

Nursing Home Quality Improvement

2010-2020

The perception of nursing homes is outdated. In the decade prior to the pandemic, both quality of care and caregiving methods were changing dramatically:

- ▶ More nursing home patients were coming for short-term stays and returning home.
- ▶ Caregivers were spending more time with residents.
- ▶ The care of individuals with dementia was shifting away from medications to engaging, person-centered activities.
- ▶ Key metrics that are meaningful to residents' quality of life saw remarkable improvements.

Bottom line: Prior to the pandemic, nursing home care was improving, and the profession is committed to continuously enhancing the care it provides.

Data collected by the federal government shows the magnitude of the change in quality during the decade prior to the pandemic:

More patients were coming to nursing homes for a short-term stay to recuperate after a trip to the hospital — and returning home.

3.5
Million annual admissions to nursing homes from hospitals for rehabilitation services to help people get well and return home

Nearly **2/3** of nursing home patients returned home after receiving rehabilitation therapy

7.8% successful discharges back into the community since 2012

8.7% number of people returning to the hospital during their nursing home stay since 2011

Staff were spending more time than ever before with residents.

1 out of 3  nursing homes received four stars or better from CMS for staffing

3 out of 5 received 3 stars or better

198
hours increase in total nursing hours per quarter for the average nursing home

3% in RN hours per quarter from 2018 to 2019

3 out of 4 nursing homes had more RNs and clinical staff caring for residents than what CMS projected they should have based on the type of residents in each facility in 2019

Nursing homes provided more person-centered care than ever before.

Staff replaced antiquated models of physical and chemical restraints with modern, robust activity programs, religious services, social workers, and improved involvement of resident councils, so that residents can be mentally, physically and socially engaged.

40% ▼

in residents receiving antipsychotic medications



Fewer than **1 in 7** nursing home residents are receiving antipsychotic medications, a significant decline from 1 out of 4 in 2011.

Quality care and quality of life for nursing home residents was improving.

19 of the **22**

quality outcomes measured by CMS saw improvement

Common ailments among residents steadily declined including:

66% ▼

urinary tract infections

30% ▼

depressive symptoms

24% ▲

preventing weight loss

We are committed to excellence.

- ▶ **Taking the Initiative:** In partnership with CMS during the Obama Administration, AHCA spearheaded the Quality Initiative – a national, collective effort aimed at improving the quality of care in nursing homes by focusing on key metrics that are meaningful to residents' quality of life. The Quality Initiative was renewed three times. As timelines were achieved, new goals were established to reach new targets.

9,500+ nursing homes achieved at least one of the four goals, if not multiple goals, in the latest iteration (2019)

5,600+

nursing homes have earned a National Quality Award in the Gold, Silver and Bronze categories since 2010

2,500+

infection preventionists trained through AHCA's infection prevention program