Long-Term Care Quality: Measurement, Disparities, and Directions for the future

Tetyana P. Shippee, PhD
Division of Health Policy and Management
School of Public Health
Outline

1: Measurement of quality in long term care and the role of person-centered measures

2: Are there disparities in QOL by race/ethnicity? If so, what factors play a role?

3: What are the implications for policy and future work?
Nursing Home Care

• Over 1.6 million older adults receive nursing home (NH) care; this is projected to increase to 3 million by 2030.
• 45% percent of Americans over the age of 65 will spend time in a NH.
• 24% will stay a year or more, usually at the end of their lives.
• Public dollars fund the majority of NH care
QOL Matters for NH Quality

• Substantial research on quality of care in nursing homes (NH) exists; less is known about quality of life (QOL) for NH residents.

• Resident QOL is a patient-centered outcome and is linked to a host of clinical indicators.

• CMS and IOM call for improvements in NH residents’ QOL.
What are key predictors of QOL?

- What are resident and facility factors associated with lower QOL scores?

- What is the relationship between facility characteristics and change in QOL scores over time?
Question 1: Key Findings

- Resident characteristics influence QOL
  - Limitations in ADLs
  - Alzheimer’s disease, low cognitive scores
  - Anxiety/mood disorders
  - Diagnoses of mental illness

- Facility characteristics, too
  - Medicaid payment source
  - Staff hours per resident day (especially RN & activity staff)
  - Quality of care score
  - Administrative turnover
  - Non-profit status
Disparities in QOL

• Racial/Ethnic Differences in QOL
Changing demographics & Gap

- The proportion of minority older adults in nursing homes (NHs) has increased dramatically, and will surpass that of white adults by 2030.

- Yet, little is known about these groups’ unique experiences related to QOL.
Key Findings

1. Compared to white nursing home residents, non-white residents experience lower QOL.

2. NHs with lower proportions of non-White residents have better aggregate QOL scores than NHs with higher proportions of non-White residents.
Implications for the Future
Implications

- Measures need to evolve to stay relevant for the changing nature of LTC
- Short-stay resident QOL; family member satisfaction
- Understanding the experience of minority residents
- Importance of reliable, valid data
- Partnership with community organizations and facilities to improve QOL for vulnerable and complex residents, especially in facilities with low capacity to do so
Thank you and Questions?

For further information:

Tetyana P. Shippee
tshippee@umn.edu