

Christian Care Nursing Center Grant Report March 2009

Christian Care Nursing Center respectfully submits the following report of the uses of the award, data and best practices that have been developed in compliance with the scope of work for Grant Number HR821043-006 from the Arizona Department of Health services.

Christian Care Nursing Center received a \$20,325 Nursing Home Quality Improvement Grant in April 2008. Our goal is to prevent and reduce the number of pressure ulcers and improve pain management for our residents by incorporating a program that includes both education of our nursing staff on the care and prevention of pressure and non-pressure related wounds and the use of pressure-relieving surfaces. By September of 2008 our standard mattresses were replaced with Pressure-Check Mattresses with foam sections that individually adjust to distribute weight and relieve interface pressure. Gel/foam wheelchair cushions replaced the standard cushions as they were designed to stabilize wheelchair residents while reducing pressure. All of our nursing staff completed a comprehensive training program designed to focus on the care and prevention of pressure and non-pressure related wounds.

The following data is calculated based on two separate calculations:

- 6 months prior to program implementation March 2008 through Aug. 2008
- 6 months after program implementation September 2008 to February 2009

New facility acquired pressure ulcers for the six months prior averaged 4 per month versus the six months after averaged 2.3 per month.

The total number of pressure ulcers divided by the number healed for the first six months was 39%. This increased dramatically to 50% for the six months after program installation.

On the Advancing Excellence in America's Nursing Homes Campaign goal of reducing pressure ulcers the state average is 11%. Christian Care had a nursing home score of 17.6% for the 2nd & 3rd quarter of 2008. According to the Facility Quality Measure/Indicator report this number was reduced to 12.1%. The 12.1% is below the state and national averages. Looking at the residents who have moderate to severe pain on the Facility Quality Measure/Indicator Report calculated on 3/16/09 the observed percent was 3.3% which is well below the state and national averages.

The staff education is the major factor in the success of the program. The education involved all nursing staff – RNs, LPNs, CNAs. The wound care education was a comprehensive program that covered the basics and included prevention, nutrition & lab values, wound types, assessment, debridement, wound care algorithm, treatment protocols, tools for healing, infection prevention and product. Staff gained the knowledge and tools to heal and prevent pressure ulcers.

Written by
Kristie Larsen, NHA
Christian Care Nursing Center