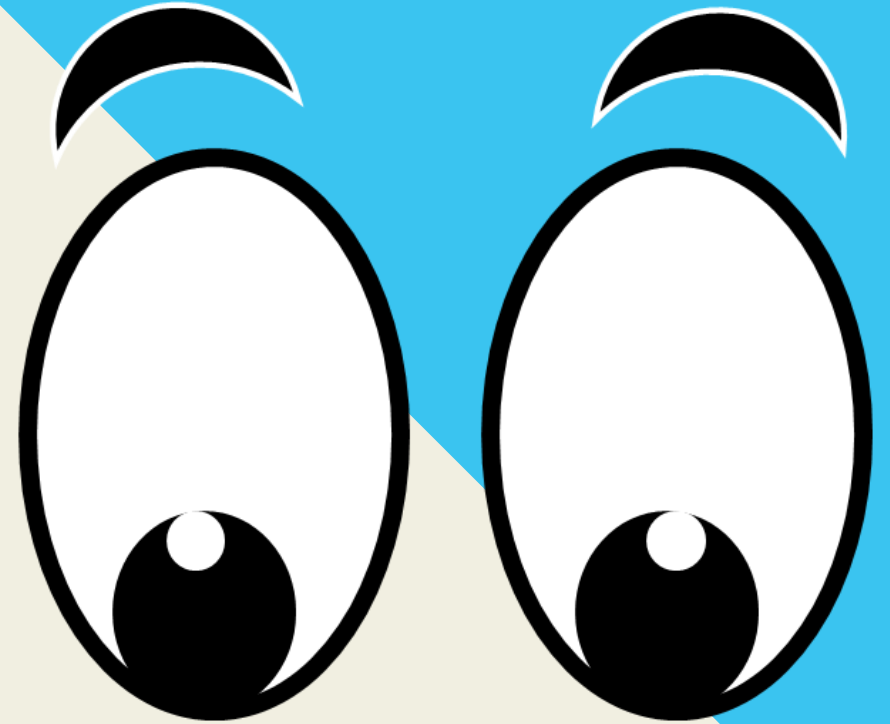


- Observational Data
- Observational Data
- More Observational Data
- Yup, More Observational Data

Observational Data is Important!

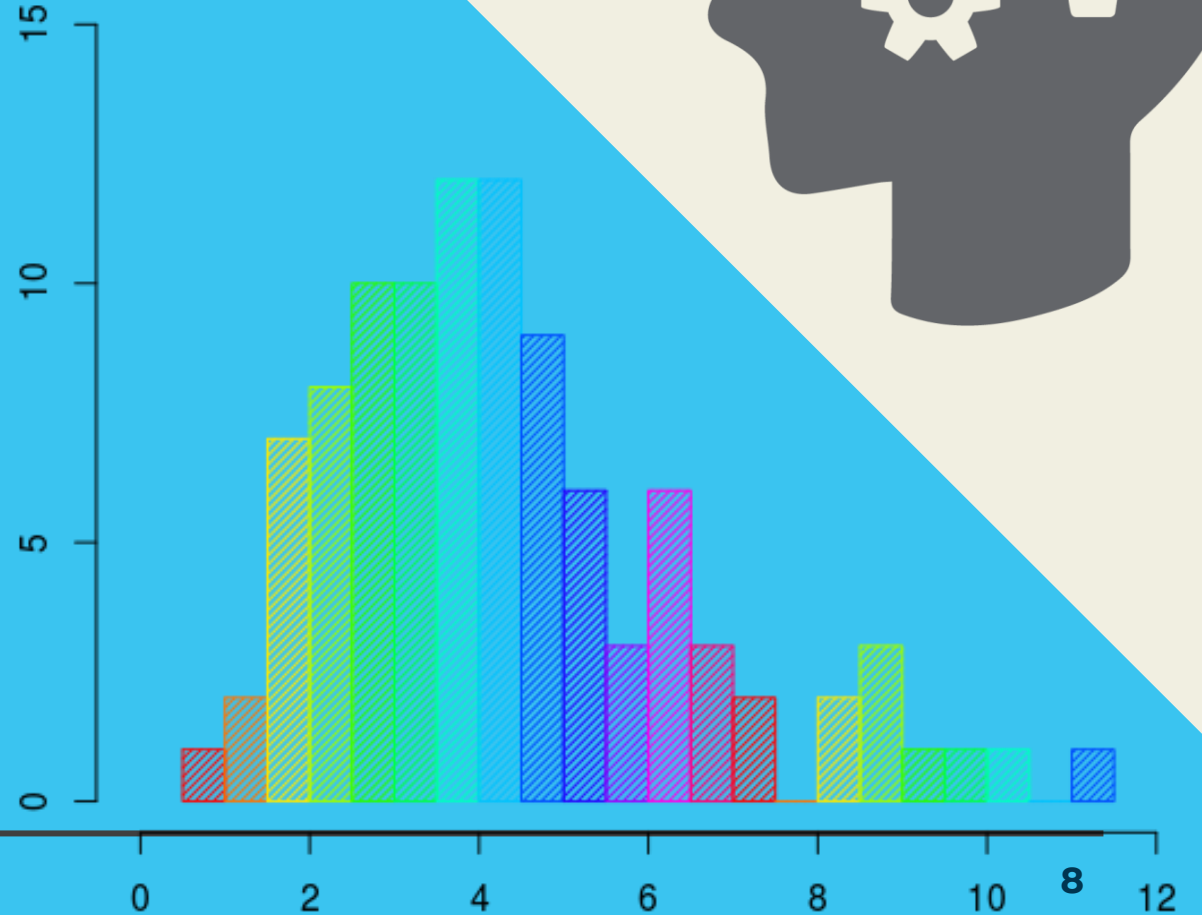
Strengths of Observational Data:

