

Health Care Excel (HCE), the Medicare Quality Improvement Organization (QIO) for the state of Kentucky, has collaborated with health care providers in our state for more than 20 years to improve residents' quality of care and quality of life.

Update: February 1, 2013 HCE began planning a nursing home quality care collaborative (NHQCC) with 62 participating facilities. Every facility will be looking closely at the off-label use of anti-psychotics for residents with dementia, plus education, sharing, and data collection for individualized care and falls. As the Centers for Medicare & Medicaid Services (CMS) provides the Quality Assurance/Performance Improvement (QA/PI) change package, it will be incorporated into the Collaborative resources. The kickoff NHQCC meeting is scheduled for Tuesday, March 19, 2013 at Paroquet Springs Conference Center in Shepherdsville, Kentucky. Our guest presenters are Lisa O'Hara, a geriatric pharmacist, Barbara Frank and Cathie Brady, consultants with B & F Consulting.

During the past year and a half our goal at HCE has been to offer education and assistance to a small identified group of facilities as they have focused efforts on physical restraint reduction. We began with a group of 24 nursing homes, with an MDS reported aggregate 10.61% of residents physically restrained. From the latest data provided by CMS, this same group is now at 5.06%. The national average, as updated November 2012, is 2.1%, and Kentucky's statewide average is now 3.4%. The goal CMS set for each state's identified participant group to reach was $\leq 3\%$. We aren't quite there, but WOW! what great work these homes have done. Several have even made it to 0% and established "Restraint Free" as a facility expectation! Physical restraints remain a common concern across the facilities in Kentucky; we must find a way both to comply with Federal and State regulations and follow evidence-based best practices: Reduce Restraints!

We've learned with person-centered care that everyone has creative improvement ideas and concepts to bring to the team. Encourage all your staff to participate in the challenge of improving the quality of care given in your home, with an expansive interdisciplinary team. If you would like to be a part of this work with HCE, contact Janet Pollock at 502-454-5112, extension 2220.

The material was prepared by Health Care Excel, the Medicare Quality Improvement Organization for Kentucky, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 10SOW-KY-INDPAT-13-014 2/12/2013