

California Skilled Nursing Facilities

Five Year Quality Snapshot



Summary

The California Association of Health Facilities has compiled a five-year snapshot that outlines trends in the delivery of quality care for long-stay (LS) and short-stay (SS) residents in the state's 1,236 skilled nursing facilities.

The data is collected each quarter by the federal Centers for Medicare & Medicaid Services (CMS) which monitors changes in 24 separate quality metrics. California skilled nursing providers are presently ranked No. 1, 2 or 3 in the nation in eight of the 24 quality categories.

Top Ranked Categories

Long-Stay Residents	National Rank
Activities of daily living	1
Depressive symptoms	1
Urinary tract infection	1
Falls with injury	2
Ability to move worsened	2
Weight loss	3
Moderate to severe pain	3
Short stay pain	3

The following pages provide a five-year look back at the performance of all 24 measures in California, compared to the national average. In most cases, the data reflects continuous improvement or the attainment of levels of sustainability.

Only two years of data is available on six new, recently-added quality measures. While California providers are second in the nation in making sure patients don't lose their ability to move, providers are focused on achieving improvements in these new areas, with special emphasis on reducing hospital readmissions.

New Quality Measures

- SS ER visit
- SS Discharge to community
- LS Antianxiety/hypnotic meds
- LS Ability to move worsened (see above)
- SS Improvements in function
- SS Re-hospitalization

The data is captured by CMS' Nursing Home Compare and reflects information available as of October, 2017.

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Long-Stay Residents

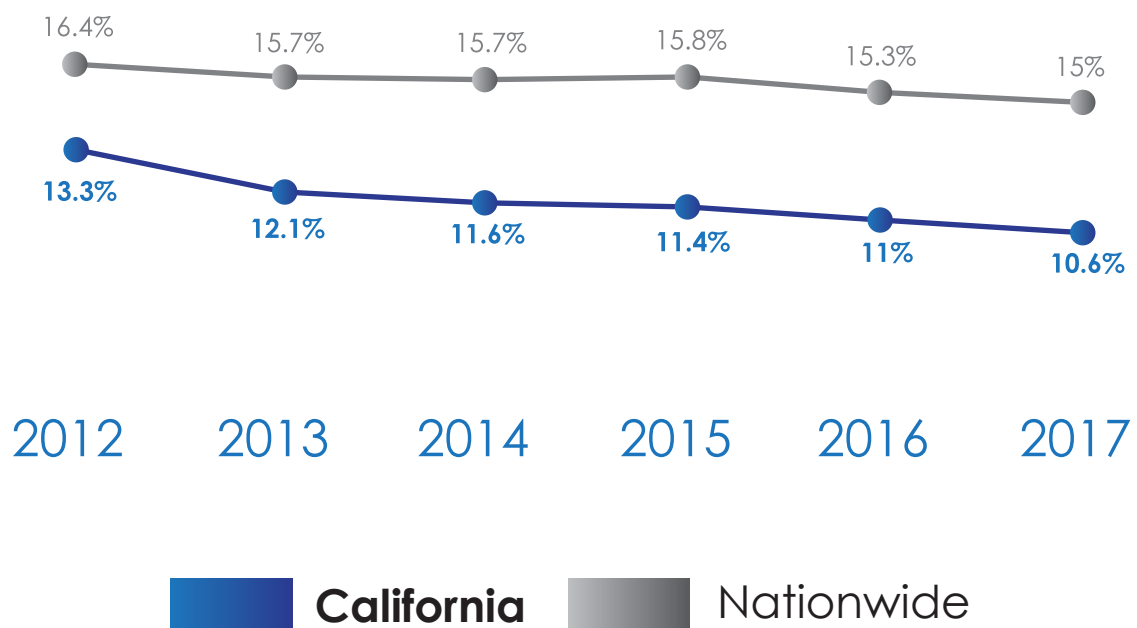
Long-stay resident quality measures indicate the average quality of care for specific areas in a skilled nursing facility and apply to residents admitted for 100 days or more.

Residents in a nursing home for a long-stay are usually not healthy enough to leave a nursing home and are unable to live at home or in a community setting. These residents are generally older and have a combination of chronic health issues.

Activities of Daily Living 2012 through 2017

Lower Percentage = Better Quality

Activities of daily living are related to personal care. They include the ability to independently eat, walk, dress, get in and out of bed or a chair, take a bath or shower and use the toilet.



Over the past five years, California providers have performed better than the national average.

California ranked No.1 in the nation in helping residents perform activities of daily living in 2017.

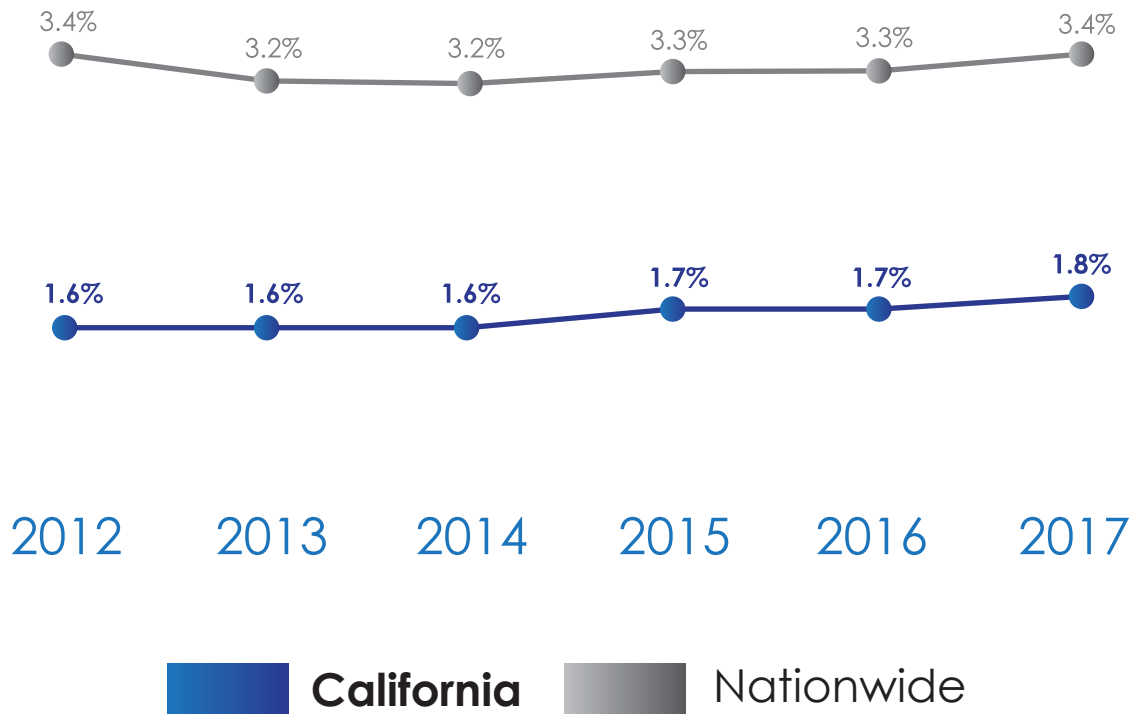
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Falls with Injury 2012 through 2017

Lower Percentage = Better Quality

Every year, one in every three adults over age 65 falls. One third of falls in skilled nursing centers result in injury including bone fractures, joint dislocations and head injuries.



Over the past five years, California providers have performed better than the national average.

California ranked No.2 in the nation in 2017 in preventing falls with injury.

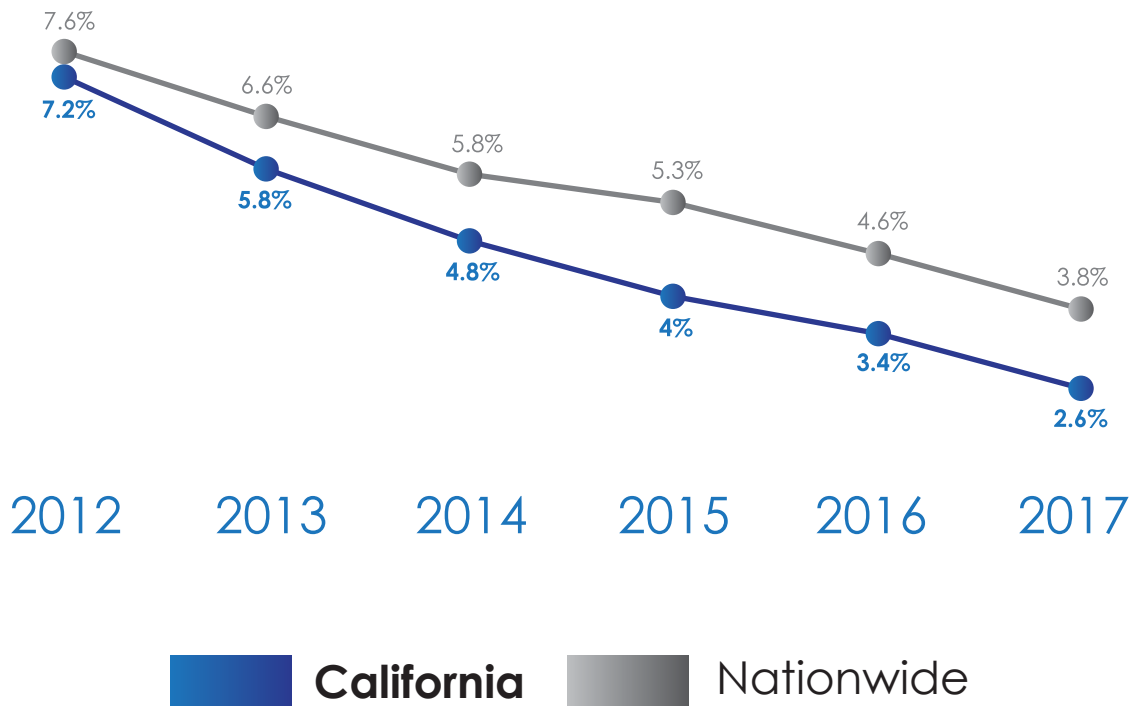
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Urinary Tract Infections 2012 through 2017

