

# Nursing Homes: Times have changed.

**T**he perception of nursing homes is outdated. In the last eight years, both quality of care and caregiving methods have changed dramatically. Post-hospital rehabilitation has increased, with approximately 4 million admissions from hospitals to nursing homes each year for rehabilitation services to help people get well and return home.

Data over a short time frame often doesn't show a complete picture of the care provided in nursing homes today. Nursing home critics ignore long-term improvement and instead use short-term data to manufacture a crisis. Isolated tragedies, like one facility during the 2017 Florida hurricanes, affect the overall perception of nursing homes. While these tragic events are important for us to learn from, they create an impression that it's unsafe to be cared for in a nursing home.

There will be small changes from quarter to quarter, but over the long term, there is no question that care is improving. Long-term data collected by the federal government since 2011 show the magnitude of the improvement in quality.

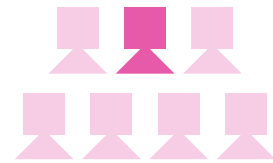
## Quality is our priority.

**Fewer people are returning to the hospital.**

▼ **11.6%**

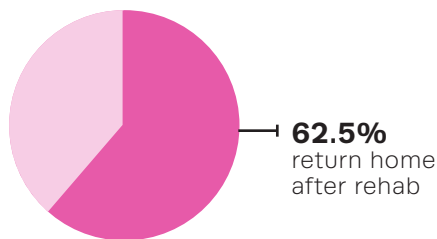
Since 2011, the number of people returning to the hospital has declined 11.6%.

**Fewer people are receiving antipsychotic medications.**



Fewer than **1 in 7** nursing home residents are receiving antipsychotic medication, a significant decline from 1 out of 4 in 2011.

## Rehabilitation and therapy are working.



**Nearly 2/3** of admissions to skilled nursing centers (62.5%) returned home after receiving rehabilitation therapy. Successful discharges back into the community increased by 4.5% since 2011, which translates into 252,801 more individuals being discharged home last year compared to 2011.

## Staff are spending more time than ever before with residents.

### 3 of 4 Nursing Homes



received three stars or better for staffing

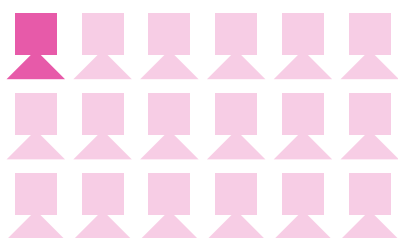


have more clinical staff providing care than needed

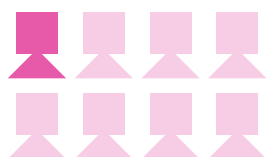
3 out of 4 nursing homes received three stars or better from the U.S. Centers for Medicare and Medicaid Services (CMS) for staffing. And in 2018, 3 out of 4 nursing homes have more RNs and more clinical staff caring for residents than what CMS projects they should have based on the type of residents in each facility.

**Nursing homes provide more person-centered care today than ever before.**

**Residents Experiencing Pain**



**1 in 18** in the year 2018



**from 1 in 8** in the year 2011

**Decline of Common Ailments**

**▼ 20%**

pressure ulcers  
(17,687 people)

**▼ 61%**

urinary tract infections  
(75,914 people)

**▼ 35%**

depressive symptoms

Only **1 in 18** nursing home residents report experiencing pain compared to 1 in 8 in 2011. Since 2011, common ailments among residents have steadily declined including a 20% decrease in pressure ulcers (17,687 people), 61% in urinary tract infections (75,914 people), and 35% in depressive symptoms. Nursing homes have replaced restraints and antipsychotic medications with robust activity programs, religious services, social workers and resident councils so that residents can be mentally, physically and socially engaged.

**CMS measures demonstrate the quality of care provided.**

**18 of 24**



Nursing homes have demonstrated improvement on 18 of the 24 quality outcomes measured by CMS.

***We are committed to excellence.***

## ***Round Three***

To build on our success, the American Health Care Association (AHCA) released a third round of quality improvement goals in 2018.

**+4,200**

**Quality-awarded  
Nursing Homes**

Since 2007, more than 4,200 skilled nursing centers have achieved Baldrige-based Quality Awards in the gold, silver and bronze categories.

**+1,700**

**Infection  
Specialists**

AHCA has trained more than 1,700 people in nursing homes as infection specialists to help continue to reduce infections.

Learn more at **OurQualityCare.com**.