

ISDH Long Term Care
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GPRA Pressure Ulcer and Restraint Update

As part of the Government Performance Responsibility Act (GPRA), the Centers for Medicare and Medicaid Services (CMS) in 2005 established pressure ulcers and restraints as their two GPRA goals. CMS has encouraged states to develop initiatives aimed at preventing pressure ulcers and decreasing restraints. The GPRA data includes all Indiana nursing homes.

GPRA Pressure Ulcer Rates Increase in the Fourth Quarter of 2009

Since the beginning of the GPRA pressure ulcer data report going back to 2003, Indiana has had the highest pressure ulcer rate in CMS Region V. At the beginning of the CMS GPRA initiative in the fourth quarter of 2005, Indiana had a pressure ulcer rate in nursing homes 8.6%. In the first quarter of 2007, the Indiana rate was 8.7%.

In June 2008 the Indiana State Department of Health (ISDH) implemented the Indiana Pressure Ulcer Initiative. The first group of participants included 95 nursing homes, 40 hospitals, and 28 home health agencies. The first learning sessions were in October 2008. The first phase of the initiative concluded in August 2009. In September 2008, the ISDH, state provider associations, and quality improvement organizations attended a CMS Midwest Consortium Meeting on pressure ulcer prevention.

At the end of the fourth quarter of 2008, the Indiana pressure ulcer rate in nursing homes was 8.3% and still the highest in the region. The data for the first quarter of 2009 showed a drop in the pressure ulcer rate to 8.0%. The data for the second quarter of 2009 showed another drop in the pressure ulcer rate to 7.6%. The data for the third quarter of 2009 showed another drop to 7.3%. From late 2008 through the third quarter of 2009, Indiana improved from a 36th national rank (51st being the highest/worst rate) to 26th. Indiana also improved to 4th in the six state region.

The ISDH is disappointed to report that the pressure ulcer rate for the fourth quarter of 2009 increased. Indiana's pressure ulcer rate for nursing homes increased from 7.3% in the third quarter to 7.8% in the fourth quarter. Indiana dropped from 26th to a tie for 32nd in national rankings and dropped back to last in the six state region.

This is the first increase in the state pressure ulcer rate since the beginning of the Indiana Pressure Ulcer Initiative. Preventing pressure ulcers requires constant diligence and attention. The ISDH encourages facilities to review their pressure ulcer prevention systems and implement improvements. The ISDH Pressure Ulcer Resource Center provides useful resources and best practices and is found at <http://www.in.gov/isdh/24558.htm>.

GPRA Restraint Rates Continue to Decline

The Indiana restraint rate continues to decline. In March 2008, the ISDH provided a Healthcare Leadership Conference on decreasing restraints. The restraint rate in Indiana nursing homes at the time was 4.0%. The Indiana rate at the end of 2008 was 3.1%. The rate for the third quarter of 2009 was 2.5%.

The Indiana restraint rate for the fourth quarter of 2009 decreased to 2.3%. This is lower than the national rate of 3.1% and the CMS Region V rate of 2.9%. Indiana ranks 21st in the nation for the lowest rate and ranks third in the region. Congratulations to Indiana nursing homes on the continued efforts to reduce restraints.

National Healthcare Decision Day

April 16, 2010, was designated as National Healthcare Decisions Day. The Day was intended to highlight the importance of advance healthcare decision-making. Organizers encourage health care providers to make available information and tools for the public to talk about their wishes with family, friends and healthcare providers, and execute written advance directives (healthcare power of attorney and living will) in accordance with state laws.

With advance directives, people can be expected to have thoughtful conversations about their healthcare decisions and complete reliable advance directives to make their wishes known. Fewer families and healthcare providers will have to struggle with making difficult healthcare decisions in the absence of guidance from the patient, and healthcare providers and facilities will be better equipped to address advance healthcare planning issues before a crisis and be better able to honor patient wishes when the time comes to do so.

The Indiana State Department of Health (ISDH) has information about advance directives at <http://www.in.gov/isdh/18953.htm>.

For more information about National Healthcare Decision Day and resources, please visit www.nationalhealthcaredecisionsday.org.

CMS Update

CMS Five-Star Quality Ratings

Since January 2009, the Centers for Medicare & Medicaid Services (CMS) has provided to every participating nursing home a preview of its 5 star ratings. Beginning with previews posted in April 2010, CMS is notifying the 15 lowest-scoring nursing homes (i.e., with a rank of 1-15) in each State (with the exception of Alaska and the District of Columbia) that these nursing homes are candidates for the Special Focus Facility (SFF) program. Please note that CMS is notifying the nursing homes individually. CMS is not currently planning to distribute the list publicly.

Coming Events and Deadlines

May 14, 2010: Applications due for participation in Indiana Healthcare Associated Infection Initiative. For more information, go to the ISDH Healthcare Associated Infections Resource Center at <http://www.in.gov/isdh/24769.htm>.

August 9-11, 2010: Pioneer Network 10th National Conference, Indianapolis, Indiana. For conference information, go to www.pioneernetwork.org.

October 14, 2010: ISDH Indiana Healthcare Leadership Conference, Caring for Alzheimer's and Dementia, Indiana Convention Center, Indianapolis, Indiana. Watch for information late this summer.



That is all for this week.

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