Lower Percentage = Better Quality

Bladder infections are the most common type of UTI, but any part of the urinary tract can become infected. Good hygiene and early treatment for a UTI can keep the infection from spreading and causing complications.



Over the past five years, California providers have performed better than the national average.

California ranked No.1 in the nation in 2017 in preventing urinary tract infections.

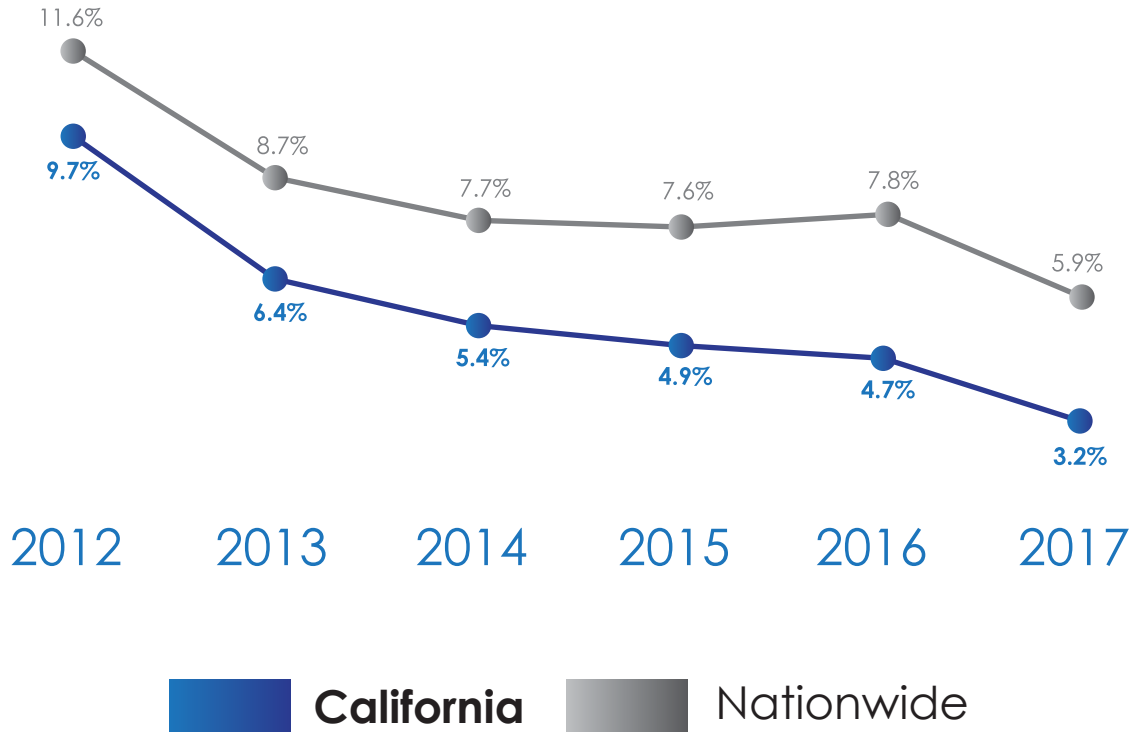
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Moderate to Severe Pain 2012 through 2017

Lower Percentage = Better Quality

Residents who report they have pain that's either almost constant or happens often.



Over the past five years, California providers have performed better than the national average.

California ranked No.3 in the nation in 2017 preventing moderate to severe pain.

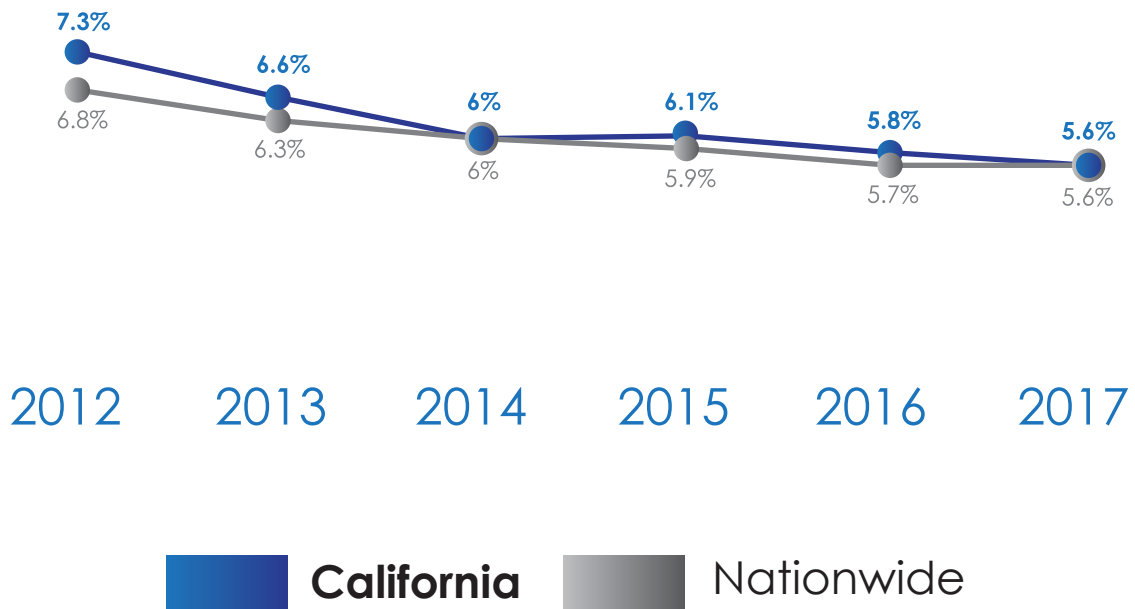
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

High-Risk Pressure Ulcer 2012 through 2017

Lower Percentage = Better Quality

Pressure ulcers are areas of damaged skin as a result of staying in one position for too long. They are prevented by a combination of frequent changing of position, padding and proper nutrition.



Over the past five years, California providers have steadily improved and now perform the same as the national average.

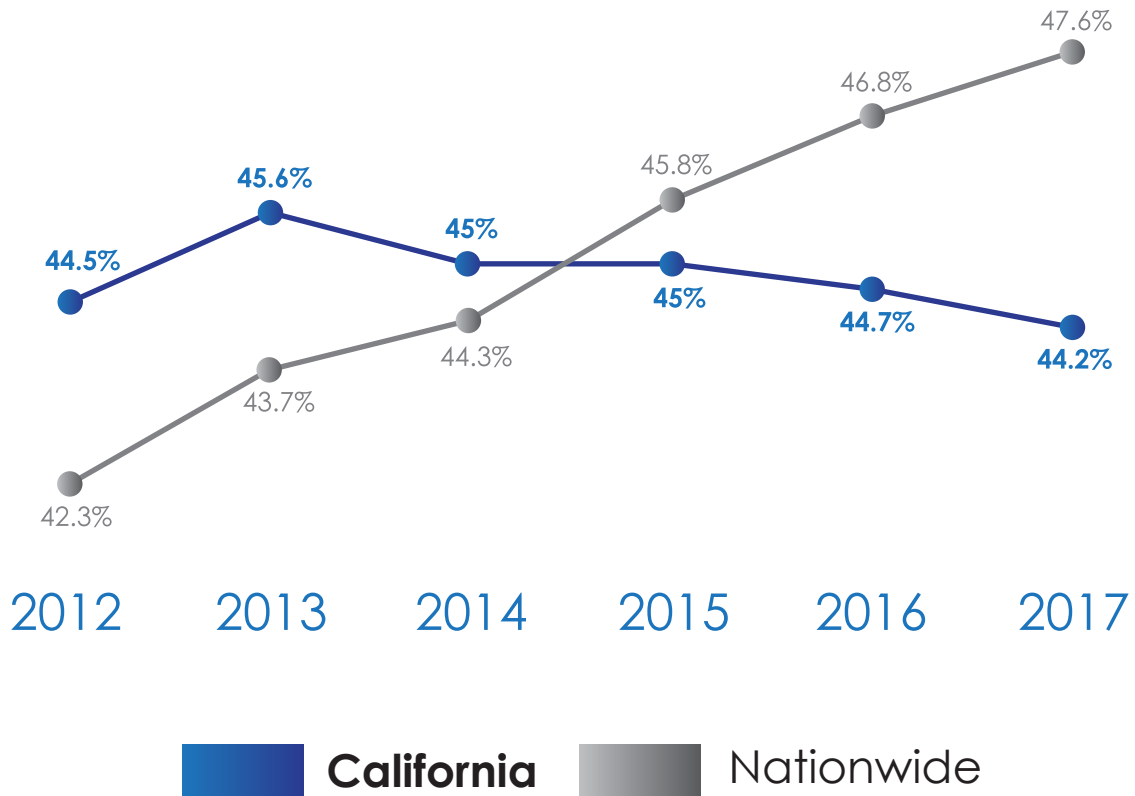
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Incontinence 2012 through 2017

