Improving Quality of Life in Nursing Homes: An Innovative Assessment and Care Planning Approach

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1 Abstract
The Quality of Life (QOL) of elderly people living in US nursing homes is widely recognized to be lower than desired. As nursing homes face increased scrutiny and accountability for QOL, there will be a growing need for approaches to assess and improve resident QOL. We have developed a practical and efficient, easy-to-implement, method for assessing QOL using individualized QOL Care Plans. QOL Care Plans have been successfully implemented using a hybrid consultative model in a randomized clinical trial with improved resident satisfaction.

2 National Advisory Panel
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3 Significance
Accountability for QOL in nursing homes is becoming a reality: VA/LSJ measures resident "Preferences for Continuity Routine and Assistance" as a quality indicator. Medicare measures resident "preferences for continuity, routine and assistance" as a quality indicator. State and Federal leaders are developing quality indicators based on QOL assessment tools like QOL.SRI. Where are the QOL assessment tools used? The QOL.SRI is used in nursing homes, assisted living facilities, skilled nursing facilities, long-term care facilities, and inpatient hospitals.

4 Definition of QOL
The Quality of Life (QOL) of elderly people living in US nursing homes is widely recognized to be lower than desired. As nursing homes face increased scrutiny and accountability for QOL, there will be a growing need for approaches to assess and improve resident QOL.

5 Variation in QOL
Factors affecting QOL include resident characteristics, resident health status, environment, staff, and management. The QOL.SRI is a tool for measuring QOL in nursing homes.

6 QOL Assessment and Care Planning Process
The QOL.SRI is a tool for measuring QOL in nursing homes. It includes a structured interview and a set of open-ended questions. The interview is designed to identify areas for improvement.

7 Evaluation Design
The QOL.SRI is a tool for measuring QOL in nursing homes. It includes a structured interview and a set of open-ended questions. The interview is designed to identify areas for improvement.

8 Study Sites
The QOL.SRI is a tool for measuring QOL in nursing homes. It includes a structured interview and a set of open-ended questions. The interview is designed to identify areas for improvement.

9 Recruitment and Disposition
The QOL.SRI is a tool for measuring QOL in nursing homes. It includes a structured interview and a set of open-ended questions. The interview is designed to identify areas for improvement.

10 90-Day QOL Outcomes
The QOL.SRI is a tool for measuring QOL in nursing homes. It includes a structured interview and a set of open-ended questions. The interview is designed to identify areas for improvement.

11 Observations
Most residents are engaged, willing to talk. Assessment sessions take 60-90 minutes. Staff are enthusiastic and receptive. Staff surveys before and after program.

12 Barriers
Residents may have trouble answering questions. Some residents are reluctant to "complain" even to an outsider. Multiple perspectives on "what" is the problem may be present (e.g., family member's perception of behaviors vs. staff perceptions).

13 Next Steps
Examine what works, what doesn't work. Expand to a larger number of sites. Examine what works, what doesn't work. Expand to a larger number of sites.

14 Conclusions
The QOL.SRI approach yields actionable, discrete care plan tasks that are linked to individual residents. Care plans have been successfully implemented using paper-based forms as well as with the resident guidance system used in the study. When comparing residents with a tailored care plan that targets a specific QOL domain to a control group, there are significant differences in improvement over a 90-day period.

Although the sample size is too small for inferential statistics, the impact of the QOL.SRI on resident QOL is promising. Further research with a larger sample should investigate the best ways to train staff can be trained to conduct assessments and develop care plans.