

# Evaluation of a Novel Structured Continence Care Program in a Long Term Care Facility

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## Background

- An estimated 74% of residents in long term care (LTC) facilities in Ontario have some level of bladder incontinence<sup>1</sup>
- The Ontario Ministry of Health and Long Term Care provides financial funding of \$1.40 per resident per day to LTC facilities for continence product expenses<sup>2</sup>
- A comprehensive continence care program was introduced at Kensington Gardens, a 350 bed not for profit LTC facility in Toronto, Canada

## Objective

- Achieve and sustain an annual target of  $\leq$  \$1.40 per resident per day for incontinence products while preserving quality care

## Change Concepts

- 2007-2008: continence care costs at Kensington Gardens began to steadily increase
- November 2008: new staffing roles dedicated to continence care management were instated in the form of continence care champion equivalent to 0.5 personal support worker (PSW) full time equivalents (FTEs) and the designation of a PSW on each resident home area (RHA) as continence care leaders
- October 2009: change in the supplier of continence products to enhance quality of care by providing a wide range of products to meet residents continence needs while simultaneously improving cost effectiveness

## Measures

### Primary Outcome Measure:

- Attain and maintain a financial funding target of  $\leq$  \$1.40 per resident per day for incontinence products while preserving quality care

### Process Measure:

- Weekly physical inventory count and in-service education training during orientation and annually thereafter

### Balancing Measure:

- Time spent in continence care by Continence care champion

## Results

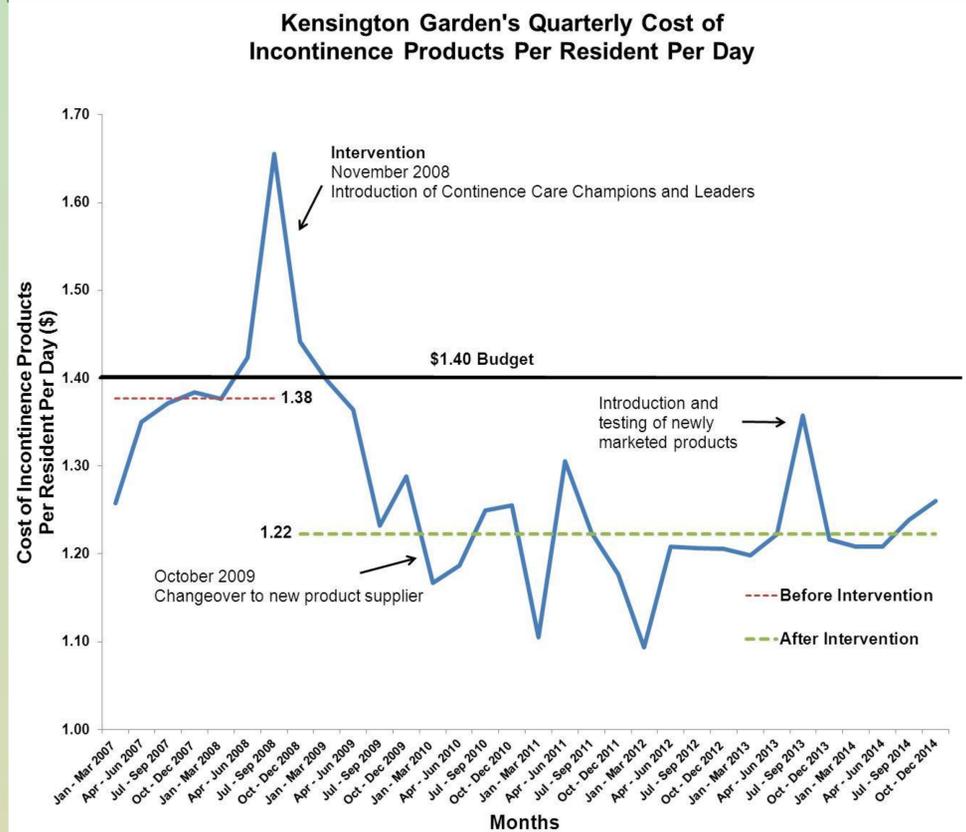


Figure 1. Quarterly cost of Incontinence products per resident per day

- The median cost per resident per day before the implementation of the continence care program was \$1.38 and post intervention was \$1.22
- The 11.6% decrease in costs per resident per day amounts to annual cost savings of \$ 20,440 allowing the LTC facility to offset the costs of employing a continence care champion

## Conclusion

- Implementation of this novel structured continence care program reduced continence care costs
- It is beneficial to consider a similar comprehensive program in other facilities struggling to maintain costs

## References

- <sup>1</sup>Canadian Institute for Health Information. Continuing Care Reporting System. <https://www.cihi.ca/en>. Published 2014. Accessed July 28, 2015.
- <sup>2</sup>Ministry of Health and Long-Term Care. Long-Term Care Homes Financial Policy. [http://www.health.gov.on.ca/en/public/programs/ltc/ltaa\\_policies.aspx](http://www.health.gov.on.ca/en/public/programs/ltc/ltaa_policies.aspx). Published January 2013. Accessed July 28, 2015.