Lower Percentage = Better Quality

This quality measure examines the percentage of residents who lose control of their bodily functions. Incontinence can often be successfully treated.



Over the past five years, California providers have performed better than the national average.

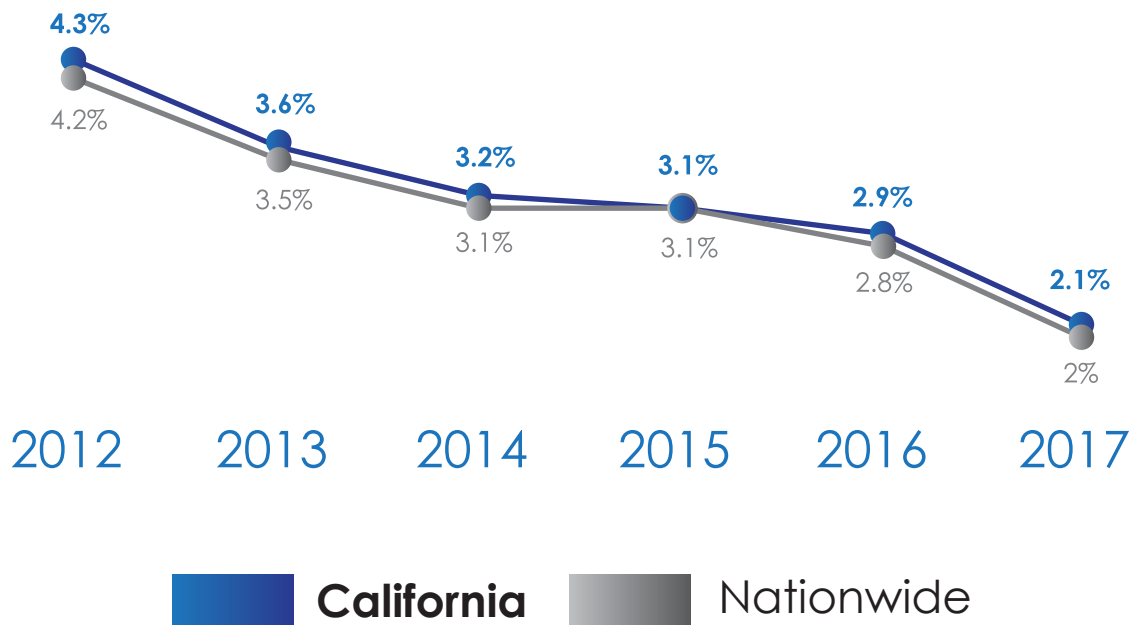
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Catheter 2012 through 2017

Lower Percentage = Better Quality

The percentage of long stay resident who have a catheter in their bladder which drains and collects urine. Catheters should only be used when medically necessary.



Over the past five years, California providers have performed about the same as the national average.

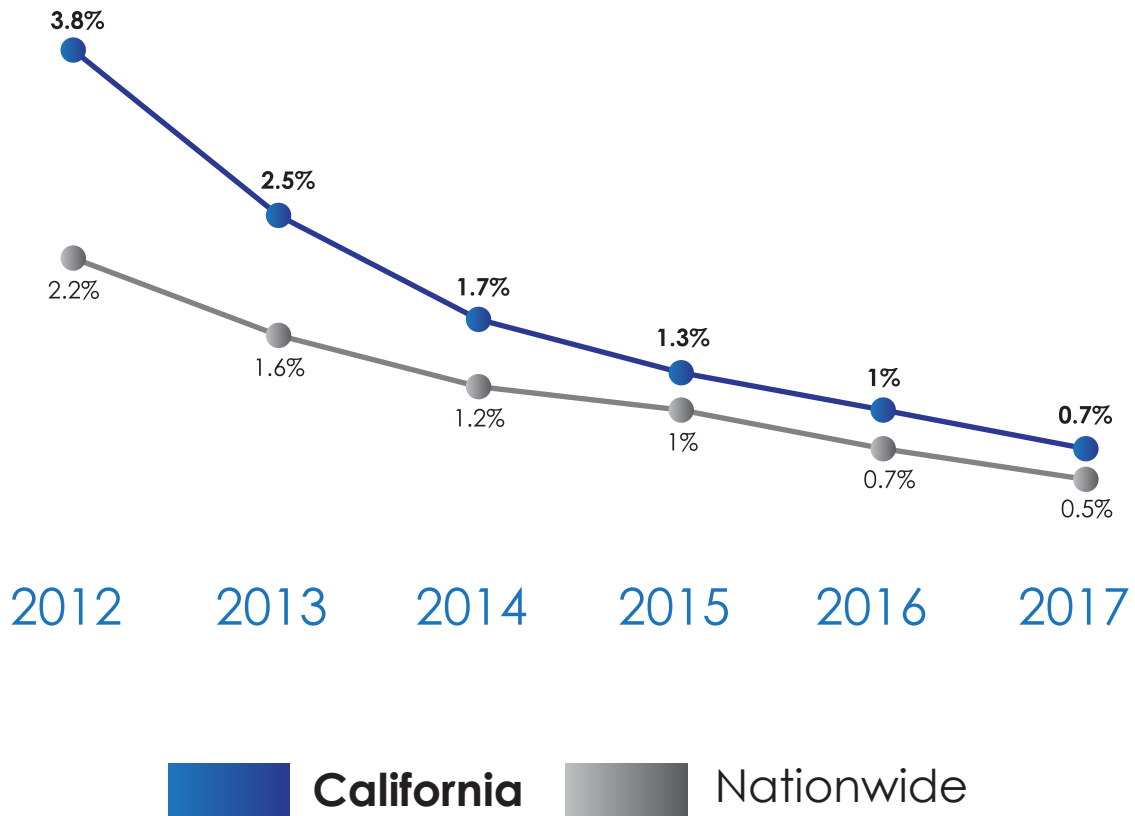
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Restraints 2012 through 2017

Lower Percentage = Better Quality

The percentage of residents who were physically restrained during the day or night. Only a physician can order a restraint.



Over the past five years, California providers have steadily reduced the use of physical restraints and are on par with the national average.

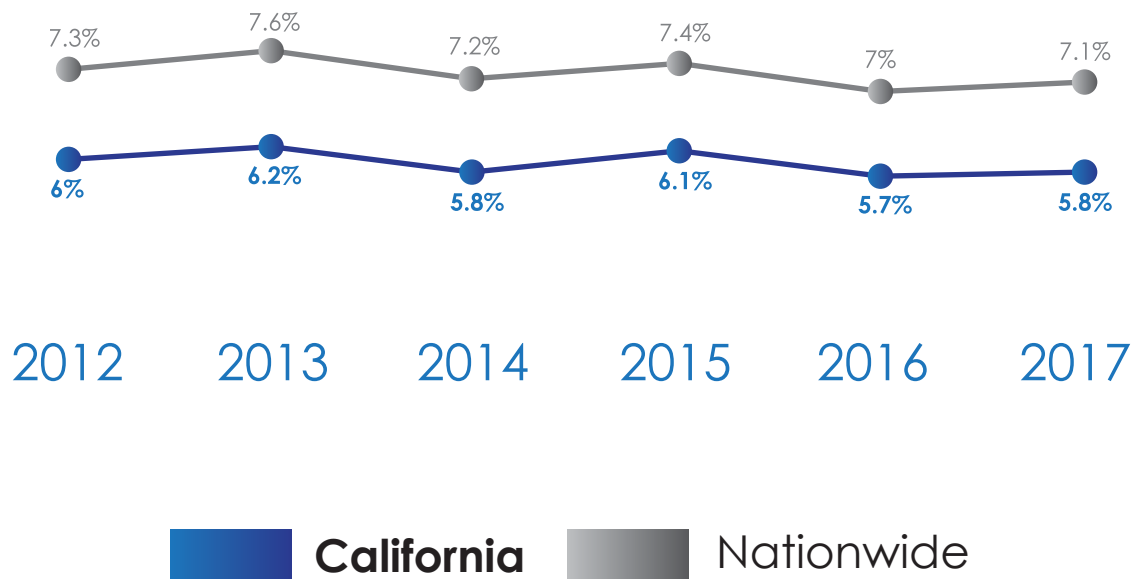
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Weight Loss 2012 through 2017

Lower Percentage = Better Quality

Weight loss of five percent or more of body weight in one month is usually considered unhealthy.



