

Inspection Report

18 and 19 May 2021



Railway Lodge Care Home

Type of Service: Nursing Home
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Assurance, Challenge and Improvement in Health and Social Care

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1.0 Service information

<p>Organisation/Registered Provider: Healthcare Ireland (Belfast) Ltd</p> <p>Responsible Individual: Mrs Amanda Celine Mitchell</p>	<p>Registered Manager: Mrs Gail Ellen Chambers – not registered</p>
<p>Person in charge at the time of inspection: Mrs Gail Ellen Chambers</p>	<p>Number of registered places: 80 There shall be no more than 16 service users in Category NH-DE.</p>
<p>Categories of care: Nursing Home (NH) I – Old age not falling within any other category DE – Dementia. MP – Mental disorder excluding learning disability or dementia PH – Physical disability other than sensory impairment. PH(E) - Physical disability other than sensory impairment – over 65 years TI – Terminally ill.</p>	<p>Number of patients accommodated in the nursing home on the day of this inspection: 74</p>
<p>Brief description of the accommodation/how the service operates: This is a registered nursing home which provides nursing care for up to 80 persons. The home is divided into three units, one on the ground floor and two on the first floor. Patient bedrooms are located over the two floors. Patients have access to communal lounges, dining rooms and a garden.</p>	

2.0 Inspection summary

An unannounced inspection took place on 18 May 2021 from 9.15am to 5.15pm and on 19 May 2021 from 9.30am to 4.30pm by the care inspector.

The inspection was conducted to determine if the home was delivering safe, effective and compassionate care and if the service was well led.

Patients spoke positively on living in the home. Patients unable to voice their opinions were observed to be relaxed and comfortable in their surroundings and in their interactions with staff. Comments received from patients and staff are included in the main body of this report.

RQIA was assured that the delivery of care and service provided in Railway Lodge was safe, effective and compassionate and that the home was well led. Areas for improvement were identified in relation to pressure management and with the provision of activities. Good practice was observed with the delivery of compassionate care, record keeping and with the governance measures in place to monitor the care provision in the home.

The findings of this report will provide the management team with the necessary information to improve staff practice and the patients' experience.

3.0 How we inspect

RQIA's inspections form part of our ongoing assessment of the quality of services. Our reports reflect how they were performing at the time of our inspection, highlighting both good practice and any areas for improvement. It is the responsibility of the service provider to ensure compliance with legislation, standards and best practice, and to address any deficits identified during our inspections.

To prepare for this inspection we reviewed information held by RQIA about this home. This included the previous inspection report, registration information, and any other written or verbal information received from patients, relatives, staff or the Commissioning Trust.

Throughout the inspection patients and staff were asked for their opinion on the quality of the care and their experience of living, visiting or working in this home. The daily life within the home was observed and how staff went about their work. A range of documents were examined to determine that effective systems were in place to manage the home.

Questionnaires and 'Tell Us' cards were provided to give patients and those who visit them the opportunity to contact us after the inspection with their views of the home. A poster was provided for staff detailing how they could complete an on-line questionnaire.

The findings of the inspection were provided to the manager at the conclusion of the inspection.

4.0 What people told us about the service

Twelve patients and nine staff were consulted during the inspection. Patients spoke positively on the care that they received and with their interactions with staff. Patients complimented the environment and the quality of the food in the home. Staff were confident that they worked well together and enjoyed working in the home and interacting with the patients. We received one questionnaire response from a relative; the respondent indicated satisfaction that the care in the home was safe, effective and compassionate and that the home was well led.

5.0 The inspection

5.1 What has this service done to meet any areas for improvement identified at or since last inspection?

The last inspection to Railway Lodge Care Home was undertaken on 14 February 2020 by a pharmacist inspector; no areas for improvement were identified.

5.2 Inspection findings

5.2.1 How does this service ensure that staffing is safe?

Safe staffing begins at the point of recruitment. There was a robust system in place to ensure staff were recruited correctly to protect patients as far as possible. All staff were provided with a comprehensive induction programme to prepare them for working with the patients; this also included agency or temporary staff.

