

**Rural Health Long Term Care
Resident Experience
July 2015 to February 2016**



**Western
Health**

**Prepared by:
Mariel Parcon
Regional Manager Research and Evaluation
Information and Quality Branch**

Rural Health Long Term Care Resident Experience

Background

Survey Instrument

The validated Consumer Assessment of Healthcare Providers and Systems (CAHPS) Nursing Home Survey: Resident Instrument (Appendix A) developed by Alberta Health Services in Canada was administered to long term care residents throughout the Western region. This instrument was piloted throughout rural facilities within Western Health in 2010. In keeping with the results of the pilot, this instrument was modified in 2013 and was used to assess long term care resident experience. In 2015/16, this same modified survey was used to evaluate resident experiences and administered electronically through Google Forms.

Method

The long term care resident experience surveys were administered face to face with those residents who were deemed competent by a nurse to complete the survey. Survey administrators were different at each site; volunteers administered surveys at some sites, while students or nurses on ease-back administered surveys at other sites. For the rural health centres, the survey was administered by a student.

Participants

A list of long term care residents was compiled for each long term care facility throughout Western Health. The list indicated which residents were able to complete the survey and was provided to those responsible for administering the survey.

Sample

Surveys were administered to all residents who were cognitive, not hard of hearing, and willing to participate for a total of 88 regionally. For the rural health long term care sites, including Dr. Charles LeGrow Health Centre, Calder Health Centre, Bonne Bay Health Centre, and Rufus Guinchard Health Centre, survey data was combined since there were less than ten responses for each respective site. For the rural health centres combined, 25 residents completed the survey.

Privacy, Confidentiality, Data Security

Privacy and confidentiality were achieved as the residents names were not reported on the surveys. Any information that could potentially identify the residents was deleted. The data was stored on a password protected computer in the Western Memorial Health Clinic used by Information and Quality staff.

Data Analysis

Survey data was entered directly into Google Docs then transferred to an SPSS data file. Descriptive statistics were calculated on regional data to obtain a general perspective of residents' experiences with long term care services at Western Health. Statistics were also calculated for each site where the sample was sufficient to assist in quality improvement initiatives and planning at a site level. These sites include Corner Brook Long Term Care Home and Bay St. George Long Term Care Centre. The following report provides survey results for all other long term care sites including Dr. Charles LeGrow Health Centre, Calder Health Centre, Bonne Bay Health Centre, and Rufus Guinchard Health Centre.

Results

Demographics

A total of 25 participants completed this survey from the rural health centres which include Bonne Bay Health Centre, Calder Health Centre, Dr. Charles Legrow Health Centre, and Rufus Guinchard Health Centre. To gain a more thorough understanding of the demographics of the long term care residents, respondents were asked for their year of birth, gender, race or ethnicity, and whether they had difficulty with the English language. Of the 24 residents who reported their birth date, the average age was 82, and the median age was 83 (ranged from 62 years of age to 97 years of age). Just over 64% of the respondents were female and 36% were male. All respondents were white/Caucasian. Nearly 96% reported not having difficulty with the English language and 4% reported having difficulty or having some difficulty.

Respondents were also asked about highest level of school completed, whether they had a roommate, and personal health rating. Twelve percent completed college diploma and 88% completed grade school or some high school. Sixty percent of residents reported not having a roommate and 40% reported that they had a roommate. Respondents were asked to indicate how they would rate their overall health and 16% reported excellent, 24% reported very good, 40% reported good, 8% reported fair, and 12% reported poor.

Meals

Residents were asked to rate food quality and mealtime enjoyment on a scale of 0-10 (with 10 being the best possible). On average, respondents rated food quality at 8.52 (range 0-10, standard deviation 2.347). Eighty eight percent reported that they ate in the dining room and when asked how they would rate their mealtime enjoyment in the dining room, the average rating was 8.83 (range 0-10, standard deviation 2.87).

Environment

Respondents were asked to rate the home in relation to temperature and cleanliness. On average, respondents rated the temperature at 7.12 (range 0-10, standard deviation of 3.073). On average, respondents rated cleanliness at 9.32 (range 5-10, standard deviation 1.547). Respondents were also asked to indicate how safe and secure they felt in the home, and on average respondents reported 9.64 (range of 3-10, standard deviation of 1.44).

Respondents were asked to indicate whether the area around their room was quiet at night and 84% reported yes, 8% reported no, and 8% reported sometimes. The majority of respondents reported that they were not bothered by noise during the day (84%), 8% reported sometimes, and 8% reports yes. Privacy is also an important component of environment. When respondents were asked if they could find a place to visit in private if they had a visitor, 84% reported yes, 4% reported no, 8% reported sometimes and 4% did not report.

