



LONG TERM CARE (LTC) E- NEWSLETTER – June 2012: Volume 10, Number 5

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.”

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New Report: States Encounter Obstacles Moving Elderly And Disabled Into Community

According to a [Kaiser Health News](#) report, the [Money Follows the Person Program](#), a “...federal initiative to move low-income elderly and disabled people from long-term care facilities into the community has fallen far short of its goals, as many states have struggled to cobble together housing and other services.” The Program was launched in 2007 with the five year goal of moving 35,380 nursing home residents on Medicaid, who could safely access long term care in their community, out of their nursing homes and back into their communities. As of March 31, 2012, the program fell about 36% short of that goal, according to [an assessment conducted by Mathematica Policy Research](#).

The Kaiser Health News report notes that “[w]hile advocates strongly support the program and its goals, many say they are disappointed with what they see as its glacial pace, given the \$4 billion Congress has authorized and the fact that about 900,000 people living in institutions meet the eligibility requirements. ‘It’s very frustrating to us,’ said Kate Ricks, who heads Voices for Quality Care, a multi-state long-term care advocacy group based in Maryland. ‘At the rate they’re getting people out, everyone who is eligible will be dead.’”

[\[http://www.kaiserhealthnews.org/Stories/2012/May/24/states-obstacles-moving-elderly-disabled.aspx\]](http://www.kaiserhealthnews.org/Stories/2012/May/24/states-obstacles-moving-elderly-disabled.aspx)

Multi-Pronged Training Can Cut Rates of Physical Restraint Use in Nursing Homes, Study Finds

[McKnight’s Long-Term Care News](#) reported on a newly published German study which found that “[i]nterventions such as group training sessions and the provision of supportive materials for staff, residents and relatives can help nursing homes lower dependence on physical restraints.”

The study was published in the [Journal of the American Medical Association](#). The study abstract notes that, “[d]espite unambiguous legal regulation and evidence for lack of effectiveness and safety, physical restraints are still frequently administered in nursing homes.” In the United States, there are also “unambiguous” requirements prohibiting the use of physical, as well as chemical restraints. Yet, while the use of physical restraints has dropped considerably over the years in the U.S., the use of chemical restraints, especially on individuals with dementia, has persisted to be a widespread problem.

McKnight’s notes that “[i]n the intervention program, nurses were taught best practices to prevent restraint use and were given information on current research findings. They also were instructed on behavioral alternatives to restraints. There was additional training for residents, family members and legal guardians.”

LTCCC has long advocated for nursing home and assisted living trainings that incorporate all of the members of the community as an effective means of implementing successful, longstanding improvement in care and quality of life, for both residents and workers. Meaningful involvement and “buy-in” from all members of the residential care community will be essential for the current [national campaign to stop unnecessary antipsychotic drugging](#) of residents with dementia to succeed. [See [last month’s LTC E-Newsletter](#) (PDF file) for an article with information on nursing home antipsychotic drugging rates, which average approximately 25% nationwide.]

[\[http://bit.ly/KZzvRQ\]](http://bit.ly/KZzvRQ)

Study Suggests Feeding Tube Use Increases Risk of Pressure Ulcers

A study reported on in the May 14, 2012 issue of Archives of Internal Medicine assessed two issues relating to the possible relationship (positive or negative) between feeding tube usage and

pressure ulcers. The first question was whether nursing home residents with a feeding tube and no pressure ulcer developed a stage 2 or higher pressure ulcer. The second question was whether residents having a pressure ulcer and using a feeding tube experienced improvement in their pressure ulcer(s). All of the residents assessed had advanced cognitive impairment (ACI).

The results of the study indicated that “[f]eeding tubes are not associated with prevention or improved healing of a pressure ulcer. Rather... [the results indicated that use of a feeding] tube is associated with increased risk of pressure ulcers among NH residents with ACI.”

[\[http://archinte.jamanetwork.com/article.aspx?articleid=1151419\]](http://archinte.jamanetwork.com/article.aspx?articleid=1151419)

Spotlight on Advocacy: Help Ensure Safety and Dignity for Seniors in Adult Homes: Urge NY DOH to Deny Assisted Living Certification for Homes With A History of Violations

Adult homes throughout NY State have applied for basic Assisted Living Residence (ALR), Special Needs certification (to care for people with advanced dementia), and Enhanced Assisted Living (EALR) certification. The EALR certifications will allow adult homes to admit residents who need a higher level of care and are often vulnerable and frail. Unfortunately, many of these adult homes have a history of providing substandard care to residents.

Applications by adult homes with a history of violations must be denied in order to protect seniors!

We are deeply concerned that ALR and EALR certification will enable adult homes with a history of serious violations to care for an even more vulnerable population. You can help ensure that seniors are protected by asking the Department of Health to implement the policies in the ALR/EALR application process that protect residents, now and in the future.

[Click here](#) to send a message now:

http://capwiz.com/nhccnys/issues/alert/?alertid=55925501&type=ML&show_alert=1.

We're on the Web!

www.ltccc.org: Our main website, with access to all of our issues, policy briefs and research.

www.assisted-living411.org: For information on assisted living, including consumer issues and policies.

www.nursinghome411.org: For information on developments in nursing home care, regulation and policy issues.

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.

[Tools for Stakeholders & National Report on Increasing Transparency and Consumer Involvement in States' Uses of Nursing Home Civil Money Penalties](#) to Improve Care and Quality of Life.

LTCCC study: Government Monitoring & Oversight of Nursing Home Care in [Word](#) or [PDF](#).

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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