- Allows for the collection of data where and when an event or activity is occurring.
- Does not rely on people's willingness or ability to provide information.
- Allows you to directly see what people do rather than relying on what people say they did.

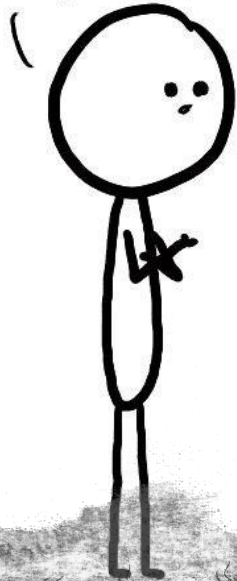


Common Types of Observational Data:

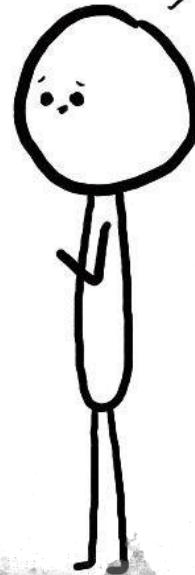
- Frequency
 - How many times did a “behavior” occur
- Duration
 - How long did a “behavior” occur
- Nominal
 - Did a “behavior” occur



Have you heard of the
Baader-Meinhof
phenomenon?



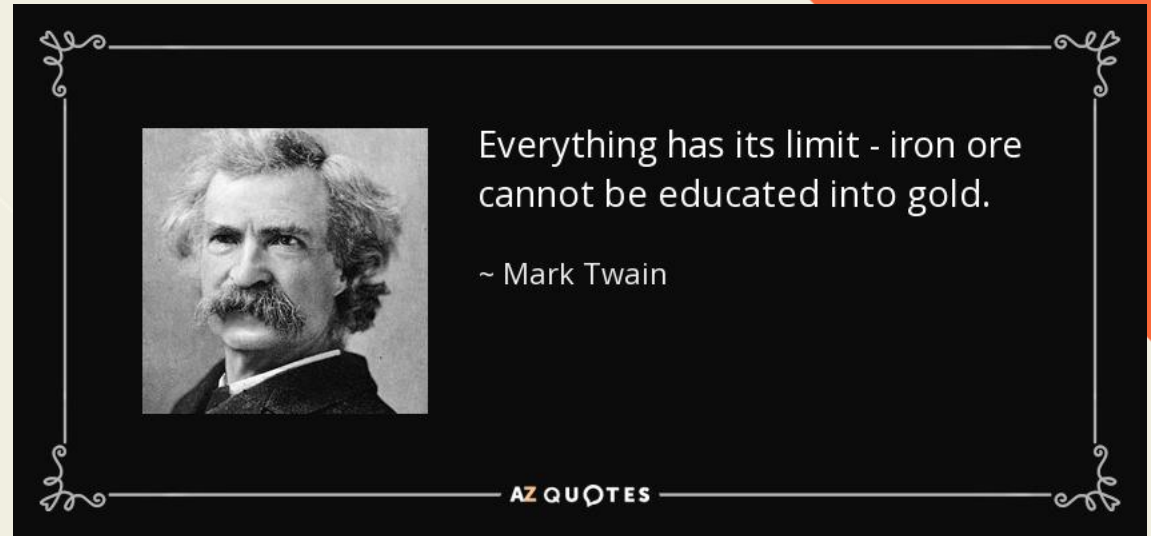
Weird-I was reading
about that the other day...