Medication

Ninety two percent of respondents indicated that they took medication to help with aches or pain. On a scale of 1-10, respondents rated the medicine at 8.78 (range 2-10, standard deviation 2.152) in how well it worked to help with aches or pain. On average, respondents rated how well staff helped them when they had pain at 9.39 (range 5-10, standard deviation 1.27).

Resident Care

Several rating questions were asked about nursing care in relation to gentleness, respect, listening, explaining things in a way the residents could understand, and overall care (see Table 1). The majority of residents rated aspects of resident care highly.

Table 1. Resident Care

Aspect	Mean	Range	SD
Gentleness of Staff	9.12	0-10	2.333
Respectfulness of Staff	9.32	5-10	1.547
Staff Listen	8.72	1-10	2.372
Staff explanation & ease of understanding	8.96	0-10	2.371
Rating of Staff Care	9.20	0-10	2.179

Respondents were also asked to indicate if the staff made sure they had enough personal privacy when they dressed, showered, or bathed and 96% reported yes and 4% did not report. Sixty four percent of respondents reported that they received the help they needed from staff to stay clean 4% reported sometimes, and 32% did not report. On average, respondents rated how quickly the staff came when they called for help at 8.72 (range 0-10, standard deviation 2.492).

Medical Care

Respondents were asked if they visited a doctor or nurse practitioner for medical care outside or inside the long term care home. Twelve percent reported visiting a doctor or nurse practitioner outside the long term care home, and 84% reported visiting one inside the long term care home. When asked if a doctor is available when they needed one, 88% reported yes, and 12% reported sometimes.

Autonomy and Control

When respondents were asked whether they were left sitting or lying in the same position for so long it hurt, 16% reported yes, 16% reported no, 16% reported sometimes, and 52% did not report. The individuals who did not report were those who did not need help moving or repositioning. When asked if they were able to reach the call button by themselves, 68% reported yes, 16% reported sometimes, and 16% reported no. When asked if there was a pitcher of water or something to drink where they could reach it by themselves, 40% reported yes, 36% reported no, and 24% reported sometimes.

Respondents were asked about decision making and whether they chose what time they went to bed, clothes they wore, and activities in which they participated (Table 2). They were also asked if there were enough activities for them to do on the weekends and 48% reported yes, 32% reported no, and 20% reported sometimes. When asked if there were enough activities during the week, 84% reported yes, 4% reported no, and 12% reported sometimes.

Table 2. Choices (%)

Choice	Yes	No	Sometimes
Bed time	84	12	4
Clothes	60	24	16
Activities	28	44	28

Emotions

Respondents were asked to indicate how often they felt worried, happy, bored, and lonely (Table 3). Although most respondents reported being happy often or sometimes, they also reported being worried, bored or lonely often or sometimes.

Table 3. Emotions (%)

Emotion	Often	Sometimes	Rarely	Never
worried	12	24	20	44
happy	64	28	8	8
bored	4	40	28	28
lonely	16	52	8	24

Future Planning

Respondents were asked whether they had a discussion with family or a close friend about what healthcare treatment they wanted or did not want if they became ill and could not speak for themselves. Thirty six percent of respondents reported yes, 52% reported no, and 12% did not know. When asked if they ever had a discussion with a healthcare professional or long term care staff about what healthcare treatment they wanted or did not want if they became ill and could not speak for themselves, 24% reported yes, 64% reported no, and 8% did not know, and 4% did not report. When asked how important they felt it was to have this discussion with a health care professional or long term care home staff, 32% reported extremely important, 4% very important, 24% somewhat important, and 4% not very important.

Overall

When respondents were asked whether they would recommend this long term care home to others, 84% reported definitely yes, 12% reported probably yes and 4% reported probably no. When asked to rate the long term care home, on average, they rated the home at 9.24 (range 5-10, standard deviation 1.589). Nearly 96% reported that they were satisfied with how they spent their time in the home and 4% reported that they sometimes were. When respondents were asked to rate their life, on average they rated their lives at 8.12.

Opportunities for Improvement

Overall results indicate that the rural health centres' long term care services have many strengths including the respect, communication and gentleness of staff with residents, and respecting the privacy of residents by providing a private space for residents when they have visitors. Meals and pain control were rated highly. Residents rated aspects of the environment including cleanliness, noise, safety and security.

For the rural health centres, opportunities for improvement include:

- Ensuring easy access to water or something to drink;
- Ensuring easy access to the call button;
- Maintaining a comfortable temperature within the home;
- Ensuring residents receive the help they need to stay clean;
- Ensuring that residents make decisions about activities of daily living, particularly about their clothing choices and participation in activities;
- Exploring opportunities to alleviate residents worry, boredom and loneliness;
- Providing opportunities for residents to plan their future wants and needs if they became ill and could not speak for themselves.

