



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

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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?

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