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## **New Data from Advancing Excellence Show Reduction in Restraints and Chronic Pain for Nursing Home Residents**

### *America's Nursing Homes Show Overall Improvement in Quality*

**WASHINGTON** – Today the [Advancing Excellence in America's Nursing Homes Campaign](#), a public-private coalition committed to improving quality for nursing home residents, released new data that show a reduction in the use of physical restraints for nursing home residents. Forty states have now met or exceeded the Campaign's goal of less than five percent of residents in nursing homes restrained. In addition, the nation has also met the goal of successfully reducing the number of nursing homes residents suffering from chronic pain to four percent or less. To date, 32 states have met that goal.

Initiated in 2006 as a voluntary, national, coalition-based campaign, Advancing Excellence helps nursing homes improve quality by setting measurable goals to encourage improvements in care and quality of life for nursing home residents. To participate, nursing homes must select three of eight possible goals on which to work on and then are encouraged to use the wealth of resources found on the Website to help them improve. In addition, the Campaign works through a national infrastructure of statewide coalitions called [Local Area Networks for Excellence](#) (LANEs), which exist in almost every state. They provide peer support and even further technical assistance to the homes within the state.

Findings from September 2008 to December 2008, show faster improvement among those participating homes selecting pressure ulcers or chronic pain as areas of focus compared to September of 2006. Those selecting the goal to reduce the number of pressure ulcers experienced 60 percent greater relative improvement than non-participants (11.3 percent vs. 7 percent) since the beginning of the Campaign (September 2006). Similarly, those homes that selected the goal to improve post acute pain for their residents achieved nearly twice the rate of improvement as their counterparts (8.1 percent compared to 4.5 percent).

"The data speaks for itself – the Campaign is working. Residents at participating nursing homes have fewer pressure ulcers, are less likely to be physically restrained and are experiencing fewer symptoms of pain than they were at the start of the Campaign two years ago," said Mary Jane Koren, M.D., M.P.H., chair of the Advancing Excellence campaign and the assistant vice president of [The Commonwealth Fund](#) in New York. "This tells us that when everyone works together, including nursing home leaders, staff members and consumers, quality improves."

“While we are excited about the progress we’re seeing, our job isn’t finished. This fall, the Campaign will introduce revisions to the goals to take into account the progress that nursing homes have made and to push them to make further improvements. We will also make changes to the workforce goals to help providers increase staff retention and reduce the burdensome cost caused by high turnover,” continued Koren.

The Campaign provides free, practical and evidence-based resources to equip and empower nursing home leaders and their staff with the tools they need to improve quality of care and quality of life at their homes. These resources, which can be found in the [Nursing Home](#) and [Nursing Home Staff](#) sections of the Campaign’s Website, include: implementation guides for each of the goals, educational audio and video recordings, archived Webinars, a guide for engaging frontline staff in the Campaign, consumer fact sheets and a consumer guide to name but a few.

To view the full report of national and state-by-state data through the fourth quarter of 2008, visit the [Campaign Progress](#) section of the Advancing Excellence Website at [www.nhqualitycampaign.org](http://www.nhqualitycampaign.org).

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### **About Nursing Homes**

*At any given time, approximately 1.5 million Americans reside in the nation’s 16,400 nursing homes. More than three million Americans rely on services provided by a nursing home at some point during the year. The Advancing Excellence campaign believes those individuals, and an even larger number of their family members and relatives, must be able to count on nursing homes to provide care of consistently high quality.*

### **About Advancing Excellence**

*Initiated in 2006 as a voluntary, national effort to improve nursing home quality, the Advancing Excellence in America’s Nursing Homes campaign has worked diligently over the past two years to achieve measureable improvements in care and quality of life for nursing home residents across the country. The Campaign has a broad coalition that includes long-term care providers, caregivers, medical and quality improvement experts, consumers, government agencies, foundations etc. The campaign is also supported by an established infrastructure of Local Area Networks for Excellence (LANEs), which exist in every state. To learn more, visit [www.nhqualitycampaign.org](http://www.nhqualitycampaign.org).*