

Incontinence – Impacting Nursing Home Composite Scores

In last month's newsletter, we shared information about the National Nursing Home Quality Care Collaborative (NNHQCC) Composite Measure, a tool that can be used to help monitor NNHQCC progress. Nursing homes participating in the NNHQCC focus on processes that improve their systems and measure individual tests of change. It is important to know the impact that certain measures can have on your overall composite score – incontinence is the top quality measure driving composite scores up in Kentucky, with 50% of residents being incontinent.

The overall goal for a nursing home's composite score is 6.00 or lower – a 50% rate of incontinence among residents can quickly drive that score up. Focusing quality improvement efforts in this area may be a quick way for your facility to improve its composite score.

Incontinence has a number of negative effects on the resident, including:

- Interfering with activities;
- Embarrassing the resident;
- Increasing feelings of dependency;
- Increasing risk of long-term institutionalization;
- Increasing risk of skin breakdown/rashes;
- Increasing risk of urinary tract infection; and,
- Increasing risk of falls/injuries.

In addressing residents' incontinence, consider factors such as mobility issues, change in environment, recent surgery, or effect of medications. It is important to ask the resident and/or family about previous toileting habits, particularly before putting them on a scheduled toileting program. A personalized toilet schedule is best and a three day voiding diary on admission (as well as quarterly assessments and readmissions) can help to determine if there is a pattern to the resident's incontinence. These diaries can help formulate an effective toileting program for each resident and decrease resident incontinence. Other interventions to consider when assessing incontinence include involving therapy for bladder training and muscle development, medication review, and a review of the resident's history.

There will always be residents who are incontinent. However, through communication and well-targeted interventions, change can happen, the rate of incontinence among residents can decrease, and your overall composite score will improve.

Let us help you improve your composite score through decreasing the rate of incontinence among your residents! If you have not yet joined atom Alliance and the Kentucky Quality Improvement Organization (QIO), Qsource, in the NNHQCC, you can still be a part of this resource-rich collaboration! Connect with our national and local collaborative packed with personalized tools and resources and ongoing opportunities to learn. Topics include creating QAPI plans, reducing antipsychotic drug use, increasing resident mobility, increasing national 5-star ratings, **improving National Nursing Home Composite Quality Measure scores**, and reducing hospital readmissions. **Participants also receive reports on their composite quality measure.**

Come and join us on this journey – contact Scott Gibson for more information at **502-680-2669** or scott.gibson@area-G.hcqis.org.

Formed as a partnership between three leading healthcare consultancies, atom Alliance is working under contract to CMS throughout Alabama, Indiana, Kentucky, Mississippi, and Tennessee to improve quality and achieve better outcomes in health and healthcare and at lower costs for the patients and communities we serve. Learn more at www.atomAlliance.org.