



The **Regulation** and
Quality Improvement
Authority



RQIA Provider Guidance 2017-18

Adult Residential Care Homes

www.rqia.org.uk

Assurance, Challenge and Improvement in Health and Social Care

What We Do

The Regulation and Quality Improvement Authority (RQIA) is the independent body that regulates and inspects the quality and availability of Northern Ireland's health and social care (HSC) services. We were established in 2005 under The Health and Personal Social Services (Quality, Improvement and Regulation) (Northern Ireland) Order 2003 to drive improvements for everyone using health and social care services.

Through our programme of work we provide assurance about the quality of care; challenge poor practice; promote improvement; safeguard the rights of service users; and inform the public through the publication of our reports. RQIA has three main areas of work:

- We register and inspect a wide range of independent and statutory health and social care services.
- We work to assure the quality of services provided by the HSC Board, HSC trusts and agencies - through our programme of reviews.
- We undertake a range of responsibilities for people with mental ill health and those with a learning disability.

We inspect and report on the following four domains:

- Is care safe?
- Is care effective?
- Is care compassionate?
- Is the service well led?

RQIA registers and inspects a wide range of health and social care services. These include: nursing, residential care, and children's homes; domiciliary care agencies; day care settings/centres; independent health care; nursing agencies; independent medical agencies; residential family centres; adult placement agencies; voluntary adoption agencies, school boarding departments and young adult supported accommodation (inspected only).

The Four Domains



How We Will Inspect

We will inspect every adult residential care home at least twice every year. Our inspectors are most likely to carry out unannounced inspections, however from time to time we need to give some notice of our inspections.

During our inspections we will inspect and report on the following four domains:

- Is care safe?
- Is care effective?
- Is care compassionate?
- Is the service well led?

When we inspect an adult residential care home, we aim to:

- seek the views of the people who use the service, and/or their representatives
- talk to the managerial and other staff on the day of the inspection
- examine a range of records including policies, care records, incidents and complaints
- provide feedback on the day of the inspection to the manager on the outcome of the inspection; and
- provide a report of our inspection findings and outline any areas for quality improvement where failings in compliance with regulations and/or standards are identified.

Our inspections are underpinned by:

- The Health and Personal Social Services (Quality, Improvement and Regulation) (Northern Ireland) Order 2003
- The Residential Care Homes Regulations (Northern Ireland) 2005
- DHSSPS Residential Care Homes Minimum Standards, August 2011

What We Look For When We Inspect

To help us to report on whether the care is safe, effective and compassionate and whether the service is well led, we will look for evidence against the following indicators. The evidence listed for each indicator provides examples of what may be reviewed and should not be considered exhaustive.

Is Care Safe?

Avoiding and preventing harm to service users from the care, treatment and support that is intended to help them.

Indicator S1

There are, at all times, suitably qualified, competent and experienced persons working in the service in such numbers as are appropriate for the health and welfare of service users.

Examples of Evidence

Staffing

- At all times, sufficiently qualified, competent and experienced persons are working in the home to meet the assessed needs of the service users, taking into account the size and layout of the premises, the number of service users accommodated, fire safety requirements and the statement of purpose
- Duty rotas accurately reflect the staff on duty, including their names and grades and who is in charge of the home
- An induction programme is in place for all grades of staff within the home appropriate to specific job roles
- Staff receive supervision and annual appraisal; with records retained
- Staff receive mandatory training and other appropriate training relevant to their roles and responsibilities
- Competency and capability assessments are undertaken for any person who is given the responsibility of being in charge of the home for any period in the absence of the manager and records retained
- Arrangements are in place to monitor the registration status of staff with their professional body (where applicable)
- Discussion with service users and/or their representatives and staff regarding staffing levels

Recruitment and Selection

- Staff are recruited in line with Regulation 21 (1) (b), Schedule 2 of The Residential Care Homes Regulations (Northern Ireland) 2005 and records are retained and available for inspection within the staff personnel files
- Enhanced AccessNI disclosures are viewed for all staff prior to commencing employment
- Enhanced AccessNI information is managed in line with best practice guidance
- The recruitment and selection policy and procedure complies with current legislation and best practice

Indicator S2

The service promotes and makes proper provision for the welfare, care and protection of service users.

