

Improving Care in Nursing Facilities

HealthInsight improves the lives of nursing facility residents in Nevada, New Mexico and Utah through activities aimed at preventing and healing pressure ulcers and reducing the use of physical restraints on residents.

We support participating skilled nursing facilities through Learning and Action Networks as well as individualized technical assistance. Learning and Action Networks consist of multidisciplinary teams from nursing homes that share information and knowledge in an “all teach, all learn” format. Our technical assistance includes helping teams to identify areas for improvement, assisting in analyzing and effectively using data, and providing specifically tailored assistance designed to improve care in their facility.

We also provide technical assistance for a select number of nursing homes to correct deficiencies identified by the long-term care survey agencies in our states and conduct a statewide study of nursing home disparities.

In addition to technical assistance, we provide quality improvement resources to nursing homes in the three states and we work with stakeholders and related professional organizations to align with national initiatives such as the Advancing Excellence in America’s Nursing Homes Campaign, The Partnership to Improve Dementia Care, Quality Assurance Improvement (QAPI) and the National Quality Care Collaborative.

Pressure Ulcer Prevention and Healing

Pressure ulcers (bedsores) afflict more than 1 million people annually in America’s nursing homes and hospitals and costs associated with their care exceed \$1.3 billion. Although preventable and treatable, pressure ulcers are associated with increased risk of infection and death in the elderly.

HealthInsight works with participating nursing facilities to reduce the number of residents who develop pressure ulcers and to strengthen prevention programs. Current initiatives in the three states are impacting 17 facilities for pressure ulcer activities. One of our tactics is partnering with experts in pressure ulcer prevention and treatment to work with facilities to teach and ensure use of best practices.

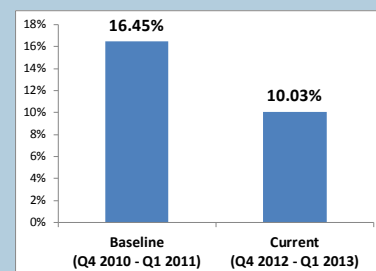
Avoiding Use of Physical Restraints

Physical restraints are considered medical treatment and are to be used in nursing facilities only under a physician’s direction. Once considered safety measures, restraints have been proven ineffective in preventing harm to residents, diminish their quality of life, and have led to injury or death in some cases. Research shows that restraints increase the risk of urinary incontinence, agitation, circulatory problems, pressure ulcers, decreased mobility, social isolation, decreased sensory input, and injury from falls. Current best practice is to avoid restraints when possible and address the root causes behind their use. *HealthInsight* initiatives are currently underway with 26 facilities for physical restraint activities.



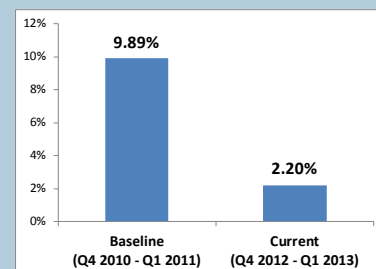
Pressure Ulcer Rates

(Nevada, New Mexico and Utah combined)



Physical Restraint Use

(Nevada, New Mexico and Utah combined)



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This material was prepared by HealthInsight, the Medicare Quality Improvement Organization for Nevada, New Mexico and Utah, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy.

10SOW-NM-CORP-13-06 6/2013