There were systems in place to ensure staff were trained and supported to do their job. For example, staff received regular training in a range of topics such as infection prevention and control (IPC), patient moving and handling and fire safety.

Staff said there was good teamwork and that they felt well supported in their role; were satisfied that there were sufficient staff and the level of communication between staff and management.

The staff duty rota accurately reflected all of the staff working in the home on a daily basis. The duty rota identified the nurse in charge when the manager was not on duty.

Patients acknowledged that staff were busy but confirmed that they were looked after well; that staff attended to them when they needed them and that they would have no issues on raising any concerns that they may have to staff. It was observed that staff responded to requests for assistance promptly in a caring and compassionate manner.

The response in the returned questionnaire from a patient's relative confirmed that their relative was in a safe and caring environment and that they were always kept informed of their relative's medical needs.

There were safe systems in place to ensure staff were recruited and trained properly and that patients' needs were met by the number and skill of the staff on duty.

5.2.2 How does this service ensure patients feel safe from harm and are safe in the home?

Each service is required to have a person, known as the adult safeguarding champion, who has responsibility for implementing the regional protocol and the home's safeguarding policy. The Healthcare Ireland Regional Area Manager was identified as the appointed safeguarding champion for the home.

Review of staff training records confirmed that all staff were required to complete adult safeguarding training on an annual basis. Staff told us they were confident about reporting any concerns about patients' safety. Staff were aware of who to report their concerns to and who to escalate their concern to if they felt that this was required.

It was noted that patients and their relatives were provided with written information on how to raise a concern or complaint about care or any service they received in the home. Patients told us that they would have no issues in raising concerns with the home's staff. Complaints were monitored monthly in the home and any learning from complaints was shared with staff. The regional manager confirmed that learning from complaints was also shared with the other Healthcare Ireland homes regionally where this was deemed appropriate.

At times some patients may be required to use equipment that can be considered to be restrictive. For example, bed rails and/or alarm mats. Review of patient records and discussion with the manager and staff confirmed that the correct procedures were followed if restrictive equipment was required. It was good to note that patients who had capacity were actively involved in the consultation process and could give informed consent. This was good practice.

Where a patient was deemed to lack capacity to make decisions and was required to be nursed in a locked unit or under continuous supervision for their safety; a care plan was in place to reflect the reason why and the persons involved in the decision making.

There were systems in place to ensure patients were safe in the home.

5.2.3 Is the home's environment well managed to ensure patients are comfortable and safe?

Examination of the home's environment included reviewing a sample of bedrooms, storage spaces, the kitchen, laundry and communal areas such as lounges and bathrooms. The home was warm, clean and comfortable. It was noted that staff adhered to best practice in infection prevention and control. Corridors were clear of clutter and obstruction and fire exits were also maintained clear. Fire extinguishers were easily accessible.

Patients' bedrooms were personalised with items important to them. Bedrooms and communal areas were well decorated and suitably furnished. Patients could choose where to sit or where to take their meals and staff were observed supporting patients to make these choices.

Patients were complimentary in relation to the environment and with the cleanliness in the home.

5.2.4 How does this service manage the risk of infection?

The Manager told us that systems and processes were in place to ensure the management of risks associated with COVID-19 infection and other infectious diseases. For example, the home participated in the regional testing arrangements for patients, staff and care partners and any outbreak of infection was reported to the Public Health Authority (PHA).

All visitors to the home had a temperature check and a health declaration completed when they arrived at the home. They were also required to wear personal protective equipment (PPE) such as aprons, masks and/or gloves. Visiting arrangements were managed in line with Department of Health and IPC guidance.

Review of records, observation of practice and discussion with staff confirmed that effective training on IPC measures and the use of PPE had been provided. Signage promoting effective hand hygiene and safe use of PPE was displayed throughout the home. Staff use of PPE and hand hygiene was regularly monitored by the manager and records were kept.

