

Quality of Care in Long-Term Care Facilities by Region (2019)

Objective

To compare quality of care in long-term care facilities (LTCFs) in the RHAs to that in Canada.

Practice Points

1. The Resident Assessment Instrument-Minimum Data Set (RAI-MDS) facilitates collection of data on quality of care in LTCFs and is reported from five provinces to the Canadian Institute for Health Information (CIHI).
2. Choosing Wisely Canada recommends not to use antipsychotics as first choice to treat behavioural and psychological symptoms of dementia. In 2018, antipsychotic use in residents of LTCFs was 33%, with 66% of this being inappropriate. Compared to 2016, there had been a 15% reduction in the use of antipsychotics.
3. Use of restraints in LTCFs has been high in NL — 12.4% of residents in 2018.
4. Falls cause more than 90% of hip fractures in the elderly, which predispose to earlier death.

Data

This was obtained from reports by CIHI for 2019, and from the RAI-MDS collected by the NL Centre for Health Information (NLCHI) from 2016–17 to 2019–20.

Results

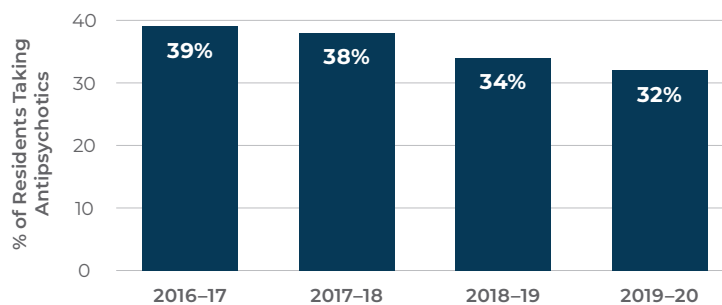


Figure 1. Per Cent of LTCF Residents Taking Antipsychotics in NL From 2016–17 to 2019–20

- There has been a 22% reduction in use of antipsychotics at LTCFs over the past four years.

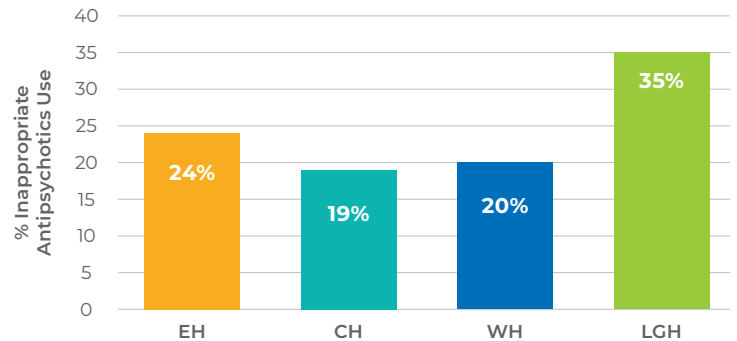


Figure 2. Per Cent of Residents of LTCFs with Inappropriate Use of Antipsychotics Analyzed by Region for 2019

- The per cent of residents in the province given antipsychotics for a potentially inappropriate reason was 23.1% compared to Canada's 20.2%. Of five provinces, NL ranked 3rd.
- The highest rate was in Labrador-Grenfell Health (LGH), but since 2017, this has been reduced from 50% to 35%.

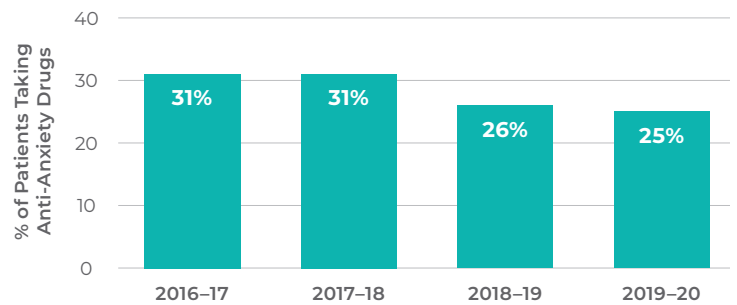


Figure 3. Per Cent of Residents of LTCFs Taking Anti-anxiety Drugs in NL From 2016–17 to 2019–20

- There has been an 18% reduction in the use of anti-anxiety drugs during the past four years.

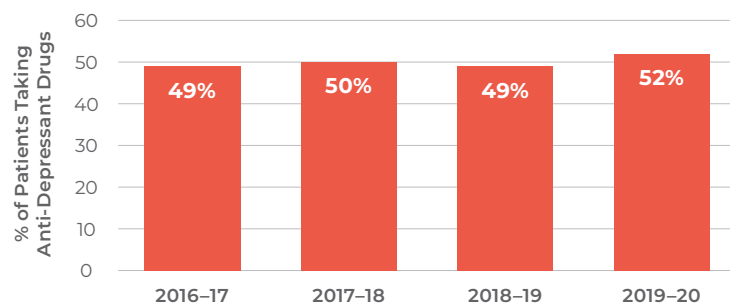


Figure 4. Per Cent of Residents of LTCFs Taking Anti-depressant Drugs From 2016–17 to 2019–20

- There has been a 6% increase in the use of anti-depressant drugs during the past 4 years.

