

## Measurement Strategy revised 1/11/06

### Required Outcome Measures

Measure	Numerator	Denominator	Appropriate Goal	Data Location	Rationale
Proportion of residents physically restrained any time within two calendar days of admission (NHIFT 1) <i>Restraint defined as any device used to prevent resident from independent movement/activity.</i>	Number of residents physically restrained any time within two calendar days of admission	Total number of admitted residents in the last month	0%	Restraint log	Individualized strategies to address underlying problems should replace the restraint of newly admitted residents.
Percentage of residents with falls resulting in serious injury (any fracture, laceration with suture or closed head injury)	Number of residents who had a fall resulting in a serious injury in the last month	Total number of residents who have fallen in the last month.	Reduce to <10%	Incident log	The 10% of falls in nursing homes that result in serious injury may be reduced through individualized care planning and restraint elimination.
Percentage of residents who were physically restrained on <b>LAST FRIDAY</b> of month	Number of residents physically restrained on the LAST FRIDAY of month	Number of residents on the LAST FRIDAY of month	<b>Initial: 2%,</b> Long-term: 0%	Restraint Log	All residents have the right to independence and autonomy in a restraint-free environment
<b>The following measure will be provided for you.</b>					
Percentage of residents who were physically restrained ( <i>as defined by CMS</i> ) daily during the seven-day assessment period (CMS QM)	Number of residents physically restrained daily during the previous month's seven-day assessment period	Total number of residents in the last month	Initial: 2%, Long-term: 0%	NURSING HOME COMPARE Quarterly Basis by QSource	All residents have the right to independence and autonomy in a restraint-free environment.

**Required Process Measures (cont.)**

Measure	Numerator	Denominator	Appropriate Goal	Data Location	Rationale
Proportion of residents physically restrained that received a re-evaluation to reduce or eliminate the restraint. (NHIFT 2) <i>Restraint defined as any device used to prevent resident from independent movement/activity.</i>	Number of residents physically restrained in the last month who received a re-evaluation to reduce or eliminate the restraint	Total number of physically restrained residents in the last month	100%	Restraint log	Efforts to reduce physical restraint use should be continuous.

**Optional Process Measures**

Measure	Numerator	Denominator	Appropriate Goal	Data Location	Rationale
Percentage of families provided education about restraint reduction and facility policy upon admission or consideration of restraint <i>(Educational materials determined at local facility.)</i>	Number of families provided education upon admission or consideration of restraint in the last month	Number of families who have had a resident admitted or consideration of restraint in the last month	100% of families will be educated about restraint reduction upon admission	Admission packet Check-off list	Informing families and residents may increase cooperation and aid staff in reduction efforts.
Percentage of residents with non-restraint interventions tried prior to initiating a physical restraint	Number of residents with at least one non-restraint intervention tried prior to initiating a physical restraint	Total number of residents restrained in the last month	100%	Restraint log Care plan Observation check (random sampling)	Often a non-restraint intervention may be effective and should always be tried prior to restraint use.
Of those residents who have fallen in the last month, percentage who have fallen two or more times within a six-month timeframe	Number of residents who have fallen a) during the last month and b) two or more times within a six-month timeframe	Total number of residents in the last month	Reduce by 20%	Incident log	Identifies the need for “frequent faller” interventions.

### Optional Process Measures (cont.)

Measure	Numerator	Denominator	Appropriate Goal	Data Location	Rationale
Percentage of residents who fall that had an immediate intervention within 24 hours and their current care plan reviewed and modified within 72 hours of the fall	Number of residents who fell that had an immediate intervention within 24 hours and their current care plan reviewed and modified within 72 hours of a fall	Total number of residents who have fallen in the last month	100%	Incident report Medical record Care plan IDT meeting	To prevent future falls and possible restraint use by assessing each incident and intervention at the time of each fall
Percentage of direct care staff who have an appropriate level of training in restraint reduction, monitoring and use of least restrictive alternatives <i>(Appropriate is defined as training every 6 months in all restraints and positional enablers used in the facility.)</i>	Number of direct care staff currently trained over the past 6 months in restraint reduction, monitoring and least restrictive alternatives	Total number of direct care staff	100%	In-service records/ training documentation	Educating staff may increase cooperation and assist in reduction efforts
Percentage of residents who were administered new, increased frequency or higher dose psychotropic medication(s) who have also had physical restraint use reduced	Number of residents who in the last month a) have had physical restraints reduced and b) were administered new, increased frequency, or higher dose psychotropic medication(s)	Total number of residents who have had physical restraints reduced in the last month	Maintain current rate	Physician orders Medication administration record Pharmacists review Medical record	To determine whether chemical restraints are replacing physical restraints

Other balancing measures to consider include the following: cost, behavioral symptoms, elimination/incontinence, nutrition/eating, physical functioning, psychotropic drug use, skin care, quality of life issues (weight loss, dehydration), and decreased range of motion.