Examples of Evidence**Safeguarding**

- Policies and procedures are in line with the regional 'Adult Safeguarding Prevention and Protection in Partnership' policy (July 2015) and Adult Safeguarding Operational Procedures (2016), Co-operating to Safeguard Children and Young People in Northern Ireland, 2016 and Area Child Protection Committees' Regional Policy and Procedures, 2005
- There are arrangements in place to identify the Adult Safeguarding Champion
- There are arrangements in place to embed the new regional operational safeguarding procedures
- Staff are knowledgeable about safeguarding and are aware of their obligations in relation to raising concerns about poor practice
- Safeguarding training is provided during induction and updated as necessary
- All suspected, alleged or actual incidents of abuse are fully and promptly referred to the relevant persons and agencies for investigation in accordance with procedures and legislation; written records must be retained
- Where shortcomings are highlighted as a result of an investigation, additional identified safeguards are put in place

Indicator S3

There are systems in place to ensure that unnecessary risks to the health, welfare or safety of service users are identified, managed and where possible eliminated.

Examples of Evidence**Infection Prevention and Control (IPC)**

- The home is clean and tidy
- Policies and procedures are in line with regional IPC guidelines
- All staff have received training in IPC in line with their roles and responsibilities
- Staff are knowledgeable and have understanding of IPC policies and procedures
- Hand hygiene is a priority for the home and every effort applied to promoting high standards of hand hygiene among service users, staff and visitors
- There are wash hand basins, supplies of liquid soap, alcohol hand gels and disposable towels wherever care is delivered
- Arrangements are in place to decontaminate equipment and medical devices between use
- Outbreaks of infection are managed in accordance with the home's procedures, reported to the local Consultant in Communicable Disease Control and to RQIA and records kept
- There is information available on IPC for service users, their representatives and staff

Risk

- The home is able to meet the assessed needs of the service user
- Risk management procedures are in place
- Service user risk assessments, based on assessed needs, are undertaken, reviewed and updated on a regular basis or as changes occur
- Equipment and medical devices are available well maintained and regularly serviced
- Restrictive practice is appropriately minimised, assessed, documented and reviewed with the involvement of the multi-professional team, as required

Indicator S4

The premises and grounds are safe, well maintained and suitable for their stated purpose.

Examples of Evidence**Environment**

- The home is fit for purpose and well maintained internally and externally
- The grounds are kept tidy, safe, suitable for and accessible to all service users
- There are no obvious hazards to the health and safety of service users, visitors or staff, including those with sensory impairments. Action plans are in place to reduce the risk where possible
- The home has an up to date fire risk assessment in place
- Adequate precautions are in place against the risk of fire, including the provision of suitable fire-fighting equipment, fire alarm systems, means of escape, staff training and fire drills
- Arrangements are in place to maintain the environment, e.g. servicing of lifts, boilers, electrical equipment, legionella risk assessment
- There are no malodours noted within the home

Is Care Effective?

The right care, at the right time in the right place with the best outcome.

Indicator E1

The service responds appropriately to and meets the assessed needs of the people who use the service.

Examples of Evidence

Care Records

- Care records are maintained in line with the legislation and best practice guidance. They include up to date assessment of needs, life history, risk assessments, care plans and daily statement of health and well-being of the service users
- Individual assessments and care plans are in place for each service user that reflect their physical, social, emotional, psychological and spiritual needs
- Care records are updated regularly or as changes occur to reflect the changing needs of the service user
- Service users and/or their representatives are encouraged and enabled to be involved in the assessment and care planning process
- Service users are supported to have their assessed needs, preferences and choice met by staff with the necessary skill and knowledge; person centred care is promoted
- Records are stored safely and securely in line with data protection
- A records management policy is in place which includes the arrangements for the creation, storage, maintenance and disposal of records in line with the legislation and best practice
- There is multi-professional input into the service users' health and social care needs
- Each service user or their representative is provided with an individual written agreement that sets out their terms of residency

Indicator E2

There are arrangements in place to monitor, audit and review the effectiveness and quality of care delivered to service users at appropriate intervals.