Over the past five years, California providers have performed better than the national average.

California ranked No.3 in the nation in 2017 in preventing weight loss.

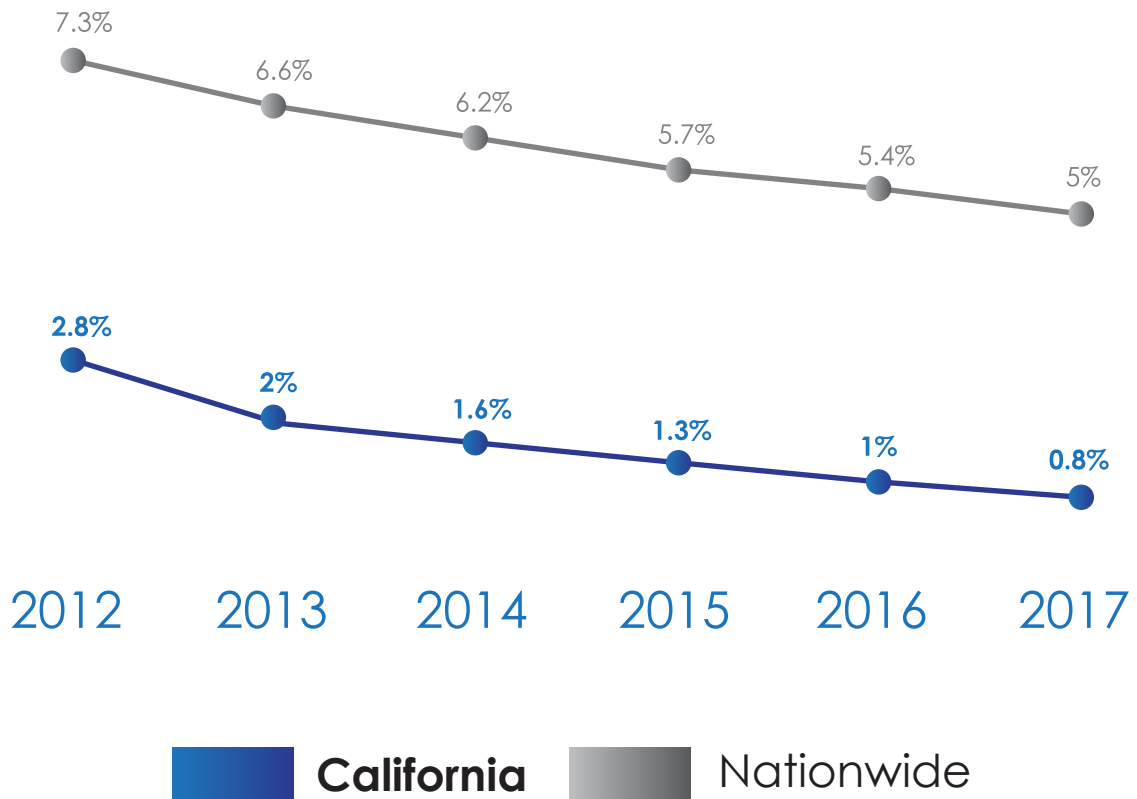
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Depressive Symptoms 2012 through 2017

Lower Percentage = Better Quality

Skilled nursing residents are at a high risk for developing depression and anxiety for many reasons including loss of a spouse, family members or friends, chronic illness and frustration with memory loss.



Over the past five years, California providers have performed better than the national average.

California ranked No.1 in the nation in 2017 in preventing depression.

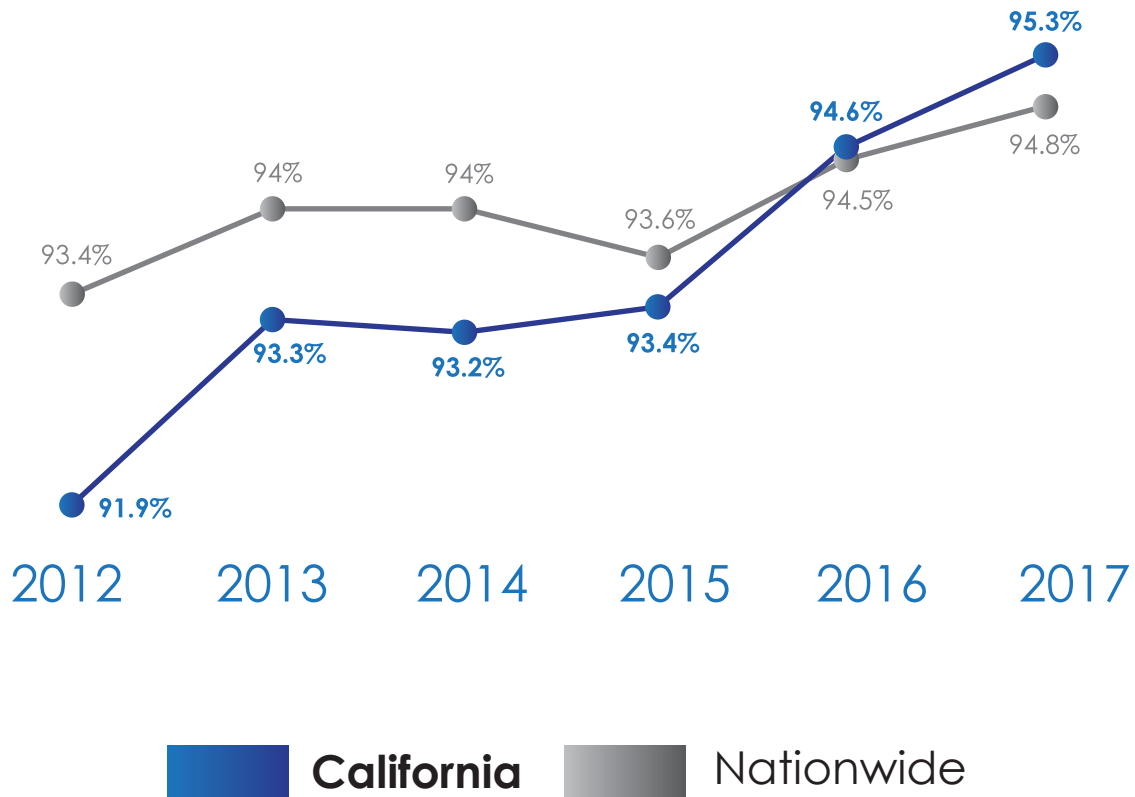
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Flu Vaccine 2012 through 2017

Higher Percentage = Better Quality

People who are 65 and older are at a higher risk for developing serious, life-threatening medical complications from the flu. Many residents who enter skilled nursing facilities have already received a flu vaccination.



Over the past five years, California providers have performed slightly better than the national average.

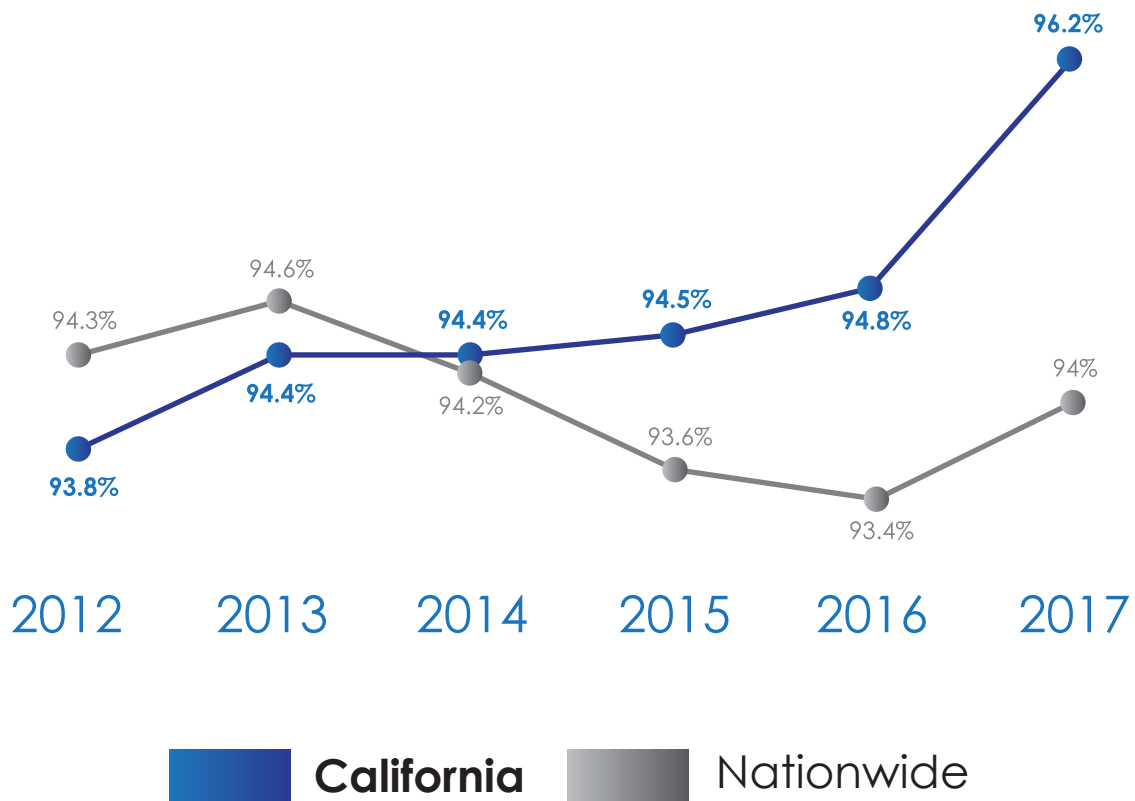
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Pneumonia Vaccine 2012 through 2017

