



**LONG TERM CARE (LTC) E- NEWSLETTER** – February 2013: Volume 11, Number 1

Welcome to the [LTC E-NEWSLETTER](#), a monthly electronic newsletter of the [Long Term Care Community Coalition](#). Note to Readers: To go directly to an article, click on its page number in the Table of Contents. Once you are at the article, click on any underlined text for a link to more information or to send a message in “Spotlight on Advocacy.”

Please support LTCCC’s work to protect the frail elderly and disabled who rely on long term care.  
[Click here to donate \\$5](#)  
 (or whatever you care to give).

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**[New Resources Available on Improving Dementia Care & Reducing Unnecessary Use of Antipsychotic Drugs](#)**

The federal Centers for Medicare and Medicaid Services (CMS) has released two new and important training programs relevant to dementia care and the inappropriate use of antipsychotic drugs. One program is geared towards nursing home surveyors (inspectors) and includes two modules that are mandatory for all state surveyors. [A third module is in production and expected in the spring.] The second program, called “Hand in Hand,” is geared towards nursing home and, specifically, nurse aides. Hand in Hand was sent to every nursing home in the country and has been distributed to other agencies as well.

It is important for all stakeholders to keep in mind that, while these educational materials are new, the standards on which they are based are longstanding. The 1987

federal Nursing Home Reform Law and the regulations implementing it prohibit the unnecessary medication of nursing home residents and the use of chemical restraints. They have long required that nursing homes have sufficient staff to meet residents needs, such as by having sufficient nurse staff to carry out their individual care plans and sufficient CNA staff to help them to ambulate to go to the bathroom, etc....

For links to the these training materials and other resources on antipsychotic drugging and dementia care, including our updated report on the federal requirements, please visit our dedicated website page: <http://www.nursinghome411.org/?articleid=10042>.

## **Report: CMS Community Initiatives Could Reduce Health Costs**

[Kaiser Health News](#) Reports:

A pilot program introduced by the U.S. Centers for Medicare and Medicaid Services to boost quality of care for seniors by developing community-wide approaches to health problems could play a key role in bringing down costs, [according to a new report](#) in the Journal of the American Medical Association.

[Quality Improvement Organizations](#), or QIOs, are private groups in each state and U.S. territory that contract with the government for three years to improve health services for Medicare patients. Established in 2006, they are comprised of health care providers and other medical professionals, social services workers and other community members.

In Tuesday's report, researchers found a 5.7 percent average reduction in 30-day hospital readmissions across 14 economically and demographically diverse communities over a two-year period. The number of patients admitted to the hospital within 30 days of a prior admission is [one possible measure of efficiency](#), since the cost and burden of readmission can be preventable.

One in five Medicare patients returns to the hospital within 30 days of being discharged. The problem is an expensive one: in 2004, these readmissions cost Medicare \$17.4 billion dollars.

The interventions used by the 14 community groups varied, but they included efforts to improve medication management and transitional care for patients leaving the hospital.

[\[http://capsules.kaiserhealthnews.org/index.php/2013/01/report-cms-community-wide-initiative-could-bring-down-health-costs/ - comments\]](http://capsules.kaiserhealthnews.org/index.php/2013/01/report-cms-community-wide-initiative-could-bring-down-health-costs/)

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## **[Spotlight on Advocacy: Protect the Elderly from Dangerous Bed Rails](#)**

As reported previously in the [LTC E-Newsletter](#), bed rails, though they are supposed to keep people safe, actually pose a significant risk for both adults and children. The FDA has reported over 500 deaths as a result of bed rails, mostly as a result of entrapment.

The [National Consumer Voice for Quality Long Term Care](#), a national consumer advocacy group (of which LTCCC is a member), has set-up a petition for people to tell government agencies that the frail elderly deserve protection from hazardous bed rails by establishing minimum standards for bed rails and prohibiting the use of bed rails that fail to meet those standards.

Please [click here](#) to sign the petition or go to

[http://wfc2.wiredforchange.com/o/8641/p/dia/action/public/?action\\_KEY=8970](http://wfc2.wiredforchange.com/o/8641/p/dia/action/public/?action_KEY=8970).

## **We're on the Web!**

[www.ltccc.org](http://www.ltccc.org): Our main website, with access to all of our issues, policy briefs and research.

[www.assisted-living411.org](http://www.assisted-living411.org): For information on assisted living, including consumer issues and policies.

[www.nursinghome411.org](http://www.nursinghome411.org): For information on developments in nursing home care, regulation and policy issues.

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## **LTCCC Links of Interest**

[View](#) the latest enforcement actions against nursing homes in New York State.

[Read](#) the latest edition of LTCCC's quarterly newsletter, *The Monitor*.

LTCCC's dedicated webpage on antipsychotic drugs and dementia care:  
[nursinghome411.org/?articleid=10042](http://nursinghome411.org/?articleid=10042).

NEW!: [Materials on the Affordable Care Act and Mandatory Managed Long Term Care in New York](#)

Long term care information booklet in [Chinese](#) and [English](#) for Chinese consumers: What You Need to Know about Long Term Care.

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