

# Nursing Home News

Kansas Nursing Home Quality Initiative

## Older Americans: Making Choices for a Healthier Future

Never has it been more evident that one of the biggest challenges facing the United States is how we will care for our grandparents, parents, and loved ones as they age. Views may vary on how to prepare for what will be a diverse wave of seniors, whose ranks are growing due to the aging of 78 million baby boomers who will begin to turn 65 in 2011. But all agree that this shift in our nation's demographics will have profound implications for our economic and social landscapes at the national, state and community level.

Federal, state and community leaders are witnessing sweeping fundamental transformations in the way we think about and deliver health and long term care in this country. The nation's national aging services network knows this and have worked hard to carry out their mission under the Older Americans Act to provide for and protect the independence and dignity of our older citizens. The network is led by the U.S. Administration on Aging and comprised of state, tribal and area agencies on aging, as well as more than 29,000 community service providers, caregivers and volunteers.

For 44 years, our nation has paused to honor older Americans during May. During this special month, the ongoing contributions of our older citizens are highlighted with a national proclamation issued by the President of the United States, and activities and events planned in communities across America.

The theme for Older Americans Month 2007 is "Older Americans: Making Choices for a Healthier Future." This theme encourages us to think differently about health and long term care, and work together to rebalance and modernize our current systems so that we may adequately plan for and

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Making Choices  
for a Healthier Future

### E-BULLETIN ROUTING SLIP

Use this list to distribute NH News to staff who may find the information useful. Multiple persons may receive this via email--please designate someone at your facility to print and route.

When you are finished reading, check the appropriate title and pass to the next person on the list. If you don't have time to read the newsletter right now, leave the box blank to ensure it comes back to you.

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| <input type="checkbox"/> Administrator                 | <input type="checkbox"/> Activities Director |
| <input type="checkbox"/> Director of Nursing           | <input type="checkbox"/> MDS Coordinator     |
| <input type="checkbox"/> Assistant Director of Nursing | <input type="checkbox"/> Therapy             |
| <input type="checkbox"/> Human Resources               | <input type="checkbox"/> Other _____         |
| <input type="checkbox"/> Nurse Manager(s)              | <input type="checkbox"/> Break Room          |
| <input type="checkbox"/> Social Service Director       |  |

Missed an issue of NH News? Don't worry, we have previous issues archived on KFMC's website.

[Click here to check them out!](#)



\*All links are active. Clicking on them will take internet-ready readers directly to the website mentioned.

## Older Americans: Making Choices for a Healthier Future Continued

address the needs of current and future generations. Older persons are entitled to live lives of dignity and independence through:

- Streamlined access to information, as well as, to home and community services, including information that will enable people to plan ahead for long term care,
- Information about cost-effective prevention practices and activities that will improve health and quality of life and reduce risk of disease, disability and injury, and,
- Innovative, affordable and flexible options of care and support that will provide an array of choices about how and where to live.

We urge people of all ages to seize upon the occasion of Older Americans Month to plan, promote and participate in activities during May and throughout the year that reflect the tenets of the national theme. We must all work together to ensure that every older person in this great country is treated with dignity and respect and moreover, has the opportunity to make the choices they desire to enjoy a healthy and rewarding future. This article and more information on Older Americans Month can be found at [www.aoa.dhhs.gov](http://www.aoa.dhhs.gov).

### Congratulations to the 2007 PEAK award winners!

- Bethel Health Care Center, North Newton, Leigh Peck, Administrator
- Brewster Health Center, Topeka, Linda Farrar, Administrator
- Greeley County Health Services/Long-Term Care Unit, Tribune, Todd Burch, Administrator
- Medicalodge of Kinsley, Janel T. Burr, Administrator
- Pleasant View Home, Inman, Jalane White, Administrator
- Salina Presbyterian Manor, Salina, Fran Paxton, Administrator
- Schowalter Villa, Hesston, James Krehbiel, Administrator
- Village Manor, Abilene, Amy Hock-Altwegg, Administrator
- Village Shalom, Overland Park, Mathew Lewis, CEO

Culture change can be a daunting task--thank you for your efforts to improve the quality of life of nursing home residents in Kansas!

## Advancing Excellence in America's Nursing Homes

### What is it?

Advancing Excellence in America's Nursing Homes is a two year, coalition-based campaign concerned with how we care for elderly and disabled citizens. This voluntary campaign:

- Monitors key indicators of nursing home care quality.
- Promotes excellence in care giving for nursing home residents.
- Acknowledges the critical role nursing home staff have in providing care.

