

Staffing in Washington, D.C. Nursing Homes

Second Quarter of 2019

Numerous studies on staffing levels in nursing homes have found that good care requires at least **4.1** hours of care daily. This is a minimum level of care for every person living in a nursing home regardless of acuity. Clearly, there are many people living in nursing homes who require a higher level of care. We congratulate Washington, D.C. for maintaining a staffing level of 4.1 hours of care for each resident in a 24-hour day during the second quarter of 2019.

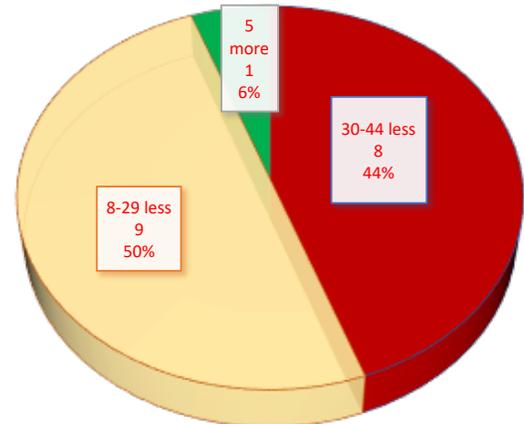
The source of the data used in this report is the nursing home payroll data for the second quarter of 2019, (April 1-June 30), which was downloaded from the Center for Medicare & Medicaid Services (CMS). All 18 Washington, D.C. nursing homes reported payroll-based staffing data during this quarter.

Of the 18 nursing homes, Voices has concerns about homes where:

- **8 (44%) show patterns of 30 to 43 minutes of lower staffing on weekends as opposed to staffing time on weekdays.**¹ These homes were:
 - Deanwood Rehabilitation and Wellness Center — 44 minutes, down from 47 minutes in Q1.
 - Carroll Manor Nursing & Rehabilitation — 43 minutes, up from 35 minutes in Q1
 - Sibley Memorial Hospital Renaissance — 33 minutes, down from 35 minutes in Q1
 - Unique Rehabilitation and Health Center LLC — 33 minutes, up from 28 minutes in Q1



DIFFERENCE IN MINUTES OF DIRECT CARE ON WEEKENDS VS WEEKDAYS



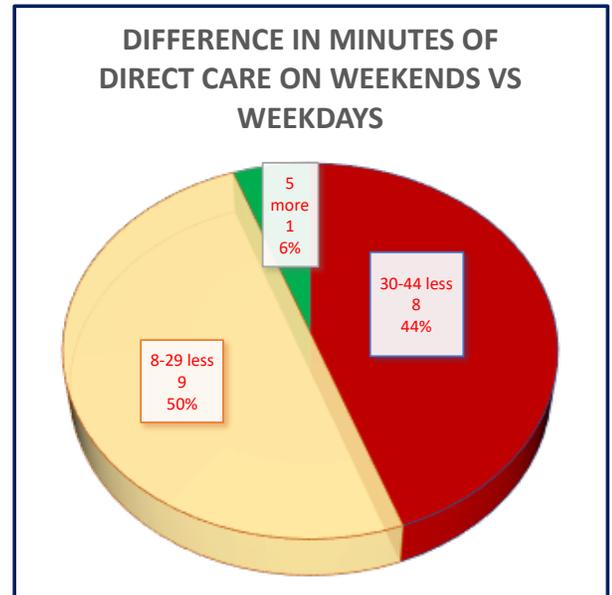
- Washington Center for Aging Services — 32 minutes, **numbers for this home are based on the CMS data but 30 days contain errors which likely makes the numbers for this particular nursing home inaccurate**
- Stoddard Baptist Nursing Home — 32 minutes, down from 37 minutes in Q1
- Ingleside at Rock Creek — 32 minutes, up from 2 minutes in Q1
- Bridgepoint Subacute and Rehabilitation National Harbor — 30 minutes, up from 28 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.

3 nursing homes had days in violation of the federal regulation requiring 8 consecutive hours of Registered Nursing Care each day. Those homes were

- Inspire Rehabilitation and Health Center LLC — 1 day
- Serenity Rehabilitation and Health Center LLC — 10 days
- Washington Center for Aging Services is listed as having 30 days with no RN but CMS data for this home also contains 30 days on which errors occurred making it difficult to determine compliance.



The Washington, D.C. minimum staffing level requirement for nursing homes is 4.1 hours daily. However, the following also applies. *22DCMR B-3211.6 The Director may adjust the staffing requirements and formulas set forth in subsections 3211.4 and 3211.5 based on the individual needs of a nursing facility, provided that the staffing requirements of subsection 3211.5 shall not be reduced to less than three and half (3.5) hours of direct nursing care per resident per day.*

- **4 nursing homes were in violation of these minimum staffing levels with quarterly averages of less than 3.5 hours of direct care per day. Those nursing homes were**
 - Inspire Rehabilitation and Wellness Center, LLC reported quarterly average hours of care of 2.90
 - Serenity Rehabilitation and Health Center LLC reported quarterly average hours of care of 2.33
 - Stoddard Baptist Nursing Home reported quarterly average hours of care of 2.92
 - Unique Rehabilitation and Wellness Center, LLC reported quarterly average hours of care of 2.90

We Congratulate

***Forest Hills of DC
Ingleside at Rock Creek
Jeanne Jugan Residence
Knollwood HSC
Sibley Memorial Hospital Renaissance***

For maintaining 5.0 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. 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.