The risk of infection was monitored during infection control audits and through daily walkarounds the home.

5.2.5 What arrangements are in place to ensure patients receive the right care at the right time?

Staff met at the beginning of each shift to discuss any changes in the needs of the patients. A handover sheet was made available to staff as a reference to identify patients' requirements such as mobility needs, nutritional requirements and/or pressure management. Staff were knowledgeable of patients' needs, their daily routine, wishes and preferences.

It was observed that staff respected patients' privacy by their actions such as knocking on doors before entering, discussing patients' care in a confidential manner and by offering personal care to patients discreetly. This was good practice.

Patients who were less able to mobilise required special attention to their skin care. These patients were assisted by staff to change their position regularly. There was evidence in care records that this was managed well. However, when we reviewed the mattresses in use for three patients, we found that the mattresses settings had not been correctly set in accordance with the patients' weights. This was discussed with the manager and identified as an area for improvement.

Where a patient was at risk of falling, measures to reduce this risk were put in place. For example, use of an alarm mat. There was a system in place to ensure accidents and incidents were notified, if required, to patients' next of kin, their care manager and to RQIA.

Good nutrition and a positive dining experience are important to the health and social wellbeing of patients. Patients may need a range of support with meals; this could include simple encouragement through to full assistance from staff. The mealtime was a pleasant and unhurried experience for the patients. Staff attended to patients in a caring and compassionate manner. If required, records were kept of what patients had to eat and drink daily. Patients spoke positively in relation to the food provision in the home.

Patients' weights were monitored monthly, or more often if required, for weight loss and/or weight gain. Nutritional care plans were in place identifying specific nutritional requirements for each patient. Staff told us how they were made aware of patients' nutritional needs and confirmed that patients' care records were important to ensure that patients received the correct diet. The food served was attractively presented and smelled appetising, and portions were generous. Meals were served out of normal dining hours to facilitate patients' daily routines where this was required. There was a variety of drinks available served with meals.

Patients received the right care at the right time suitable to their individual needs. Patients' needs were communicated to staff at the point of shift handover and amended during the day if required.

5.2.6 What systems are in place to ensure care records reflect the changing care needs of patients?

Patients' needs were assessed at the time of their admission to the home. Following this initial assessment care plans were developed to direct staff on how to meet patients' needs and included any advice or recommendations made by other healthcare professionals. Patients care records were held confidentially.

Care records were well maintained, regularly reviewed and updated to ensure they continued to meet the patients' needs. Patients, where possible, were involved in planning their own care and the details of care plans were shared with patients' relatives, if this was appropriate.

Patients' individual likes and preferences were reflected throughout the records. Care plans were detailed and contained specific information on each patients' care needs and what or who was important to them.

Daily records were kept of how each patient spent their day and the care and support provided by staff. The outcome of visits from any healthcare professional was recorded.

Care records were maintained well and reflected the changing needs of patients on a daily basis.

5.2.7 How does the service support patients to have meaning and purpose to their day?

Discussion with patients confirmed that they were able to choose how they spent their day. For example, patients could have a lie in or stay up late to watch TV. Patients confirmed that they could go out for a walk when they wanted, remain in their bedroom or go to a communal room when they requested.

During the inspection patients were observed enjoying socially distanced activities in a large dayroom on the ground floor. A programme of activities was on display. Activities included gardening, bowls, games, music, facilitating visits and access to church services. However, the activities in the home focused on group activity. An area for improvement was identified to ensure that the provision of activities took into account those who did not wish to engage in group activities and those who wished to or had to remain in their bedrooms.

Staff recognised the importance of maintaining good communication with families, especially whilst visiting was disrupted due to the COVID-19 pandemic. Staff assisted patients to make phone or video calls. Visiting and care partner arrangements were in place with positive benefits to the physical and mental wellbeing of patients.

There was evidence that patients were supported to have meaning and purpose to their day.

