

# Utilization of Long-Term Care Facilities in NL

## Objective

To report the number of beds, occupancy, and potential inappropriateness of admissions to long-term care facilities (LTCFs) in NL.

## Practice Points

- NL spends 70% more per capita on institutions other than acute care hospitals relative to the Canadian average. Total spending is \$389 million for LTCFs and \$75 million for personal care homes (PCHs).
- LTCF costs an average of \$10,200/resident/month and average length of stay is 21 months. There are 3,160 beds in LTCFs in the province.
- Eighteen per cent of admissions to LTCFs in NL did not have extensive dependence for activities of daily living or severe cognitive impairment. Some of these admissions may have been inappropriate.

## Data

- Occupancy at 30 Apr 2021, was obtained from the regional health authorities.
- Beds in LTCFs includes general LTC; protective care; palliative and respite; restorative and rehabilitation and protective care residences.
- Appropriate admission was defined as per cent having extensive to very extensive physical dysfunction and/or severe to very severe cognitive impairment, derived from the Resident Assessment Instrument-Minimum Data Set (RAI-MDS) for admissions in the two years Apr 2018–Mar 2020. The remaining beds were considered potentially inappropriate.

## Results

- The number of LTCF beds in Eastern Health (EH) is 1,827, in Central Health (CH) 558 (with 120 more under construction), in Western Health (WH) is 626 beds, and in Labrador-Grenfell Health (LGH) is 149 beds.

Table 1. Utilization in 38 LTCFs in NL on 30 Apr 2021

Location	Total Beds (N)	Bed Type					Occupancy (%)	Potentially Inappropriate Admissions (%)
		LTC	Protective Care	Palliative and Respite	Rehab and Restorative	Protective Care Residences		
<b>LGH</b>								
Forteau	18	16	0	2	0	0	100	0
St. Anthony	47	36	10	1	0	0	100	5
HVGB	71	56	13	2	0	0	100	27
Labrador City	13	12	0	1	0	0	100	31
<b>Total</b>	<b>149</b>	<b>120</b>	<b>23</b>	<b>6</b>	<b>0</b>	<b>0</b>		
<b>WH</b>								
Port aux Basques	30	30	0	0	0	0	99	12
Bonne Bay	14	14	0	0	0	0	99	19
Bay St. George	114	92	22	0	0	0	98	8
Corner Brook (CB)	250	234	16	0	0	0	98	11
CB Protective	40	0	0	0	0	40	97	No data
Burgeo	18	18	0	0	0	0	100	16
Port Saunders	22	22	0	0	0	0	99	11
Western <sup>1</sup>	138	105	0	8	25	0	100	No data
<b>Total</b>	<b>626</b>	<b>515</b>	<b>38</b>	<b>8</b>	<b>25</b>	<b>40</b>		
<b>CH</b>								
Gander	102	79	22	1	0	0	98	7
Fogo Island	11	11	0	0	0	0	99	0
Springdale	78	77	0	1	0	0	99	20
Harbour Breton	18	16	0	2	0	0	98	18
Baie Verte	19	18	0	1	0	0	96	13
Botwood	100	48	48	4	0	0	96	9
Buchans	20	19	0	1	0	0	99	38
Brookfield	45	45	0	0	0	0	99	28

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<sup>1</sup> 10 Rehabilitation and 15 Restoration Care Beds

Table 1 continued

Location	Total Beds (N)	Bed Type					Occupancy (%)	Potentially Inappropriate Admissions (%)
		LTC	Protective Care	Palliative and Respite	Rehab and Restorative	Protective Care Residences		
<b>CH (continued)</b>								
GFW	65	64	0	1	0	0	99	8
Twillingate	37	32	0	0	5	0	100	11
Lewisporte	63	49	0	2	0	12	95	19
<b>Total</b>	<b>558</b>	<b>458</b>	<b>70</b>	<b>13</b>	<b>5</b>	<b>12</b>		
<b>EH</b>								
Clarenville	44	44	0	0	0	0	100	5
Clarenville Protective	12		0	0	0	12	100	62
St. Lawrence	40	29	10	1	0	0	98	18
Bonavista	70	70	0	0	0	0	83	9
Bonavista Protective	12	0	0	0	0	12	100	40
Grand Bank	61	60	0	1	0	0	93	12
Chancellor Park	154	154	No data	No data	0	0	100	No data
Miller Center	118	42	14	0	62	0	95	12
Carbonear	228	200	28	0	0	0	99	14
Placentia	75	73	0	2	0	0	97	22
Agnes Pratt	133	105	26	2	0	0	98	13
St. Patrick's	210	210	0	0	0	0	100	10
Glenbrook Lodge	104	104	0	0	0	0	100	17
St. Luke's	117	116	0	1	0	0	97	22
Pleasant View Towers	433	403	30	0	0	0	100	17
Bell Island	16	15	0	1	0	0	94	No data
<b>Total</b>	<b>1,827</b>	<b>1,625</b>	<b>108</b>	<b>8</b>	<b>62</b>	<b>24</b>		

- Only one LTCF is below capacity: Bonavista.
- The higher rates of potentially inappropriate admissions in Clarenville Protective and Bonavista Protective units may be related to admissions criteria being less restrictive than for LTCFs; in HVGB, Labrador City, and Buchans due to the absence of a PCH in the regions.
- Of the remaining 34 LTCFs, four (20%) had >20% of admissions that were potentially inappropriate.