Examples of Evidence

Audits and Review

- Care records are reviewed and updated on a regular basis or as changes occur
- There are arrangements in place to facilitate ongoing and meaningful audit programmes
- A range of audits is undertaken and actions identified for improvement are implemented into practice

Indicator E3

There are robust systems in place to promote effective communication between service users, staff and other key stakeholders.

Examples of Evidence**Communication**

- Systems are in place to review the service user's placement within the home and ensure that it is appropriate to meet their health and social care needs
- There are arrangements in place to facilitate multi-professional team reviews
- Staff are able to communicate effectively with service users and other key stakeholders commensurate with their roles and responsibilities
- Referrals to other healthcare professionals is timely and responsive to the needs of the service user
- Shift handovers are attended by all care staff
- Staff meetings are undertaken at least quarterly with minutes and attendance recorded
- Service user and/or their representative meetings are undertaken with minutes and attendance recorded
- There is an open and transparent culture within the home
- Consent is sought in relation to care and treatment
- Arrangements are in place, in line with the legislation to support and advocate for service users who have issues with mental capacity

Is Care Compassionate?

Service users are treated with dignity and respect and should be fully involved in decisions affecting their treatment, care and support.

Indicator C1

There is a culture/ethos that supports the values of dignity and respect, independence, rights, equality and diversity, choice and consent of service users.

Examples of Evidence

Culture/Ethos

- Staff can demonstrate how confidentiality is maintained
- Staff can demonstrate how consent is obtained
- Discussion with service users and/or their representatives, staff and observation of interactions demonstrates that service users are treated with dignity and respect while promoting and maintaining their independence
- The spiritual and cultural needs of service users are met
- There are policies and procedures within the home that promote the rights of service users and promote the values of dignity and respect, independence, rights, equality and diversity, choice and consent
- Service users are enabled and supported to engage and participate in meaningful activities, social events, work and education opportunities, hobbies and interests
- Service user wishes in relation to their end of life care are clearly recorded, communicated and kept under review

Indicator C2

Service users are listened to, valued and communicated with, in an appropriate manner.

Examples of Evidence

Communication

- Service user needs are recognised and responded to in a prompt and courteous manner by staff
- Service users and/or their representatives confirm that their views and opinions are taken into account in all matters affecting them
- Service users are provided with information, in a format that they can understand, which enables them to make informed decisions regarding their life, care and treatment
- Arrangements are in place for service users to maintain links with their friends, families and wider community
- Action is taken to manage pain and discomfort in a timely and appropriate manner

Indicator C3

There are systems in place to ensure that the views and opinions of service users, and or their representatives, are sought and taken into account in all matters affecting them.

Examples of Evidence**Service User Views**

- Service user consultation about the standard and quality of the care and environment is carried out at least on an annual basis (annual quality review)
- The findings from the consultation are collated into a summary report
- The summary report is made available for service users and other interested parties to read
- An action plan is developed and implemented where improvements are required
- RQIA service user, service user's representatives', other professionals and staff questionnaire responses evidence compassionate care is delivered

Is the Service Well Led?

Effective leadership, management and governance which create a culture focused on the needs and the experiences of service users in order to deliver safe, effective and compassionate care.

Indicator L1

There are management and governance systems in place to meet the needs of service users.

Examples of Evidence

Governance Arrangements

- The registered person/s ensure that the health and social care needs of service users are met on a daily basis in accordance with the Statement of Purpose, legislation and best practice guidance.
- There is a range of policies and procedures in place to guide and inform staff
- Policies are centrally indexed and retained in a manner which is easily accessible by staff
- Policies and procedures are systematically reviewed every three years or more frequently if changes occur
- Arrangements are in place to review risk assessments
- The registered person/s respond to the changing needs of service users and adapt accordingly e.g. staffing levels and training needs