Higher Percentage = Better Quality

The pneumococcal vaccine may help prevent or lower the risk of becoming seriously ill from pneumonia caused by bacteria.



Over the past five years, California providers have performed better than the national average.

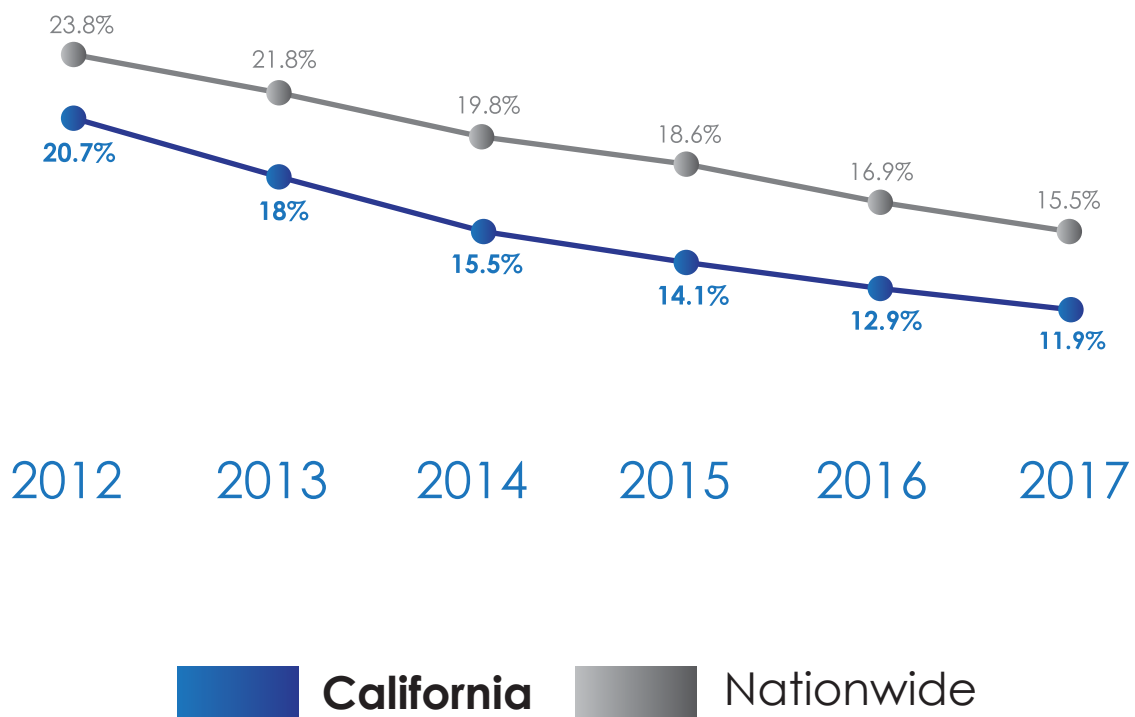
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Antipsychotic Medication 2012 through 2017

Lower Percentage = Better Quality

Antipsychotic drugs are an important treatment for patients with certain mental health disorders. However, the FDA has warned antipsychotic medications are associated with an increased risk of death when used in elderly patients with dementia.



Over the past five years, California providers have performed better than the national average.

California ranked No.4 in the nation in 2017 in reducing the use of antipsychotics.

Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Short-Stay Residents

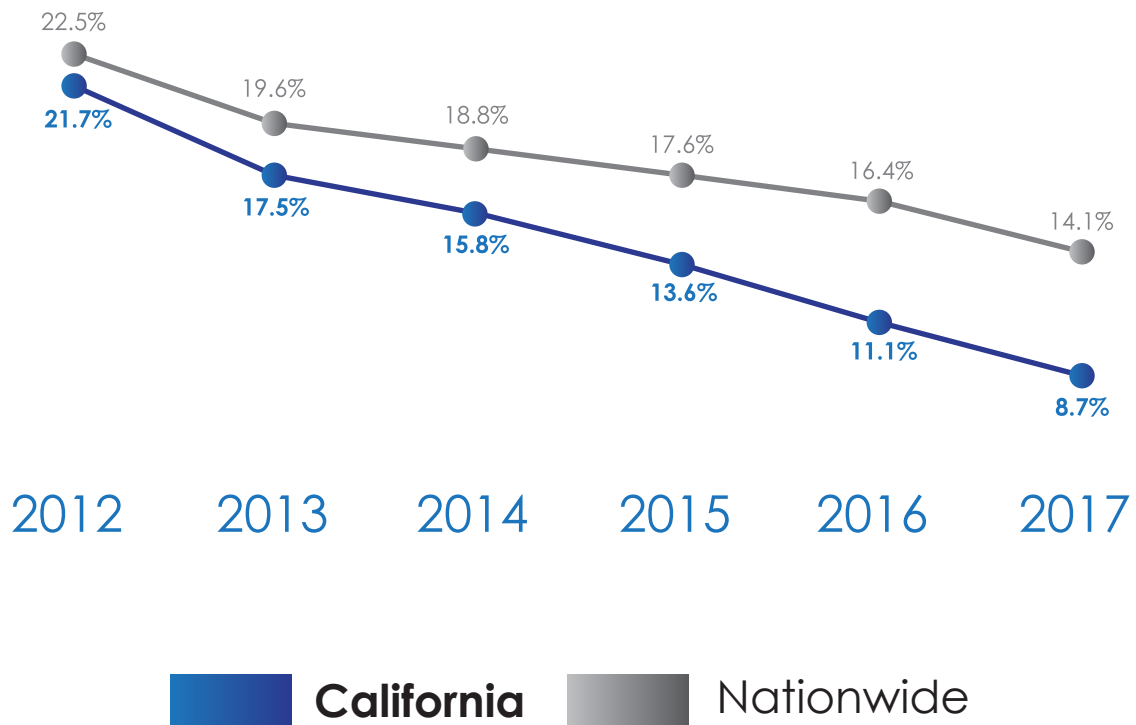
Short-stay resident quality measures indicate the average quality of resident care in a skilled nursing facility for those who are admitted for less than 100 days. Short-stay residents often are those recovering from surgery or discharged from a recent hospital stay. Many short-stay residents get care in a nursing facility until they're able to go back home or to a lower level of care in the community.



Short-Stay Pain 2012 through 2017

Lower Percentage = Better Quality

This metric tracks residents who report they have pain that's either almost constant or happens often including at least one episode of moderate/severe pain or any excruciating pain in the last five days.



Over the past five years, California providers have performed better than the national average.

California ranked No.3 in the nation in 2017 in reducing pain in short-stay residents.

