

Staffing in Maryland Nursing Homes

Second Quarter of 2019

Numerous studies on staffing levels in nursing homes have found that good care requires **4.1** hours of daily care. This is a minimum level of care for every person living in a nursing home regardless of acuity. Clearly some people living in nursing homes require a higher level of care. While Maryland did increase the minimum hours of care for each resident in a 24-hour day from 2.0 to 3.0 in July of 2019, during the second quarter of 2019 the minimum staffing level was still just 2.0.

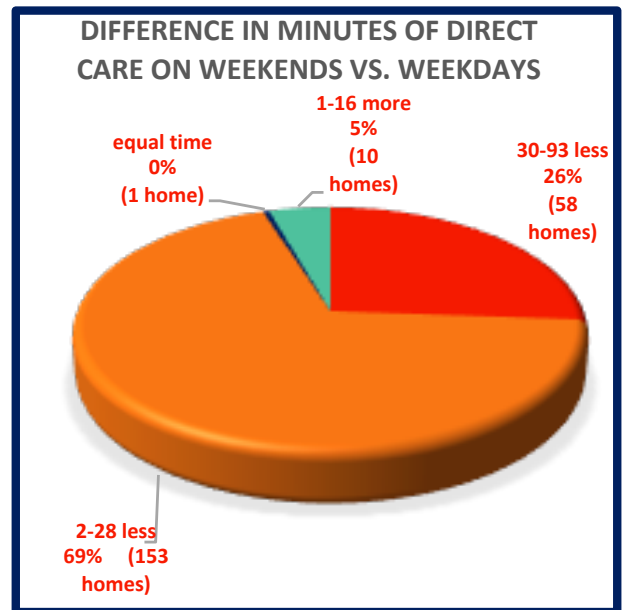


The source of the data used in this report is the nursing home payroll data for the second quarter of 2019, (April 1-June 30), which was downloaded from the Center for Medicare & Medicaid Services (CMS). This report focuses only on the 222 Maryland nursing homes for which payroll-based staffing data was available.

Of those 222 nursing homes, Voices has concerns about homes where:

✓ 58 (26%) show patterns of 30 to 93 minutes of lower staffing on weekends as opposed to staffing time on weekdays.¹ Of these nursing homes, the 7 with the lowest number of minutes of care on weekends compared to weekdays were:

- ✓ Garrett County Subacute Unit (Garrett County) — 93 minutes (1 hour and 23 minutes) up from 73 minutes in Q1.²
- ✓ Deer’s Head Center (Wicomico County)— 69 minutes (One hour and 9 minutes) up from 45 minutes in Q1
- ✓ Transitional Care Services at Mercy Medical Center (Baltimore City) — 66 minutes (1 hour and 6 minutes) up from 60 minutes in Q1



- ✓ Future Care Capital Region (Prince George’s County) 60 minutes (1 hour) — up from 52 minutes in Q1
- ✓ Future Care Homewood (Baltimore City) 58 minutes — up from 47 minutes in Q1
- ✓ Future Care Irvington (Baltimore City) 55 minutes — up from 47 minutes in Q1
- ✓ Anchorage Healthcare Center (Wicomico County) 53 minutes — up from 30 minutes in Q1

Required RN Hours

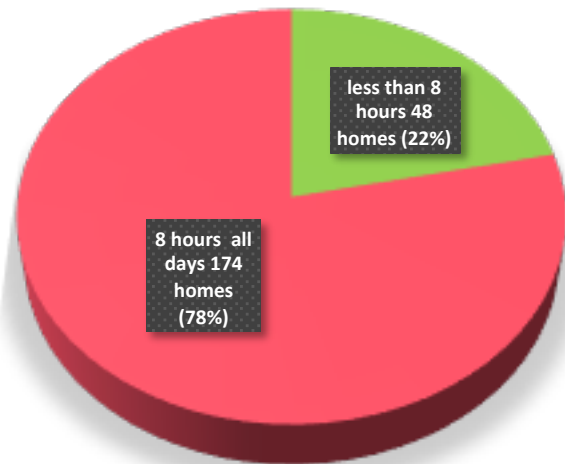
Federal regulations require that nursing homes provide at least 8 consecutive hours of care by a Registered Nurse 7 days a week².

In Maryland during the second quarter of 2019, 48 (22%) nursing homes had days when Registered Nurse hours of care were less than the required 8 hours. (nursing homes with errors in data entry eliminated)

Nursing Homes with 20 or more days in violation of the federal regulation requiring 8 consecutive hours of Registered Nursing Care were

- Althea Woodland Nursing Home (Montgomery County)
- Pleasant View NSG Home (Carroll County)
- Baywoods of Annapolis (Anne Arundel)
- Autumn Lake Healthcare at Alice Manor (Baltimore City)
- Autumn Lake at Chestertown (Kent County)
- Pickersgill Retirement Community (Baltimore County)
- St Joseph's Nursing Home (Frederick County)

Days in Compliance or in Violation of the federal regulation requiring 8 consecutive hours of RN care



- 91 days in violation—no RN presence listed
- 74 days in violation
- 62 days in violation
- 46 days in violation
- 40 days in violation
- 20 days in violation
- 20 days in violation

State Level Statistics from the second quarter of 2019

- Average hours of daily care per resident for the state was 3.70 hours
- Number of nursing homes with days below 2.0 hours of care was 5
- Number nursing homes with some days between 2.0 and 2.99 was 133
- Number nursing homes with some days between 3.0 and 3.99 was 214
- Number nursing homes with some days between 4.0 and 4.99 was 125
- Number nursing homes with some days over 5.0 was 39

We Congratulate

Deer's Head Center

*in
Wicomico County*

For maintaining 4.0 or more hours of direct care and 8 hours or more of RN care every day in the second quarter of 2019

End Notes

1. Kaiser Health News: 11/30/18: "The federal government announced plans Friday to crack down on nursing homes with abnormally low weekend staffing by requiring more surprise inspections be done on Saturdays and Sundays."
2. Garrett County Subacute Unit, run by the Garrett County Government, consists of 10 beds within the Garrett County Memorial Hospital. At the time this data was recorded there were 6 residents in this unit. It is rated by CMS as a 4-star facility. We feel the fact that it is a small unit within a hospital might alter the effect of weekend staffing levels. We leave it to the Maryland Office of Health Care Quality and urge caution in interpreting this particular statistic.
3. Federal regulation: §483.30(b) Registered Nurse
§483.30(b)(1) Except when waived under paragraph (c) or (d) of this section, the facility must use the services of a registered nurse for at least 8 consecutive hours a day, 7 days a week.