Complaints/Compliments

- The home has a complaints policy and procedure in place in accordance with the relevant legislation and Department of Health guidance on complaints handling
- Service users or their representatives are signposted as to how to make a complaint
- There are clear arrangements for the management of complaints from service users and any other interested parties
- Records are kept of all complaints and these include details of the investigation undertaken, all communication with complainants, the result of any investigation, the outcome and the action taken to address the issues raised
- A record is retained if the complainant is satisfied or unsatisfied with the outcome of the complaints process
- The complaints procedure contains details of the onward referral route for stage two complaints if local resolution is not achieved
- Information from complaints and compliments is disseminated to staff and relevant others and used to drive forward a quality agenda.
- Staff know how to receive and deal with complaints
- Arrangements are in place to audit complaints to identify trends and enhance service provision
- The home retains compliments received e.g. thank you letters and cards

Incidents

- The home has an accident/incident/notifiable events policy and procedure in place which includes reporting arrangements to RQIA
- Accidents/incidents/notifiable events are effectively documented and investigated in line with legislation and minimum standards
- All relevant incidents/notifiable events are reported to RQIA and other relevant organisations in accordance with the legislation and procedures
- Learning from incidents is disseminated to all relevant parties and action plans developed to promote an open and transparent culture and drive forward a quality agenda

Indicator L2

There are management and governance systems in place that drive quality improvement.

Examples of Evidence**Quality Improvement**

- There is evidence of a systematic approach to the review of available data and information, in order to make changes that improve quality, and add benefit to the organisation and patients
- Systems are in place to ensure medical device alerts, safety bulletins, serious adverse incident alerts and staffing alerts are appropriately reviewed and actioned as required
- A record is retained of any action taken in relation to the management of alerts
- Audits of accidents/incidents and notifiable events are undertaken to establish trends and identify learning outcomes which are disseminated throughout the organisation
- A monthly monitoring visit is undertaken as required under Regulation 29 of The Residential Care Homes Regulations (Northern Ireland) 2005; a report is produced and is made available for service users, their representatives, staff, trust representatives and RQIA

Indicator L3

There is a clear organisational structure and all staff are aware of their roles, responsibility and accountability within the overall structure.

Examples of Evidence**Organisational Structure**

- There is a defined organisational and management structure that identifies the lines of responsibility and accountability
- Staff are aware of their roles, responsibilities and actions to be taken should they have a concern
- The registered person/s have understanding of their roles and responsibilities under the legislation
- Service users are informed of the roles of staff within the home and who to speak with if they want advice or have any issues or concerns
- The registered provider is kept informed regarding the day to day running of the home

Indicator L4

The registered person/s operates the service in accordance with the regulatory framework.

Examples of Evidence**Regulatory Framework**

- The Statement of Purpose and Service User Guide are kept up to date and revised when necessary
- Appropriate insurance arrangements are in place and include public and employers liability (employers liability insurance certificate must be displayed)
- The registered person/s respond to regulatory matters (e.g. notifications, reports/QIPs, enforcement in a timely manner
- The home is registered with RQIA
- RQIA certificate of registration is displayed in a conspicuous place within the home and is reflective of service provision
- The registered person/s are knowledgeable of the registered categories of care of the home and ensure that they are operating within the regulatory framework

Indicator L5

There are effective working relationships with internal and external stakeholders.

Examples of Evidence**Working Relationships**

- There is a whistleblowing policy and procedure in place and staff are knowledgeable regarding this
- Arrangements are in place for staff to access their line manager
- There are arrangements in place to support staff (e.g. staff meetings, supervision and appraisal)
- Discussion with staff confirms that there are good working relationships and that management are responsive to suggestions and/or concerns raised
- Arrangements are in place for dealing with professional alert letters, managing identified lack of competency and poor performance for all staff
- There are open and transparent methods of working and effective working relationships with internal and external stakeholders

Inspection Reports

Our inspection reports will reflect the findings from the inspection. Where it is appropriate, a Quality Improvement Plan (QIP) will detail those areas requiring improvement to ensure the service is compliant with the relevant regulations and standards. Where no areas for improvement are identified from the inspection this will be reflected in the report.

It should be noted that inspection reports should not be regarded as a comprehensive review of all strengths and areas for improvement that exist in a service. The findings reported on are those which came to the attention of RQIA during the course of the inspection. The findings contained within inspection reports do not exempt the service provider from their responsibility for maintaining compliance with legislation, standards and best practice.

Once the inspection report is finalised and agreed as factually accurate, it will be made public on RQIA's website.



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