© Tut and Groan

Observational Data Limits & Considerations:

- Frequency Illusion
- Timeliness of Tracking
- Inconsistent Data Tracking
- Correlation does not equal causation (Although we sometimes like to pretend it does)



Overcoming the Subjective and Improving our Data

1

**Intentional
Data
Collection**

2

**Keep It
Simple
Silly**

3

**Incorporate
Objective
Data Sets**

4

**Training &
More Training**



Intentional Data Collection:

Consider other types of data that can be utilized in support of a plan

- Likert Scale
 - Five Points of Goodness
- Nominal
 - Yes / No
- Partial Interval Recording
 - Separate out methodical periods of time for tracking.



Keep It Simple

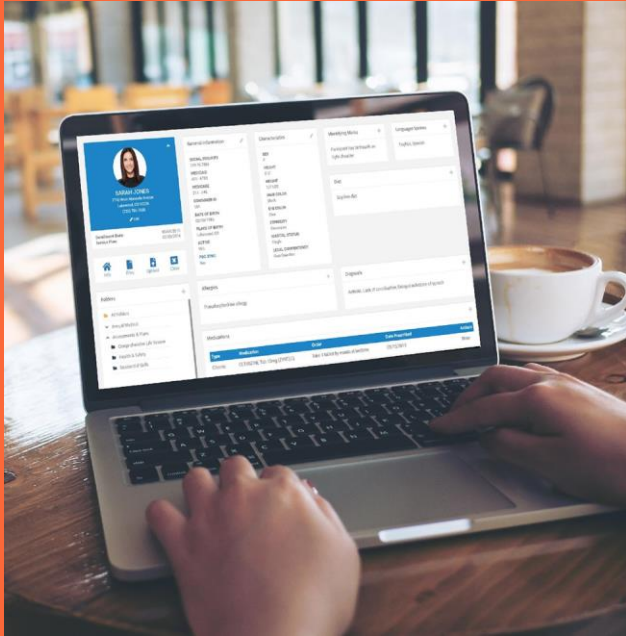


Quantity

Quality



Incorporate Objective Data Collection Measures



- Quantitative Data
- Utilize Tech
- Internet of Things!!!
 - Fitbit or Smart Watch to potentially track activity or sleep
- Biometric Indicators
 - Heart Rate Variability

Disclaimer: Any support plan should be developed in collaboration with the client, including determination of appropriate measures. We must always respect and individual's right to privacy.

Training is Time Exceptionally Well Spent

- When documenting a support plan, detail with precision the steps needed in order to appropriately support.
- Conduct “live” training for all support staff expected to implement a given plan.
- Review the efficacy of a given plan. When it comes time to analyze the data do more than just go through the motions. Include support staff in the evaluation process.
- Coordinate with the individual’s IDT, ensure they are aware of the support plan.



- **Intentional Data Collection Selection**
 - Likert Scale, Partial Interval Recording, Nominal Data
- **Keep it Simple Silly (KISS)**
 - The best plans in the world are only as good as the data collected.
 - Quality not Quantity
- **Know the Limits of Your Data Collection**
 - Varied data collection methods
 - Incorporate Objective data collection
- **Training Makes the World Go Round**
 - Ensure that everyone involved in plan implementation understands the plan
- **Review Your Data In Order to Gauge the Efficacy of a Given Plan.**



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***Just Kidding, it is only the beginning, next up, better care through
Better data analysis. Stay Tuned!***