Appendix A

CAHPS Nursing Home Survey: Resident Instrument

Resident Satisfaction Survey Long Term Care



Please fill in bubbles ● Print neatly inside boxes. *THANKS !!!*

Identifier: _____

Time Now: _____: _____

Do you understand and agree to participate in the survey? Yes No

Now let's talk about how you feel about things at this Long Term Care Home and how you feel about the care you get. Remember, when you answer, you can use any number from 0 to 10 where 0 is the worst possible, and 10 is the best possible.

1. First, what number would you use to rate the food here at this Long Term Care (LTC) Home?

0 1 2 3 4 5 6 7 8 9 10 NA

2. Do you ever eat in the dining room? (or communal area)? Yes No → Skip to 4

3. When you eat in the dining room (or communal area), what number would you use to rate how much you enjoy mealtimes?

0 1 2 3 4 5 6 7 8 9 10 NA

4. What number would you use to rate how comfortable the temperature is in this LTC Home?

0 1 2 3 4 5 6 7 8 9 10 NA

5. Now think about all the different areas of the LTC Home.

What number would you use to rate how clean this LTC Home is?

0 1 2 3 4 5 6 7 8 9 10 NA

6. What number would you use to describe how safe and secure you feel in this LTC Home?

0 1 2 3 4 5 6 7 8 9 10 NA

7. Now think about all the different kinds of medicine that help with aches or pain. This includes medicine prescribed by a doctor or nurse practitioner as well as aspirin and Tylenol.

Do you ever take any medicine to help with aches or pain?

Yes Don't Know (DO NOT READ)
 No → Skip to 9

Don't know

8. What number would you use to rate how well the medicine worked to help with aches or pain?

0 1 2 3 4 5 6 7 8 9 10 NA

9. What number would you use to rate how well the staff help you when you have pain?

0 1 2 3 4 5 6 7 8 9 10 NA

10. What number would you use to rate how quickly the staff come when you call for help?

0 1 2 3 4 5 6 7 8 9 10 NA

11. Do the staff help you with any of the following: to dress, bath, shower OR go to the toilet?

Yes No → Skip to 13

12. What number would you use to rate how gentle the staff are when they're helping you?
 0 1 2 3 4 5 6 7 8 9 10 NA

13. What number would you use to rate how respectful the staff are to you?
 0 1 2 3 4 5 6 7 8 9 10 NA

14. What number would you use to rate how well the staff listen to you?
 0 1 2 3 4 5 6 7 8 9 10 NA

15. What number would you use to rate how well the staff explain things in a way that is easy to understand?
 0 1 2 3 4 5 6 7 8 9 10 NA

16. Overall, what number would you use to rate the care you get from all the staff?
 0 1 2 3 4 5 6 7 8 9 10 NA

17. Overall, what number would you use to rate this LTC Home?
 0 1 2 3 4 5 6 7 8 9 10 NA

18. Is the area around your room quiet at night?
 Yes
 No
 Sometimes

23. Is a doctor available to you when needed?
 Yes
 No
 Sometimes

19. Are you bothered by noise during the day?
 Yes
 No
 Sometimes

24. **OBSERVATIONAL SCREENER:** Is R able to move around alone – not in a wheelchair? (Ask if not sure.)
 Yes **Skip to 26**
 No

20. If you have a visitor, can you find a place to visit in private?
 Yes
 No
 Sometimes

 Interviewer Note: This can include their room if they feel it is "private"

25. Are you ever left sitting or laying in the same position so long that it hurts?
 Yes
 No
 Sometimes

21. Do you visit a doctor or nurse practitioner for medical care outside the LTC Home?
 Yes
 No
 Sometimes

26. Are you able to move your arms to reach things that you want?
 Yes
 No
 Sometimes

22. Do you see any doctor or nurse practitioner for medical care inside the LTC Home?
 Yes
 No
 Sometimes

27. We'd like to find out about whether you can reach the things you need to in your room. **Can you reach the call button by yourself?**
 Yes
 No
 Sometimes

 Point out call button if helpful.