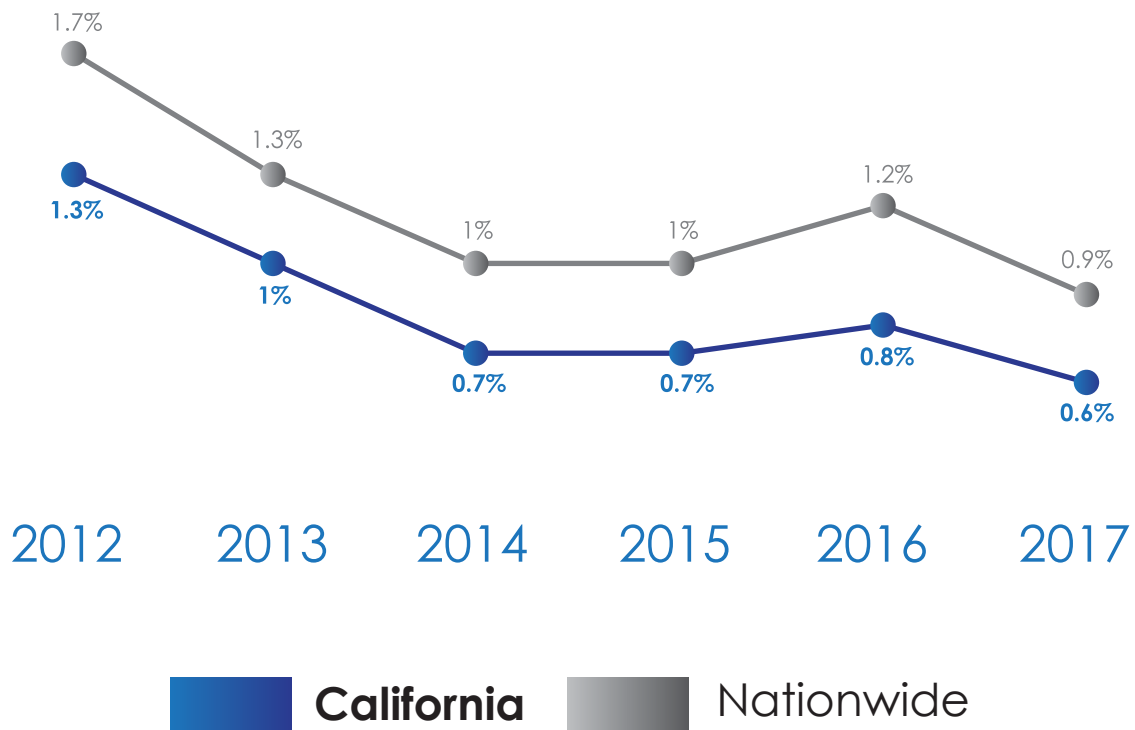
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Worsening Ulcers 2012 through 2017

Lower Percentage = Better Quality

Pressure ulcers are areas of damaged skin as a result of staying in one position for too long. They are prevented by a combination of frequent changing of position, padding and proper nutrition.



Over the past five years, California providers have performed better than the national average in preventing pressure ulcers in short-stay residents.

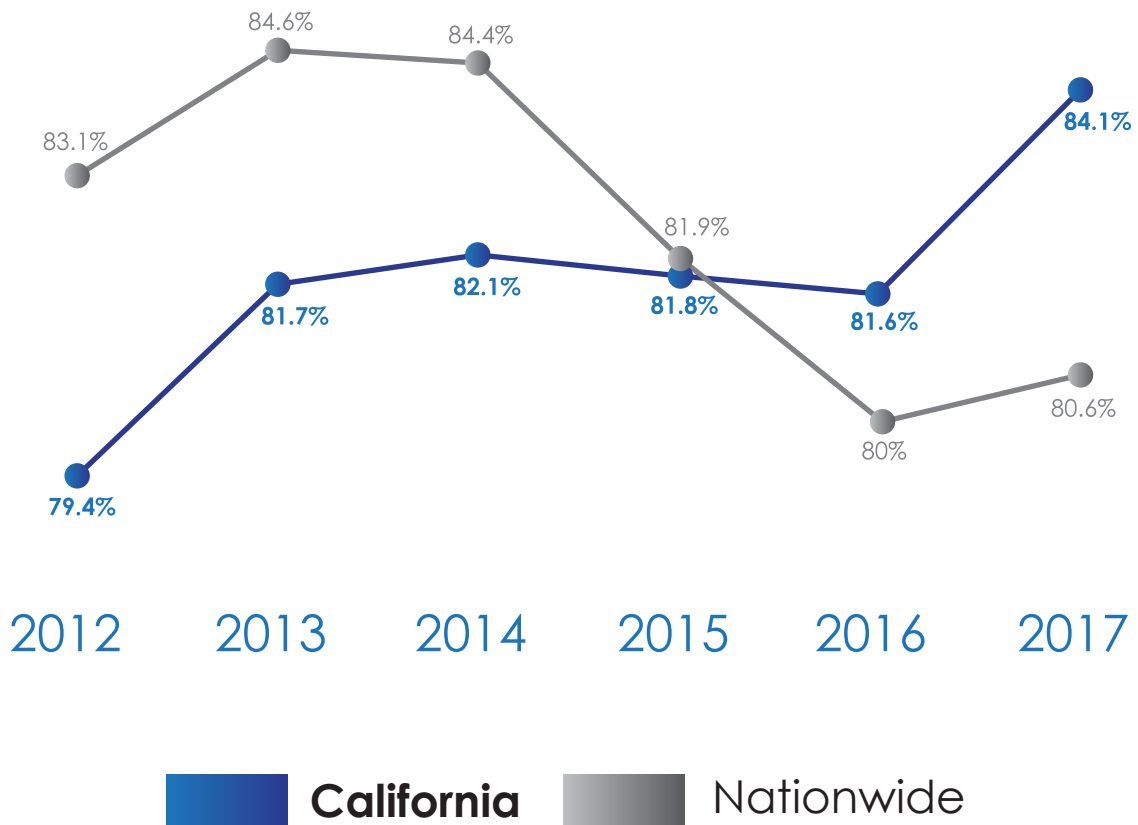
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Flu Vaccine 2012 through 2017

Higher Percentage = Better Quality

People who are 65 and older are at a higher risk for developing serious, life-threatening medical complications from the flu. Many residents who enter skilled nursing facilities have already received a flu vaccination.



Over the past five years, California providers have performed better than the national average in administering the flu vaccine to short-stay patients.

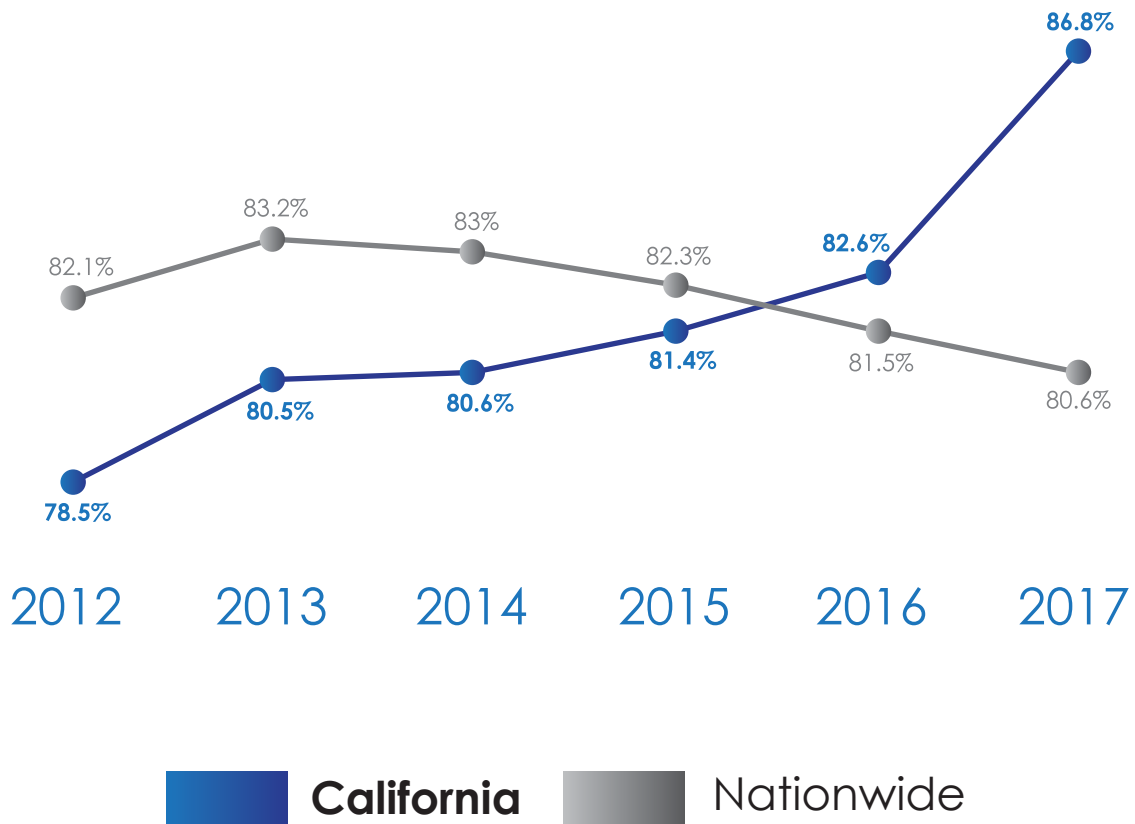
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Pneumonia Vaccine 2012 through 2017

Higher Percentage = Better Quality

The pneumococcal vaccine may help prevent or lower the risk of becoming seriously ill from pneumonia caused by bacteria.



