

# NURSING HOME UPDATE

News worth reading and sharing  
for Minnesota nursing homes

JANUARY 2012

## FIVE MINNESOTA HOMES LEAD THE QAPI WAY IN TRANSFORMING QUALITY

As part of a project led by the University of Minnesota and Stratis Health, five Minnesota nursing homes are participating in a national demonstration project to develop and test prototypes of a national Quality Assurance Performance Improvement (QAPI) program. Seventeen nursing homes—in California, Florida, Massachusetts, and Minnesota—are participating in the demonstration project, which is part of a broader Centers for Medicare & Medicaid Services

(CMS) funded effort to re-design approaches to quality in nursing homes.

**“QAPI ushers in new possibilities for nursing homes to develop comprehensive, proactive performance improvement programs tailored to their own programs and needs. This work will take nursing homes beyond compliance with rules. It will engage whole organizations in programs that aspire to ever-improving quality.”**

**—Jennifer Lundblad, PhD  
President and CEO,  
Stratis Health**

A QAPI program is a comprehensive, structured program used by health care organizations to assess the quality of care provided to their residents/ patients and to improve the care they provide. QAPI supports nursing homes to use proactive, critical thinking, and to develop creative approaches to improve quality of care and quality of life for residents.

The Affordable Care Act requires that all nursing homes develop QAPI programs to meet national quality standards currently being developed by

CMS. The QAPI rule may be released for comment in 2012, with the final rule issued after a comment period. All nursing homes must have a QAPI program in place with written plan a year after final rule. From this demonstration and its evaluation, CMS expects to refine tools and resources and assemble best-practice examples to assist in the national QAPI rollout. This initiative will align nursing homes with other healthcare programs—such as hospitals, hospice, and dialysis units—all of which have a QAPI program.

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### Minnesota Participant Nursing Homes

Seventeen nursing homes are participating in the national QAPI national demonstration project. Five of the nursing homes are located in Minnesota.

The Minnesota participant nursing homes are:

- + Benedictine Health Care Center, Duluth
- + Ecumen Parmly LifePointes, Chisago City
- + Good Samaritan, Ambassador, New Hope
- + Perham Living, Perham
- + Sterling Park Health Care Center, Waite Park

Thank you to all of the demonstration homes for leading the QAPI way in transforming quality.

## Five Minnesota Nursing Homes Lead the Way in Transforming Quality

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The QAPI initiative in nursing homes represents a step in moving the quality process from one based on assessment of inadequacies to one focused on improvement. Under the new QAPI approach, quality assurance will continue to play an important role, while nursing homes simultaneously are engaged in more intensive activity rooted in performance improvement.

The nursing homes participating in the demonstration project will receive individualized technical assistance

and form a learning collaborative for collective sharing of challenges and strategies to launch QAPI programs.

The demonstration will run from September 2011 through August 2013.

CMS has developed a common framework for a QAPI program. The framework is made up of five elements: 1) Design and Scope, 2) Governance and Leadership, 3) Feedback, Data Systems, and Monitoring, 4) Performance Improvement Projects, and 5) Systematic Analysis and Systemic Action.

CMS is sensitive to the differences in nursing homes where residents live for long periods of time and have unique

challenges related to quality of life, environmental quality, and individual choice. The five elements have been customized for nursing home QAPI. The program integrates safety and high quality clinical interventions with autonomy and choice in daily life for residents.

All nursing homes should begin planning for upcoming QAPI implementation.

For additional information contact Kelly O'Neill, Program Manager, Stratis Health, [koneill@stratishealth.org](mailto:koneill@stratishealth.org).

## NEWS

### A Flu Shot for You, But No Flu Shot for Me?

A recent Star Tribune column ("Who's Refusing Those Flu Shots?" December 2) quoted a surprising statistic. In 2009, according to a Minnesota Department of Health survey, 30 percent of Minnesota health workers didn't get a flu shot.

These employees had opportunity to spread the flu to the people with whom they came in contact. While influenza is no fun for anyone, it can be especially dangerous for people at risk for severe complications, including many residents of nursing homes.

While flu shots are not 100 percent effective, they are the best defense we have currently. To lessen your chances of getting the flu and passing it on to those you care for, please get a flu shot.

[More](#)>

### Evidence Base for Exercise Programs for Older People Still in the Balance

Maintaining balance is a complex task, involving the coordination between a person's muscles and sensors which detect balance and are part of the nervous system. In older people many factors such as reduced muscle strength, stiff joints, delayed reaction times, and changes in the sensory system all add up to reduce a person's ability to keep in balance.

A previously published Cochrane review indicated that regular exercise helps older people improve their balance and reduces their risk of falling. By examining 94 studies that involved a total of 9917 participants, researchers identified a list of different types of exercises that had been tested to improve balance. "The information

has helped to shed more light on the different approaches to exercise that have been undertaken in studies to date," says lead author Tracey Howe, a professor in the School of Health & Life Sciences at Glasgow Caledonian University.