<p>28. Is there a pitcher of water or something to drink where you can reach it by yourself?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	
<p>29. Do the staff help you with <u>any</u> of the following: to dress, take a shower, OR bathe?</p> <p><input type="radio"/> Yes <input type="radio"/> No → Skip to 31</p>	<p>36. For the next question you can answer definitely no, probably no, probably yes, or definitely yes. Would you recommend this LTC Home to others?</p> <p><input type="radio"/> Definitely No <input type="radio"/> Probably No <input type="radio"/> Probably Yes <input type="radio"/> Definitely Yes</p>
<p>30. Do the staff make sure you have enough personal privacy when you dress, take a shower, or bathe?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	
<p>31. Can you choose what time you go to bed?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	
<p>32. Can you choose what clothes you wear?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	<p>37. Now I'd like to use this list of answer choices: Often, Sometimes, Rarely or Never How often do you feel worried – often, sometimes, rarely, or never?</p> <p><input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never</p>
<p>33. Can you choose what activities you do here?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	
<p>34. Are there enough organized activities for you to do on the <u>weekends</u>?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	<p>38. How often do you feel happy – often, sometimes, rarely, or never?</p> <p><input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never</p>

<p>35. Are there enough organized activities for you to do during the <u>week</u>?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	<p>39. How often do you feel bored here – often, sometimes, rarely, or never?</p> <p><input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never</p>
<p>40. How often do you feel lonely here – often, sometimes, rarely, or never?</p> <p><input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never</p>	<p>46. Do you sometimes need help from staff to stay clean?</p> <p><input type="radio"/> Yes <input type="radio"/> No → Skip to 48</p>
<p>41. In general, how would you rate your overall health – excellent, very good, good, fair, or poor?</p> <p><input type="radio"/> Excellent <input type="radio"/> Very Good <input type="radio"/> Good <input type="radio"/> Fair <input type="radio"/> Poor</p>	<p>47. Do you receive the help you need from staff to stay clean?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>
<p>42. Are you satisfied with how you spend your time at this Home?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	<p>These next few questions are about you.</p> <p>48. First, we want to know how you feel about your life now. Use any number from 0 to 10 where 0 is the worst possible and 10 is the best possible.</p> <p>What number would you use to rate your life now?</p> <p><input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> NA</p>
<p>43. Are you ever <u>unhappy</u> with the care you get at this Home?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Sometimes</p>	
<p>44. Do you feel free to speak up to staff when you</p>	<p>49. In what year were you born?</p>

<p>are unhappy with your care?</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Sometimes</p>	<table border="1" style="width: 100%; height: 30px;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>				
<p>45. Do you get the care you need at this Home?</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Sometimes</p>	<p>50. What is the highest level of school that you have completed? Field Coded – only read choices of needed.</p> <p><input type="radio"/> Grade school or some high school</p> <p><input type="radio"/> Completed high school or GED</p> <p><input type="radio"/> Post-secondary technical school</p> <p><input type="radio"/> Some university or college</p> <p><input type="radio"/> Completed college diploma</p> <p><input type="radio"/> Completed university degree</p> <p><input type="radio"/> Post-grad degree (Ph.D or MD)</p>				
<p>51. (Ask only if needed.)</p> <p>What is your race or ethnicity?</p> <p><input type="radio"/> White or Caucasian</p> <p><input type="radio"/> Other <i>(Please Print)</i></p> <div style="border: 1px solid black; width: 200px; height: 30px; margin-left: 100px;"></div>	<p>57. In your opinion, how important is it to have this kind of discussion with a <u>Healthcare professional</u> OR <u>LTC Home staff</u>? (READ ALL)</p> <p><input type="radio"/> Extremely important</p> <p><input type="radio"/> Very important</p> <p><input type="radio"/> Somewhat Important</p> <p><input type="radio"/> Not very important</p> <p><input type="radio"/> Not at all important</p>				
<p>52. Gender (Do not ask if obvious)</p> <p><input type="radio"/> Male</p> <p><input type="radio"/> Female</p>					
<p>53. Ask if not observed.</p> <p>Do you currently have a roommate?</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>	<p>58. Do you have any additional comments, concerns, or issues about your care in this LTC Home? If so, please explain.</p>				
<p>54. Do Not Read</p> <p>Does resident have difficulty with English language?</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> Yes to some extent</p> <p><input type="radio"/> No</p>					
<p>55. Have you had a discussion with <u>family</u> or a <u>close friend</u> about what healthcare treatment you want or do not want if you become very ill and you cannot speak for yourself?</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Don't Know (Read)</p>					
<p>56. Have you ever had a discussion with a <u>healthcare professional</u> OR <u>LTC staff</u> about</p>					

what healthcare treatment you WANT or DON'T want if you become very ill and you cannot speak for yourself?

- Yes
 - No
 - Don't Know (Read)
-

Time Now: _____ : _____

Appendix B

Rural Long Term Care: Resident Comments

1. Good staff.
2. Like to have more visitors.
3. Only concern is not having the button close enough in the nighttime. It is hard to get out of bed and it would be beneficial to get the button closer.
4. Very happy with the living conditions, they are all like angels and I think of them as my own children!
5. Would like Shreddies.