



Don't 'FALL'  
behind on  
Quality  
Improvement

Mobility is the Golden Key



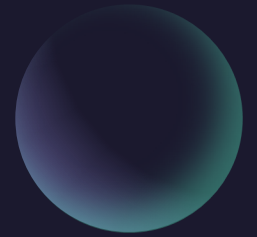
# Common Questions for putting QAPI into Action

- What is the best way to determine if we have a problem with a particular measure?
- What do I use to set improvement goals?
- What is a realistic improvement (percent)?
- Do we pick the hardest or easiest to start with?

You don't know  
what you're  
missing until  
you measure it!



# Team



**Cassidy**  
DON



**Naomi**  
CNA



**Natalie**  
Restorative  
Therapy



**Hank**  
Activity Director



# Team Huddle Checklist

- Safety Issues discussed
- Quality Concerns discussed
- Solutions discussed
- Review of Previous Concerns
- Results to Previous Concerns
- Solutions to implement
- Positivity Moment
- Announcements

# Generate Solutions

- Action plans create accountability for performance improvement efforts.
- Defines “What”, “When”, “Where”, and “How” of the project
  - Who will be impacted by the plan?
  - Who should be involved in creating the plan?
  - Who will be responsible for reviewing and monitoring the plan?
  - Who will be the “owner” of the plan? Do they have authority for all necessary resources?
- Monitors progress

# Performance Improvement Projects (PIPs)

- Conduct PIPs to improve care or services in areas relevant to your residents:
- Gather information systematically to clarify issues and identify opportunities
- Test and implement changes
- Use data to determine whether goals were accomplished

# MDS Resident Level Report

## MDS Report: Resident Level Data (Sample)

Note: S = short stay, L = long stay; X = triggered, b = not triggered or excluded,  
C = complete; data available for all days selected, I = incomplete; data not available for all days selected

| Resident Name    | Resident ID | A0310A/B/F | SR Mod/Severe Pain (S) | SR Mod/Severe Pain (L) | Hi-risk Pres Ulcer (L) | New/worse Pres Ulcer (S) | Phys restraints (L) | Falls (L) | Falls w/Maj Injury (L) | Antipsych Med (S) | Antipsych Med (L) | Antianxiety/Hypnotic (L) | Behav Sx Affect Others (L) | Depress Sx (L) | UTI (L) | Cath Insert/Left Bladder (L) | Lo-Risk Lose B/B Con (L) | Excess Wt Loss (L) | Inσr ADL Help (L) | Quality Measure Count |   |
|------------------|-------------|------------|------------------------|------------------------|------------------------|--------------------------|---------------------|-----------|------------------------|-------------------|-------------------|--------------------------|----------------------------|----------------|---------|------------------------------|--------------------------|--------------------|-------------------|-----------------------|---|
| Data             |             |            | C                      | C                      | C                      | C                        | C                   | C         | C                      | C                 | C                 | C                        | C                          | C              | C       | C                            | C                        | C                  | C                 |                       |   |
| Active Residents |             |            |                        |                        |                        |                          |                     |           |                        |                   |                   |                          |                            |                |         |                              |                          |                    |                   |                       |   |
| Raphone, Mike    | #123456     | 02/99/99   | b                      | b                      | b                      | b                        | b                   | b         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | b                 | 0                     |   |
|                  |             | 02/99/99   | b                      | b                      | b                      | b                        | b                   | b         | b                      | b                 | b                 | b                        | b                          | X              | b       | b                            | b                        | b                  | b                 | b                     | 1 |
|                  |             | 04/99/99   | b                      | b                      | b                      | b                        | b                   | b         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | b                 | b                     | 0 |
|                  |             | 02/99/99   | b                      | b                      | b                      | b                        | b                   | b         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | b                 | b                     | 0 |
|                  |             | 04/99/99   | b                      | b                      | X                      | b                        | b                   | X         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | b                 | X                     | 3 |
|                  |             | 04/99/99   | b                      | b                      | b                      | b                        | b                   | X         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | b                 | b                     | 1 |
|                  |             | 03/99/99   | b                      | b                      | b                      | b                        | b                   | X         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | b                 | b                     | 1 |
|                  |             | 04/99/99   | b                      | b                      | b                      | b                        | b                   | b         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | b                 | b                     | 0 |
|                  |             | 04/99/99   | b                      | b                      | b                      | b                        | b                   | X         | b                      | b                 | b                 | b                        | b                          | X              | X       | b                            | b                        | b                  | b                 | b                     | 3 |
|                  |             | 02/04/99   | b                      | X                      | b                      | b                        | b                   | b         | b                      | b                 | b                 | b                        | b                          | b              | b       | X                            | b                        | b                  | b                 | b                     | 2 |
| 02/99/99         | b           | b          | b                      | b                      | b                      | b                        | b                   | b         | b                      | b                 | X                 | b                        | b                          | b              | b       | b                            | b                        | b                  | 1                 |                       |   |
| 02/99/99         | b           | b          | b                      | b                      | b                      | b                        | X                   | b         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | 1                 |                       |   |
| 02/99/99         | b           | b          | b                      | b                      | b                      | b                        | b                   | b         | b                      | b                 | b                 | b                        | b                          | b              | b       | b                            | b                        | b                  | 0                 |                       |   |
| 04/99/99         | b           | b          | b                      | b                      | b                      | b                        | b                   | b         | b                      | b                 | b                 | b                        | X                          | X              | b       | b                            | b                        | b                  | 2                 |                       |   |



# Determine the Root Cause

Why

Why

Why

Why

Why



# Model for Improvement: Three Key Points

Small scale  $\neq$  small change

- Success (or failure) in one PIP cycle  $\neq$  success or failure of the project

Keep teams focused on the measures related to the aim

# Timeline

Began a new Medications

Decline in Appetite



# Be the Change

- Sustained Change requires buy-in from the team and institution and a willingness to go to the next step

# Why Mobility Assessment, Action and Fall Prevention is Important

- Spending 95% of time in a bed or a chair results in...
  - Decrease in Muscle mass & strength = deconditioning and most common cause of health decline
    - Decrease in ADLs
      - Pressure Ulcers
      - Delirium
      - Function
      - Safety

# Access and Act On

| Mobility                     | Assess                          | Act On                                          |
|------------------------------|---------------------------------|-------------------------------------------------|
| Mobility as one of the 4 M's | Mobility Assessment and Consult | Recommendation for PT/OT as appropriate         |
| Contributing factor          | Assistive Devices               | Recommendations on device and appropriate usage |
| Contributing factor          | Environment                     | Observation and Recommendations for change      |

# Safe Mobility

- Assess & Manage Impairments
  - Pain
  - Strength
  - Balance
  - Gait
  - Depression
- Avoid High Risk Medications
- Supportive Environment
  - Rugs
  - Lighting
  - Footwear
  - Eyesight
  - Hearing



# Safe Mobility Integrates the 4Ms

- Mobility ↔ Mentation (Cognition, Mood, Depression)
- Medications ↔ Mobility (for good and bad)
- Mentation ↔ Mobility (Movement, Independence)
- Key to doing what Matters



# What Does your home already do well with assessing and acting on Mobility?

- Falls Assessment Team
- STEADI screening
- Falls Assessment Questions and TUG
- Tai-Chi Classes
- Restorative Aide Assesses Mobility Assistant Devices
- Activities focusing on Mobility such as dance, yoga, games, group exercises
- Change mindset to safe mobility verses fall prevention
- Staying positive when mobility is an issue
- Help by empowering resident to start movement goals

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