LTC – Are we on the right track

ACE Special Lecture
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Focus practice in care of the elderly
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Now

To talk about

the CARE in Long Term Care

Leslie’s story
Long Term Care in Ontario

- 622 LTC homes
  - 76,000 residents living in LTC
  - 55,000 staff in LTC homes
- Residents admitted with increasingly complex care needs
  - > 70% with cognitive impairment or dementia
  - Average 5 chronic diseases
  - Average 13 medications
  - Average life expectancy 18 months
- High level caregiver stress
- 10 – 20% residents with low care needs
  - Community care not accessible or available
LTC regulatory environment

- Regulations to enforce the act
- Compliance advisors now compliance inspectors
- Standardized inspections
  - Annual inspections – to date 1% of inspections
  - Complaints inspections
  - Critical incident inspections
- 31 Inspection protocols
  - Indicator review from data set (MDS – RAI)
  - Resident and family interview
  - Staff interview
  - Chart review
  - Observation
Long Term Care Legislation

- LTC homes Act 2007
  - Underlying principle: Resident focused care, Resident Rights, home like environment

- 193 sections in the act
  - Care and plan of care
  - Quality improvement
  - Administration
  - Funding, licensing
  - Restraints, abuse
  - Admissions process
  - Compliance and enforcement
  - Environment and maintenance
LTC indicators, benchmarks

- Health Quality Ontario Public Reporting
  - Falls
  - Worsening incontinence
  - Worsening pressure ulcer
  - Restraints

- Health Quality Matters annual report
  - Psychotropic drug use
  - Emergency department transfers
  - Functional decline
Leslie’s MDS – RAI – triggers

- Psychotropic use
- Weight loss
- Nutrition and hydration
- Depression
- Bowel and continence
- Delirium
2011–2012 Reports on Health Care Challenges

- Walker Report on Alternate Level of Care (ALC) – 2011
- Drummond Report
- Advancing High Quality, High Value Palliative Care in Ontario – 2011
- Why Not Now – 2012
  - Report of LTC Innovation Panel
- LTC Task Force on Resident Care and Safety – 2012
Common Themes re LTC

- Need for better navigation, access, transitions
- Trend and goal of decreased length of stay
- Short stay, convalescence, slow stream rehab
- Increase capacity for Palliative care
- Increased complexity of care for long stay residents
Challenges

- Pervasive view of LTC in negative, a ‘failure’
- Burden of documentation, inspection and compliance
- Inconsistency in quality
- Adequate staffing numbers to meet needs
- Training, education, special needs populations
  - Young persons, complex medical care, responsive behaviours
- Evolving roles of long term care in current legislated structure and with current resources
Opportunities

- Increased awareness and recognition of LTC homes as viable part of health care sector
- Integration with community based and hospital care
- Improve quality of care and consistency of care
  - Coaching teams
  - Learning Research and Innovation centers
  - Physician training – medical director curriculum
- Support for caregivers
- Review and revise regulatory environment
Innovative practices

- Learning, Research and Innovation Centres (LRI)
  - Training
  - Mentoring/coaching teams

- Health Quality Ontario – Residents First
  - Culture of quality improvement

- Behavioural Supports Ontario
  - Support to all areas of health sector
  - Mobile support teams
  - Behavioural support units
  - Increased capacity within LTC
Vision of LTC in Ontario

- Final destination of last resort with long wait list
- LTC as silo within the system
- Little recognition of expertise in LTC
- Valued component of health care – integrated, accessible and responsive
- LTC as integral part of continuum – increased short stay – rehab, respite, convalescence
- LTC seen as leader in knowledge and quality re care of frail seniors – training and peer mentoring