5.2.8 What management systems are in place to monitor the quality of care and services provided by the home and to drive improvement?

Staff were aware of who the person in charge of the home was, their own role in the home and how to raise any concerns or worries about patients, care practices or the environment.

Mrs Gail Chambers has been the manager in this home since 7 February 2021 and an application for her registration with RQIA was in progress. There was evidence that a robust system of auditing was in place to monitor the quality of care and other services provided to patients. The manager or members of the team completed regular audits to support the safe delivery of care and the smooth running of the home.

There was a system in place to manage complaints. There was evidence that the manager ensured that complaints were managed correctly and that good records were maintained. Patients said that they knew who to approach if they had a complaint and confirmed that they would have no issue in bringing any concerns to the home's staff and management team.

A record of compliments received about the home was kept and shared with the staff team, this is good practice. Compliments had been received from patients and their relatives/representatives.

Staff commented positively about the manager and the management team and described them as supportive, approachable and always available for guidance. Discussion with the manager and staff confirmed that there were good working relationships between staff and management.

A review of the records of accidents and incidents which had occurred in the home found that these were managed correctly and reported appropriately.

The home was visited each month by a representative of the registered provider to consult with patients, their relatives and staff and to examine all areas of the running of the home. The reports of these visits were completed in detail; where action plans for improvement were put in place, these were followed up to ensure that the actions were correctly addressed. These were available for review by patients, their representatives, the Trust and RQIA.

Systems were in place to monitor the quality of services and drive improvements.

6.0 Conclusion

Patients spoke positively on living in the home. They were afforded choice on how to spend their day and staff supported patients with their choices. There was adequate staff on duty to attend to patients needs in a timely manner and systems were in place to ensure the smooth running of the home. Two areas for improvement were identified in relation to pressure management and the provision of activities.

Based on the inspection findings and discussions held there was evidence that this service is providing safe and effective care in a caring and compassionate manner and that it is well led by the manager/management team.

7.0 Quality Improvement Plan/Areas for Improvement

Areas for improvement have been identified where action is required to ensure compliance with the Department of Health, Social Services and Public Safety (DHSSPS) Care Standards for Nursing Homes, April 2015.

	Regulations	Standards
Total number of Areas for Improvement	0	2

Areas for improvement and details of the Quality Improvement Plan were discussed with Gail Chambers, Manager and Karen Agnew, Regional Manager, as part of the inspection process. The timescales for completion commence from the date of inspection.

Quality Improvement Plan	
Action required to ensure compliance with the Care Standards for Nursing Homes (April 2015)	
<p>Area for improvement 1</p> <p>Ref: Standard 23</p> <p>Stated: First time</p> <p>To be completed by: With immediate effect</p>	<p>The registered person shall ensure that pressure relieving equipment in use in the home is set correctly in accordance with patients' weights.</p> <p>Ref: 5.2.5</p> <p>Response by registered person detailing the actions taken: RNs have been given clear instructions in relation to ensuring that pressure relieving equipment is set correctly. Further safeguards to ensure that settings are correct for each residents who requires same, will have an identification label attached to the mattress indicating Resident Name, current weight, and setting of mattress. (some mattresses are set by weight while others set by comfort), this will be checked and recorded .</p>
<p>Area for improvement 2</p> <p>Ref: Standard 11 Criteria (12) and (15)</p> <p>Stated: First time</p> <p>To be completed by: 31 May 2021</p>	<p>The registered person shall ensure that the provision of activities in the home is reviewed to make sure that meaningful activities are provided to all patients including those who prefer to stay in their rooms.</p> <p>Ref: 5.2.7</p> <p>Response by registered person detailing the actions taken: All residents will have an individual social and activity assessment carried out which will assist with the implementation of an personalised activities care plan, capturing the type of activities the resident like to do and their preferred place. An individual evaluation of the activity taken place will be recorded so to further develop individual preference of activities for all residents.</p>

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