Over the past five years, California providers have performed better than the national average in administering the pneumonia vaccine to short-stay patients.

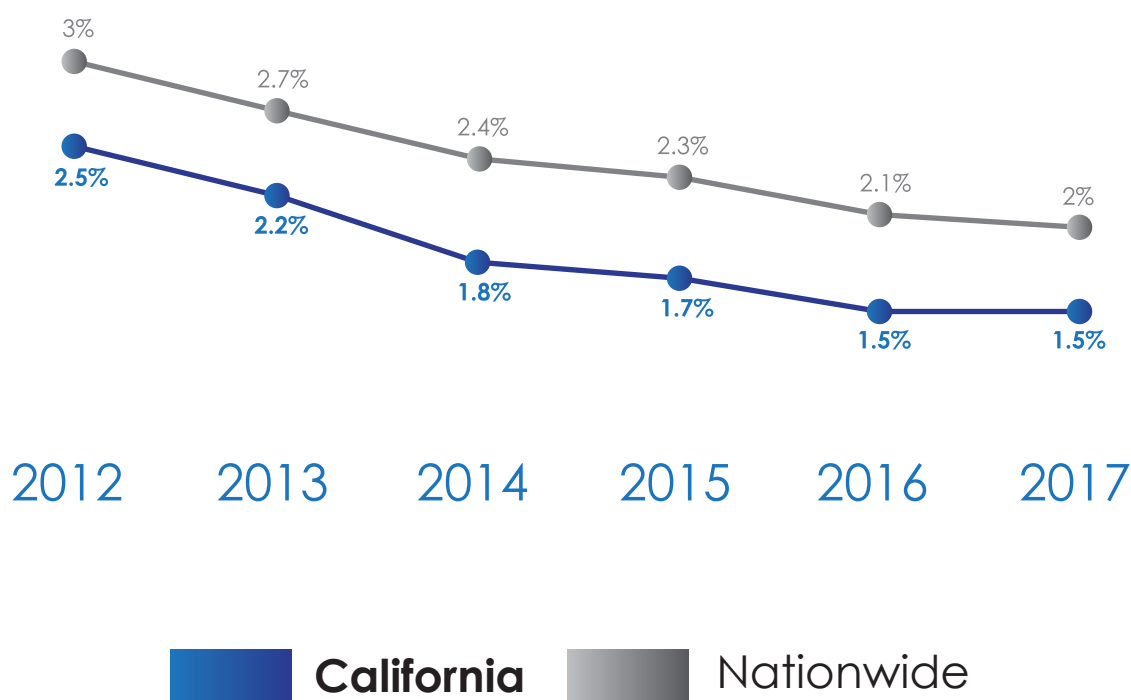
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

Antipsychotic Medication 2012 through 2017

Lower Percentage = Better Quality

Antipsychotic drugs are an important treatment for patients with certain mental health disorders. However, the FDA has warned antipsychotic medications are associated with an increased risk of death when used in elderly patients with dementia.



Over the past five years, California providers have performed better than the national average in the use of antipsychotic medication in short-stay residents.

Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.



New Quality Measures

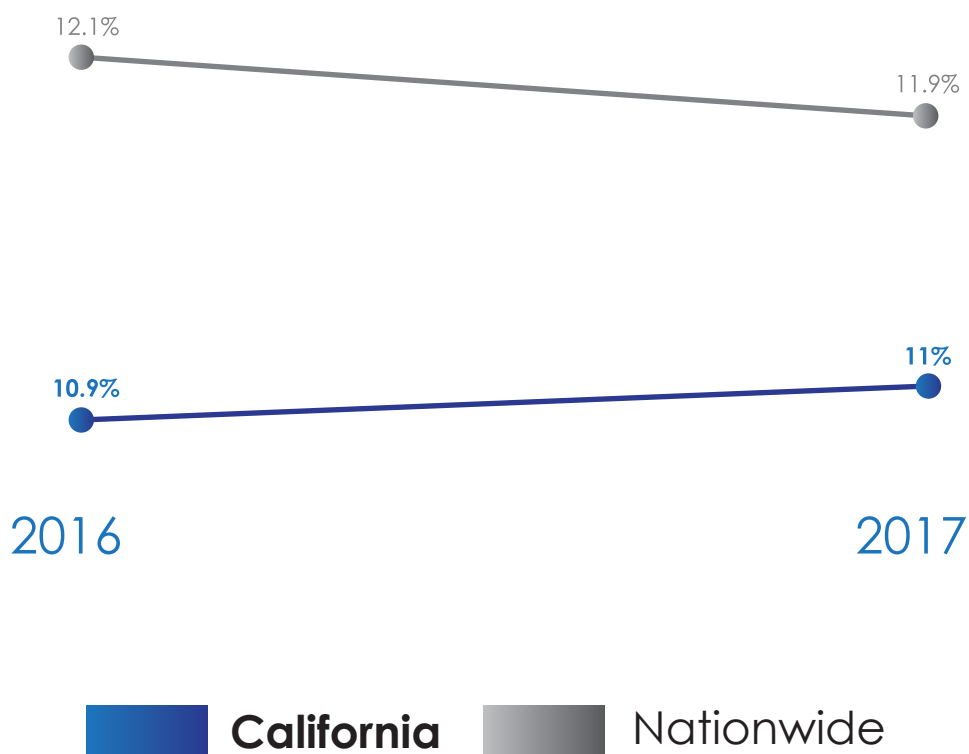
The Centers for Medicare & Medicaid Services created new quality metrics in 2016 to better gauge the quality of care in skilled nursing facilities in six separate areas. A limited amount of data is currently available.

Overall, the quality of skilled nursing care is now measured across 24 separate categories.

SS Emergency Department Visit 2016 to 2017

Lower Percentage = Better Quality

A high number of emergency room visits could be an indicator of poor care. This measure identifies the percentage of residents who received care at a hospital emergency room within 30 days of entering a skilled nursing facility.



Since 2016, California providers have performed better than the national average in the number of hospital emergency room visits.

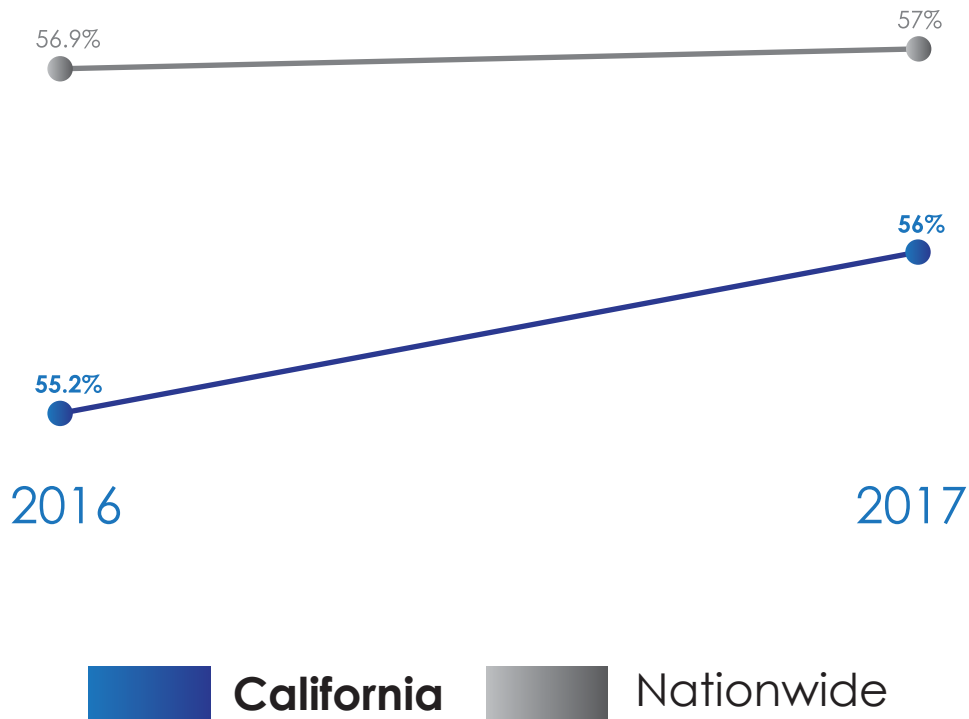
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

SS Discharge to Community 2016 through 2017

Higher Percentage = Better Quality

A successful discharge, where a resident is able to live in the community for at least a month, indicates the delivery of skilled nursing care may have contributed to helping a resident function at a higher level.



Since 2016, California providers have performed slightly under the national average in returning residents to the community or a lower level of care.