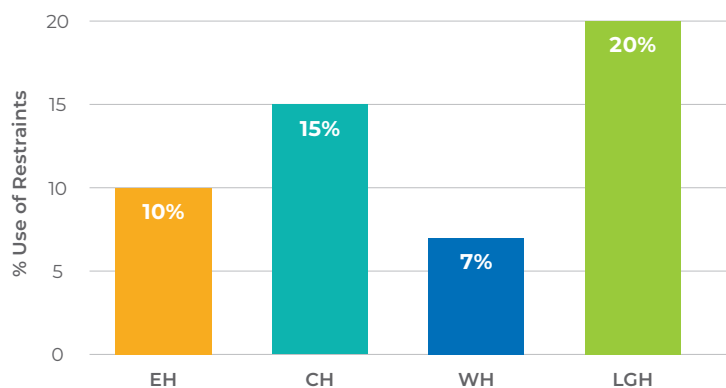


Figure 5. Use of Restraints in Residents of LTCFs Analyzed by Region for 2019

- The per cent of residents treated with restraints was 11.1, far higher than in Canada (4.6%). Of five provinces, NL ranked 5th. Only Western Health (WH) had a rate comparable to Canada’s rate, with the highest in LGH.

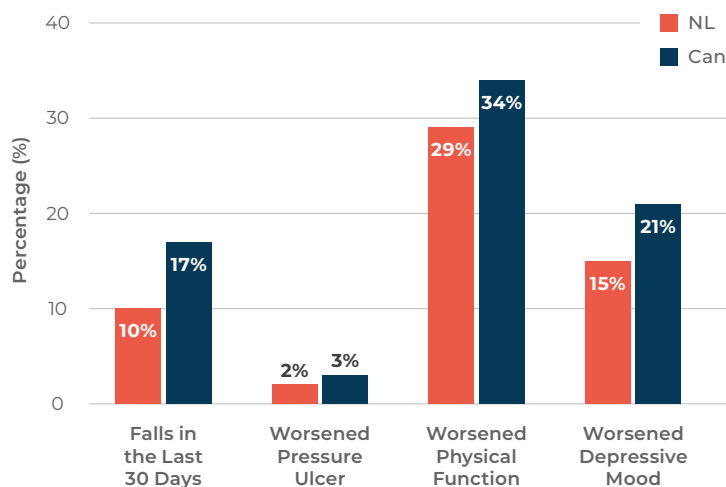


Figure 6. Falls, Ulcers, Physical Function and Depression in Residents of LTCFs in NL Compared to Canada for 2019

- Of five provinces, NL had the lowest rates for falls, worsened pressure ulcer, or physical function or depressive mood.

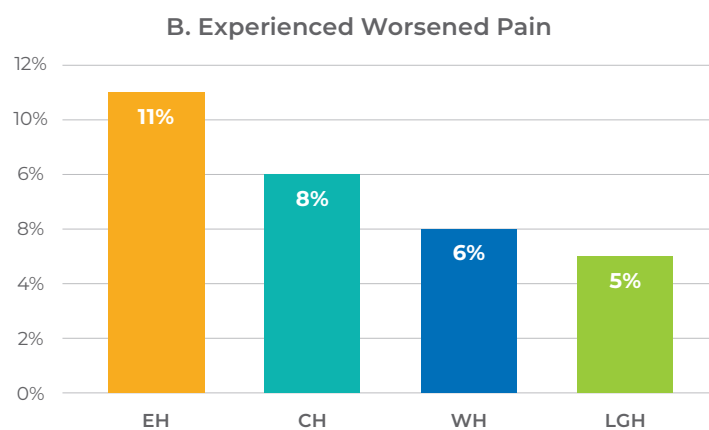
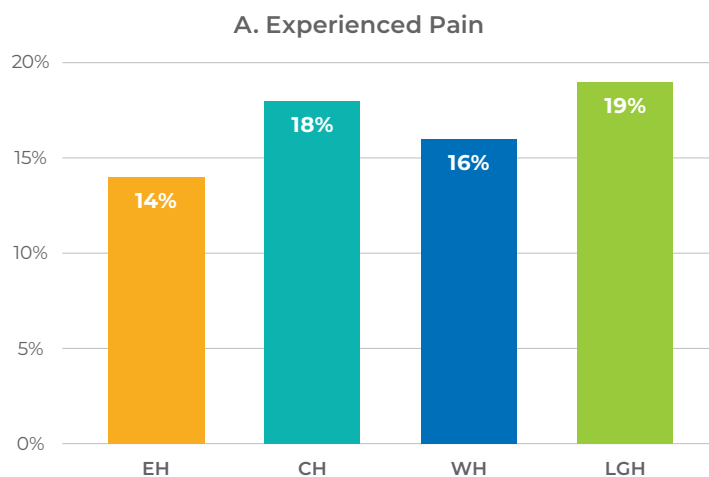


Figure 7. Pain in Residents of LTCFs Analyzed by Region in 2019

- Compared to Canada, a higher proportion of NL residents experienced pain (15.3% vs. 6.2%) but the proportion who experienced worsened pain was about the same (9.0% vs. 10.0%).

Conclusions

- The rate of use of inappropriate antipsychotics in NL LTCFs is improving but remains quite high at 23% of residents.
- The rate of use of anti-anxiety drugs has also improved but the rate of anti-depressant drugs has increased somewhat.
- Use of restraints is a concern as use is higher than in the other four provinces.