

LEADING CHANGE

Beginning in August, Stratis Health, the Medicare Quality Improvement Organization for Minnesota, joined the Centers for Medicare & Medicaid Services (CMS) in moving health care in a new direction.

In July, *Nursing Home Update* briefly outlined initiatives defined by CMS that will set the standard for all health care organizations. These include:

- ♦ **Make care beneficiary- and family-centered** by actively engaging patients/residents and their families in decision-making by empowering them to participate in managing their own health and health care.
- ♦ **Improve individual patient care** by reducing pressure ulcers and adverse drug events, eliminating unnecessary physical restraints, improving quality reporting, and decreasing health care-acquired conditions.
- ♦ **Integrate care for populations and communities** by supporting transitions of care that prevent unnecessary rehospitalizations.
- ♦ **Improve health for populations and communities** by promoting regular health screenings and immunizations and a cardiovascular health campaign designed to reduce mortality rates associated with heart disease.

To extend the reach of the current, successful nursing home projects,

Stratis Health initially will work with approximately 30 nursing homes to reduce pressure ulcers and eliminate the daily use of unnecessary physical restraints.

In order to fulfill these initiatives, Stratis Health will convene in-person learning sessions, provide webinars, offer resources and tools, and intensive personalized support to assist nursing homes in implementing change.

Over time, in addition to pressure ulcers and physical restraints, other broad-scale improvement initiatives will be introduced, including reducing health care-acquired conditions such as catheter-associated urinary tract infections and falls.

Focus:

Our work with nursing homes will focus on achieving results. We plan to:

- ♦ Focus on what works so we find more best-practices.
- ♦ Focus on successes so we find more success stories.
- ♦ Focus on results so we find more positive results.

Stratis Health will share information on success and best-practices in a number of ways, including our [website](#), [Nursing Home Update](#), and conferences.

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Did You Know?

Stratis Health is committed to improving individual patient care. That commitment extends to providing resources and training to assist nursing home staff to provide the best care available to residents.

The CMS national initiative aims to reduce the number of pressure ulcers and unnecessary use of physical restraints in nursing homes by 40 percent.

When that goal is accomplished in Minnesota:

- 480 Minnesota nursing home residents will be free of high-risk pressure ulcers.
- 128 Minnesota nursing home residents will be free of unnecessary physical restraints.

NEWS



RARE Website Launched

Stratis Health, the Institute for Clinical Systems Improvement, and the Minnesota Hospital Association are leading a Minnesota campaign to reduce avoidable hospital readmissions.

The RARE (reducing avoidable readmissions effectively) Campaign engages hospitals and care providers across the continuum of care to prevent 4,000 avoidable hospital readmissions throughout Minnesota between July 1, 2011, and December 31, 2012.

Doing so will alleviate the burden these readmissions place on patients and their families and will allow them the comfort and well-being of sleeping in their own beds. [More >](#)

Reducing Preventable Hospitalizations for Nursing Home Residents

CMS announced an initiative aimed at reducing the number of unnecessary hospitalizations of nursing home residents. It addresses a widespread and costly problem: nursing facility residents are subject to frequent preventable inpatient hospitalizations.

These hospitalizations are expensive, disruptive, disorienting, and often dangerous for frail elders and people with disabilities, and cost the Medicare program billions of dollars each year.

This initiative aims to improve the quality of care for people in nursing homes by providing these individuals with treatment that helps prevent unne-

cessary hospital admissions. Enhanced clinical services will be provided to the approximately 150 participating nursing homes in an effort to avoid costly hospitalizations. [More >](#)

RESOURCES

Pressure Ulcer Tracking Tool

The Advancing Excellence in America's Nursing Homes Campaign has updated its pressure ulcers tracking tool. This tool allows care providers to track the number of residents with pressure ulcers based on whether they were acquired in the nursing home or from another setting. [More >](#)

Guide to Effective Pain Management Interventions for Hip Fracture

The Agency for Healthcare Research and Quality (AHRQ) Effective Health Care Program has released consumer and clinician guides on a recent comparative effectiveness review of pain management for hip fracture.

The clinician guide, [Pain Management Interventions for Elderly Patients With Hip Fracture](#), focuses comparative effectiveness, benefits, and adverse events associated with interventions for acute-pain management in elderly patients.

The consumer guide, [Managing Pain From a Broken Hip: A Guide for Adults and Their Caregivers](#), provides plain-language information on treatment for older adults and helps patients and caregivers work with clinicians on treatment and pain management. Email ahrqpubs@ahrq.hhs.gov for more information.

When Noise is a Problem

Solutions to turn down the volume of noise in long-term care communities is presented in this article by the Alzheimer's Association. Lowering the noise level, according to the article, can help reduce physical symptoms among residents, including depression, falls, increased confusion, hypertension, sleep disruption, among others. [More >](#)

Nursing Home Survey on Patient Safety Culture Report

The first edition of the AHRQ Nursing Home Survey on Patient Safety Culture Comparative Database Report presents data from 16,155 staff within 226 U.S. nursing homes. The 2011 report shows that 86 percent of nursing home staff think that residents are well cared for and safe.

The report also contains detailed comparative data for various nursing home characteristics (size and ownership) and respondent characteristics (job titles, work areas, direct patient contact, and shift worked). [More >](#)

EVENTS

Falls Prevention Awareness Day 2011 September 23

National Falls Prevention Awareness Day is observed the first day of fall to promote and increase public awareness about how to prevent and reduce falls among older adults. Join in and learn what others throughout the country are doing to prevent falls in their communities. [More >](#)

28th Annual MN-DONA Long-Term Care Conference

October 12-14
Breezy Point, MN

This year the Minnesota Directors of Nursing Administration (MN-DONA) conference keynote speaker, Renee Rongen, humorist; and Kit Welchin, motivational speaker, will share strategies that can help participants enhance their personal and professional lives.

Kelly O'Neill, RN, BSN, MPA, CPHQ, program manager for Stratis Health, will present a minimodule, "QAPI Comes to the Nursing Home."

Attendees are invited to participate in educational sessions, exhibits, entertainment, and more during the two-day annual conference. Contact [Pat Perryman](#) for more information. [More >](#)

National Healthcare Quality Week

October 16-22

National Healthcare Quality Week features the work of health care quality professionals. It highlights their influence on improved patient care outcomes and health care delivery systems. [More >](#)

Advance Care Planning Facilitator Training

October 17
Minneapolis, MN

This training course is for health care professionals and others who have end-of-life discussions as a component of professional practice (social workers, nurses, hospice/home care workers, parish nurses, clergy, volunteers, etc.), as well as interested lay persons. [More >](#)

6th Annual 2011 Many Faces of Community Health Conference

October 27-28,
Bloomington, MN

This two-day conference will explore ways to improve care and reduce health disparities in underserved populations and among those living in poverty.

The audience consists of physicians, health care professionals, and students; community clinic management and staff; professionals from public health, social services, health plans, and government; community health workers; policy makers; health activists; and others involved in the community.

[More >](#)

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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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