### How is it different?

There are numerous campaigns out there, each slightly different. Why should you bother to learn about one more? The Advancing Excellence Campaign is unique by who it involves. For a full list of National Founders, [click here](#).

## Advancing Excellence in America’s Nursing Homes Continued

This group of founders got together to develop a campaign that builds upon previous efforts—Quality First, Nursing Home Quality Initiative, Culture Change, the AMDA-F LTC Quality Improvement Study—they took them all and built a campaign that focuses on Clinical Quality Goals and Organizational Improvement Goals. This group joining together also unites their resources and the network of support to assist those participating in the campaign. Local area networks of support include:



This is the first campaign that involves consumers. Participating consumers will help promote the Advancing Excellence in America’s Nursing Homes campaign by encouraging nursing homes to sign onto the campaign and by volunteering to work with providers to reach the goals outlined in the campaign.

### What’s in it for you?

- FREE resources on topics of your choice.
- Network to support your quality improvement efforts.
- National recognition for work you’re ALREADY doing.
- Data trending reports to help track progress.
- First opportunity for your facility to focus QI efforts on culture change!
- Technical assistance on your selected goals.

### How much additional work does it involve?

#### Goals 1-4.

QM data used to track progress on these measures. **NO NEW DATA COLLECTION REQUIRED!**

- Goal 1. Reducing pressure ulcers
- Goal 2. Reducing the daily use of physical restraints.
- Goals 3 & 4. Improving the management of pain in long and short stay (post-acute) residents.

#### Goals 5-8.

Data collection is minimal and technical support is readily available to assist you.

- Goal 5. Setting individualized targets for clinical quality improvement.  
Set STAR targets at least yearly for your facility by logging onto [www.nhqi-star.org](http://www.nhqi-star.org).
- Goal 6. Measuring resident and/or family satisfaction and incorporating the information into quality improvement activities.  
Self-reporting goal. Choose from drop down boxes via website: *Satisfaction tool used, Date survey administered.* Please complete for Year One and Two.

**Everyone needs a little extra TLC now and then...**

**...and nurses know just how to give it. Happy Nurses Day to all the GREAT nurses out there. And don't forget, just because May 6<sup>th</sup> was the official day doesn't mean you aren't valued each and every day!**

## Advancing Excellence in America's Nursing Homes Continued

Goal 7. Measuring nursing staff turnover and developing action plans to improve staff retention.

*Self-reporting goal. Enter via website: Numerator = Total # of nursing staff terminations in year, Denominator = Average # of nursing home staff. Please complete for Year One and Two.*

Goal 8. Employment of "consistent assignment" whereby the same residents are cared for by the same caregivers on at least 85 percent of their shifts.

*Self-reporting goal. Enter via website: Have you employed "consistent assignment?" (yes/no); To what degree? (For one unit or floor/For more than one unit or floor, but less than entire facility/For the entire facility); Start date for "consistent assignment" (enter mm/dd/yyyy).*

### Exactly what do you have to do first?

#### 1. Discuss within your organization.

Participation should be a decision made by your organization, not of one or two people. The fact that your facility is participating in the campaign will be made public. To minimize duplicative work, incorporate the activities of the campaign into your facility's Quality Assurance/Quality Improvement Committee. Make a commitment to improve quality of care and quality of life for residents in your facility by <insert your facility specific date here>.

#### 2. Choose your goals.

The campaign website ([www.nhqualitycampaign.org](http://www.nhqualitycampaign.org)) provides a listing of each of the goals and definitions.

#### 3. Sign up to participate.

Go to [www.nhqualitycampaign.org](http://www.nhqualitycampaign.org) and under *Nursing Home Registration*, click *Join Today*. You will be directed to the registration form, including identification of your facility's campaign goals. Notify staff of your involvement in the campaign and put the goals up in employee break areas as a visual reminder of what your facility has committed to work on.

#### 5. Provide staff and resident education.

Make staff aware of what you're working on and provide the necessary tools and resources to aid in working toward these goals.

#### 6. Collect data.

Use it to improve systems and processes you've implemented and/or to trigger areas for additional education.

This campaign is simply the right thing to do--a commitment to improve organizational culture and clinical care outcomes. With your help, we will improve the quality of life and care for the more than 19,000 nursing home residents in Kansas and the 1.5 million plus nursing home residents nationwide!



**For more information, please contact a member of the Nursing Home Team:**

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