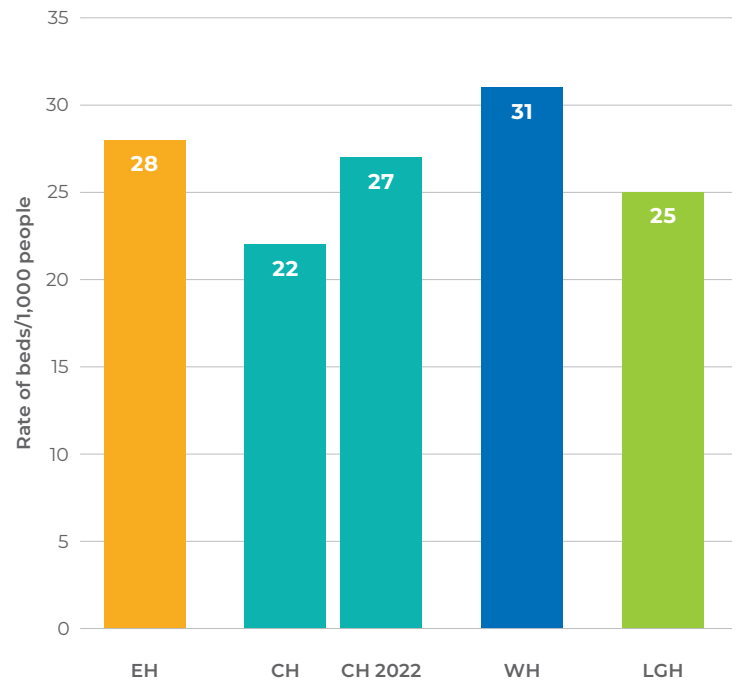
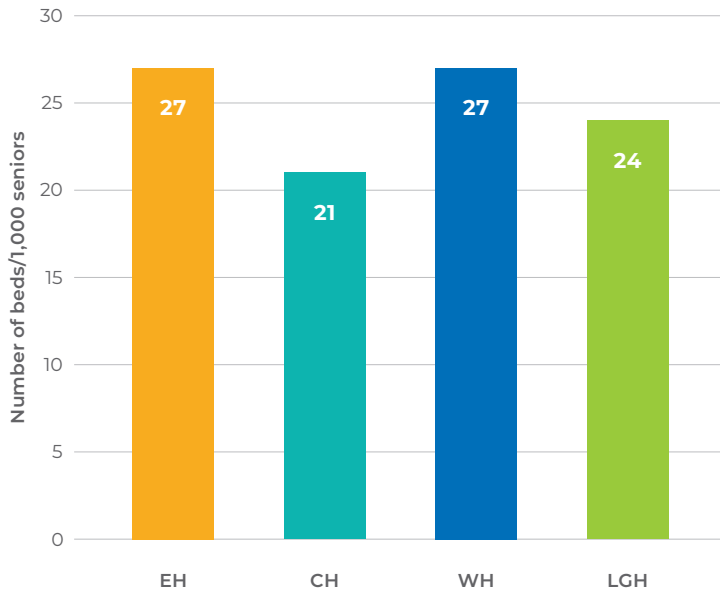


Figure 1. The Number of All LTC Beds/1,000 People Aged ≥65 Years by RHA, 2021

- The addition of 120 new beds in CH will improve the current rate to 27/1,000 seniors in 2022.



**Figure 2. The Number of General LTC and Protective Care Beds/1,000 Seniors in 2021**

- As staffing mix differs by type of bed, this rate excludes palliative care, respite, rehab, restorative and protective care residents.

## Conclusions

1. The per cent occupancy of LTCFs in NL was high, with 83% of admissions being for clients with extensive impairment for the activities of daily living or severe cognitive impairment.
2. The per cent of potentially inappropriate admissions varied by LTCF.
3. The rate/1,000 seniors is low in CH and therefore likely predisposes CH to increased alternate level of care length of stay in the acute hospitals and health centres in this region. This should improve with the 120 new beds not yet opened.
4. The definition of potentially inappropriate admission includes clients who needed admission for reasons other than severe disability or cognitive impairment, and overestimates the number of admissions that could be avoided. CIHI used a definition that identifies clients admitted to a LTCF who could have been prevented by the use of home supports. Using this definition, CIHI reported that 7% of admissions in NL may have been inappropriate compared to 10% in Canada.