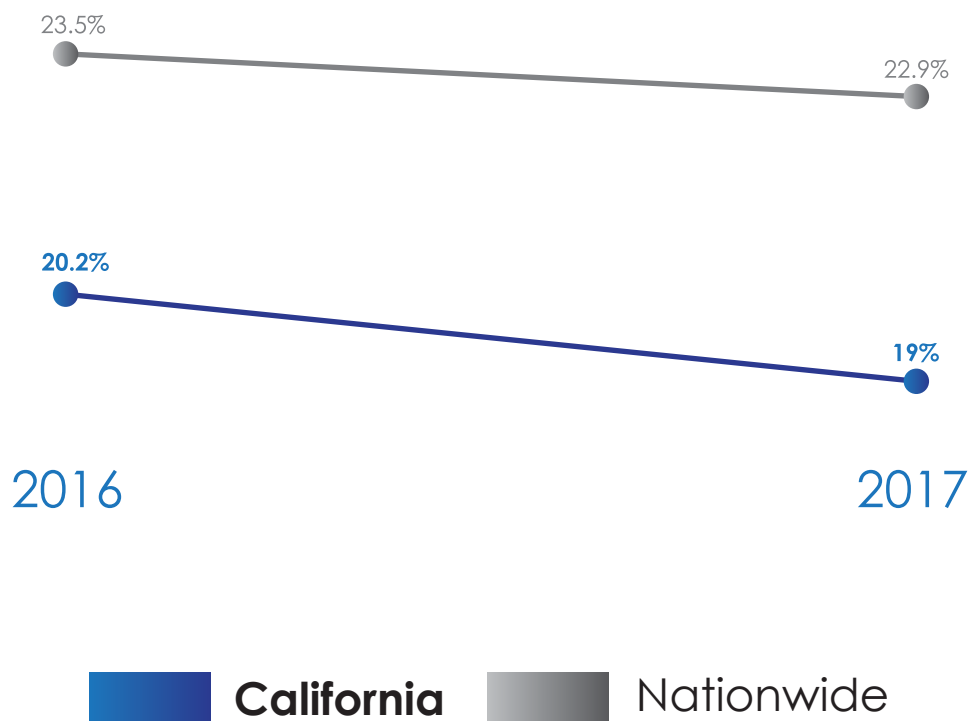
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

LS Antianxiety/Hypnotic Meds 2016 through 2017

Lower Percentage = Better Quality

While these medications treat certain mental health conditions, high rates of use may indicate inadequate resident assessment and overuse of medication.



Since 2016, California providers have performed better than the national average in lowering the use of these medications in long-stay patients.

Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

LS Ability to Move Worsened 2016 through 2017

Lower Percentage = Better Quality

The ability of residents to independently move around in their rooms and hallways is an indicator of improving health and means they are less likely to be hospitalized, get pressure ulcers or have problems with circulation.



Since 2016, California providers have performed better than the national average to insure that the ability of a resident to move did not get worse.

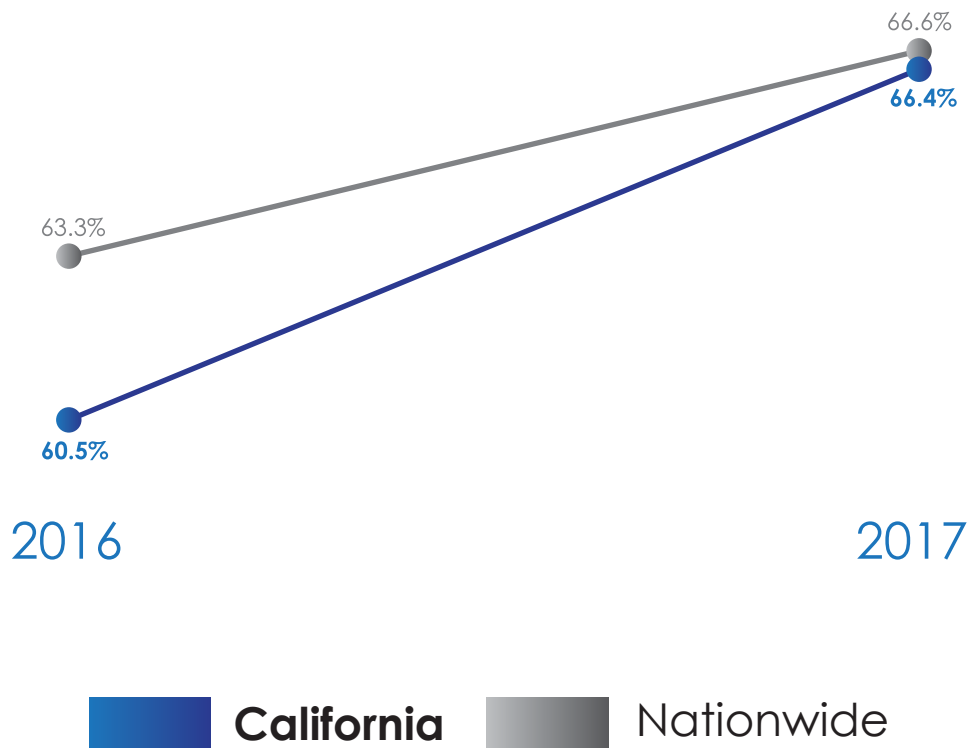
California ranked No.2 in the nation in 2017 in preventing decline in the ability to move.

Source: CMS Nursing Home Compare - Quality Measure Data
Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

SS Improvements in Function 2016 through 2017

Higher Percentage = Better Quality

Indicates the percentage of short-stay residents that gained more independence in transferring from beds to chairs and improved their ability to walk and move around during their skilled nursing stay.



Since 2016, California providers have performed about the same as the national average in helping residents with functional improvements.

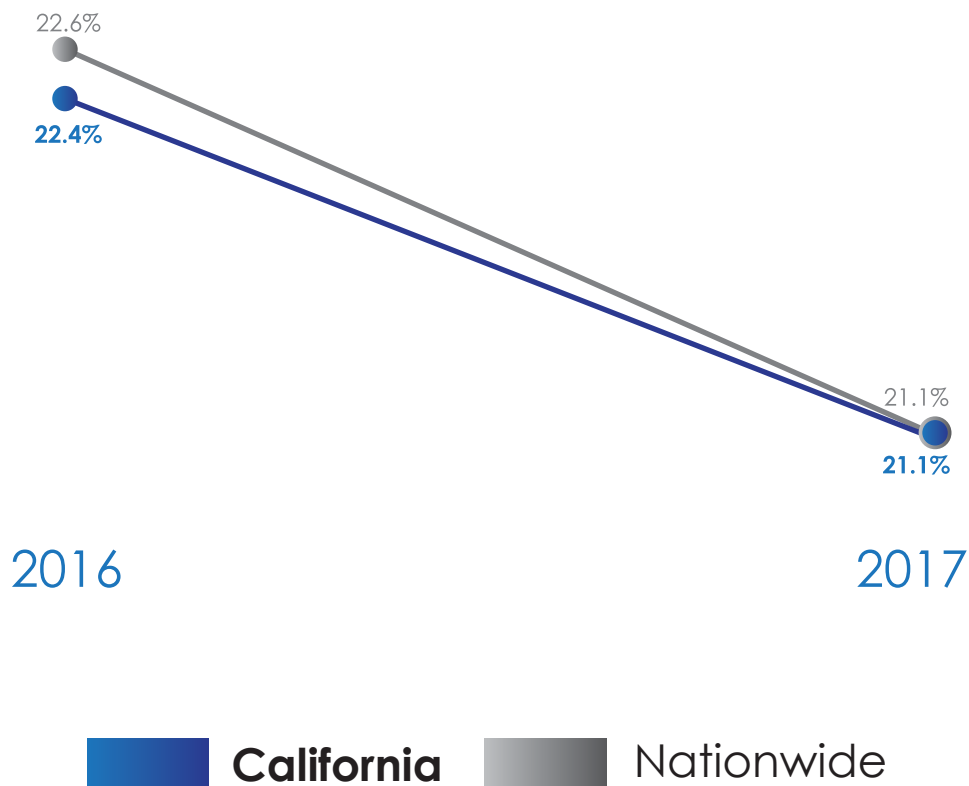
Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.

SS Re-Hospitalization 2016 through 2017

Lower Percentage = Better Quality

Most residents are admitted to a skilled nursing facility following a stay in the hospital. If they returned to the hospital within 30 days for an unplanned stay, it may indicate the facility did not properly assess the resident to meet their needs or are not providing appropriate care.



Since 2016, California providers have performed about the same as the national average in the re-hospitalization of residents.

Source: CMS Nursing Home Compare - Quality Measure Data

Note: Quality Measurements definitions and reporting changed with MDS 3.0. Old Quality Measurements based on MDS 2.0.



Founded in 1950, the California Association of Health Facilities is a non-profit trade association representing skilled-nursing facilities and intermediate-care facilities for people with intellectual disabilities. It is dedicated to providing quality care for the frail, elderly, intellectually disabled and those with chronic mental illness. CAHF is the largest provider of continuing education for long-term care providers in California. Serving 370,000 individuals each year, skilled nursing providers are directly responsible for more than 140,000 jobs and \$5.6 billion in wages and benefits to long-term care employees.