"Interestingly, we found that walking and cycling generally do not improve balance, although they have many other beneficial effects."

After adding 62 new studies to the pool of data, researchers say that better quality evidence is needed to indicate precisely which types of exercise improve balance in older people.

[More](#)>

## RESOURCES

### New Toolkit About Care Transitions From The Aging Network

The Administration on Aging Care Transitions Toolkit is targeted to organizations that are interested in learning more about how to prepare their organizations for a role in care transitions programs. Whether your organization has historically developed partnerships with health care providers or programs that span the continuum of care such as Community Living, Money Follows the Person, Aging and Disability Resource Centers, or others, the tools and resources in this toolkit can assist in formalizing your efforts for future funding and program opportunities.

This toolkit includes lessons learned from states that received funding from the Aging and Disability Resource Center (ADRC) Program, ADRC Evidence-Based Care Transitions Program, Person-Centered Hospital Discharge Model, Community Living Program (CLP), and the Veteran Directed Home and Community Based Services (VD-HCBS) Program. [More>](#)

### AMDA Works to Reduce Antipsychotic Use in Nursing Homes

The Office of the Inspector General (OIG) published a report in May 2011 entitled “Medicare Atypical Antipsychotic Drug Claims for Elderly Nursing Home Residents.” It calls for provider education on the appropriate prescribing of antipsychotics for nursing home residents.

AMDA—Dedicated to Long Term Care Medicine (Formerly the American Medical Directors Association) makes the issue of antipsychotic medication use in long-term care settings a priority. They offer educational programs on appropriate use, reduction, and elimination of these drugs in nursing home settings.

AMDA has published the *Multidisciplinary Medication Management Manual*, which provides practitioners in long-term care with information to help them improve patient care, enhance medication management, and reduce medication errors. It includes guidance on appropriate prescribing of psychoactive agents in the long-term care setting. AMDA also has published *Mental Health Documentation in the Nursing Home* and *Practical Psychiatry in the Long Term Care Home: A Handbook for Staff*, which aims at educating nursing and other staff. [More About AMDA publications>](#)

[Read the OIG Report>](#)

### Residents Can Gain Confidence By Attending “A Matter of Balance: Managing Concerns About Falls”

People who experience a fear of falling often limit their physical activities, which can result in loss of strength, reduced muscle tone, and balance problems, making the risk of falling greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. “A Matter of Balance” can help older adults increase activity levels, improve their quality of life, and remain independent.

This program can benefit older adults who:

- Are concerned about falls
- Have had a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance, and strength

“A Matter of Balance” uses trained coaches to teach eight two-hour sessions. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

[More>](#)

[Brochure>](#)

[Program Flyer>](#)

### New Pocket Guide Available

*The Infection Control Pocket Guide: For Assisted Living Workers and Home Care Aides* is now available for purchase. Co-developed by Med-Pass, Inc. and the Center for Excellence in Assisted Living (CEAL), this easy-to-understand pocket guide provides information about infection control for direct care workers. Item #MP5049GD.

A Spanish language version (Item #MP5049GD-S) will be available for sale in late January, 2012.

[More>](#)

[Sample Page>](#)

[Spanish Version Pre-order>](#)

## EVENTS

### Save the Date: The Minnesota Alliance for Patient Safety Kickoff Conference

May 1, 2012, 9:00 a.m. to 3:00 p.m.

The theme is “The Patient Safety Culture Roadmap — Across the Continuum of Care.” Intended participants are: Long-term care, hospitals, ambulatory care, surgical centers, and other health care settings.

The conference will take place at the Minnesota Landscape Arboretum, Chanhassen, Minnesota. Lunch and refreshments will be provided.

Watch for more details about the conference early in 2012.

(MAPS) is a partnership among the Minnesota Hospital Association, Minnesota Medical Association, Minnesota Department of Health, and more than 50 other public-private health care organizations, including Stratis Health, working together to improve patient safety.

[MAPS Web Site>](#)

### Patient Safety Awareness Week: Be Aware for Safe Care March 4-10, 2012

Patient Safety Awareness Week is an annual National Patient Safety Foundation (NPSF) education and awareness campaign.

Each year, health care organizations take part in the event by displaying the NPSF campaign logo and promotional materials within their organizations, and providing educational resources to hospital staff.

This year’s theme, Be Aware for Safe Care, stresses how important it is for every member of a health care team, including patients, to be aware of health care safety, and to participate in efforts to keep patients everywhere safe from medical harm.

[More>](#)

[Order Toolkit>](#)

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**Stratis Health** is a nonprofit organization that leads collaboration and innovation in health care quality and safety, and serves as a trusted expert in facilitating improvement for people and communities.

Stratis Health works toward its mission through initiatives funded by federal and state government contracts, and community and foundation grants, including serving as Minnesota’s Medicare Quality Improvement Organization.

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