

Huskards Care Limited Newday Nursing Home

Inspection report

45 Wynford Road Acocks Green Birmingham West Midlands B27 6JH Date of inspection visit: 09 November 2016 10 November 2016

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Good

Tel: 01217078525

Ratings

Overall rating for this service

Is the service safe?	Good •
Is the service effective?	Good •
Is the service caring?	Good •
Is the service responsive?	Good •
Is the service well-led?	Good •

Summary of findings

Overall summary

This inspection took place on 9 and 10 November 2016 and was unannounced. At our last inspection in December 2015 we found that the provider 'required improvement' in three domains, namely effective, caring and well led and was found to be 'good' in safe and responsive.

Newday Nursing Home provides accommodation, nursing and personal care for up to 37 people. There were 35 people living at the home at the time of our inspection. Care and support was provided to people with nursing needs including dementia. The home is a converted property and bedrooms were located on both ground and first floor level.

There was a registered manager. A registered manager is a person who has registered with the Care Quality Commission to manage the service. Like registered providers, they are 'registered persons'. Registered persons have legal responsibility for meeting the requirements in the Health and Social Care Act 2008 and associated Regulations about how the service is run.

People were supported by staff who had been trained in how to recognise signs of abuse and were aware of what actions they should take should they suspect someone was at risk of harm. Staff were aware of the risks to people on a daily basis and how to manage those risks.

People were supported by sufficient numbers of skilled staff who had been recruited safely. People were supported to receive their medicines as prescribed.

Staff benefitted from an induction that prepared them for their role and received mandatory and specialist training in order to meet the needs of the people they cared for.

People's humans rights were respected by staff because staff applied the principles of the Mental Capacity Act 2005 and the Deprivation of Liberty Safeguards in their work practice.

People were supported to have sufficient amounts to eat and drink. People's dietary needs and preferences were adhered to.

People's healthcare needs were met and they were supported to access a variety of healthcare professionals to ensure their health and wellbeing.

People were supported by staff who were kind and caring and treated them with dignity and respect. Staff understood people's preferences with regards to their care and what was of importance to them.

People were supported to participate in a variety of activities that were of interest to them on a daily basis.

People were aware of how to make complaints and were confident that if they did raise a concern it would

be dealt with to their satisfaction

The registered manager had a number of quality audits in place to identify any areas of improvement that were required within the service. Where areas where identified, action plans were put in place to address any issues.

The five questions we ask about services and what we found

We always ask the following five questions of services.

Is the service safe?	Good ●
The service was safe.	
People were supported by staff who understood their responsibilities to keep people safe and protect them from harm. Staff were aware of the individual risks to people on a daily basis and how to manage those risks. People were supported to take their medicines safely.	
Is the service effective?	Good ●
The service was effective.	
People were cared for by staff who had been trained to meet their needs and who obtained their consent prior to supporting them. Staff ensured people had access to sufficient food and drink. Staff supported people to access healthcare services.	
Is the service caring?	Good ●
The service was caring.	
People were supported by staff who were kind and caring and treated them with dignity and respect.	
Is the service responsive?	Good ●
The service was response.	
People were supported by staff who responded to their needs appropriately. People's needs and preferences were assessed to ensure they would be met in their preferred way. People had access to a variety of activities on a daily basis. There were systems in place to listen to people's complaints or concerns.	
Is the service well-led?	Good ●
The service was well led.	

Staff felt supported and listened to by the registered manager and considered the service to be well led. Systems were in place to monitor the quality of the service provided.



Newday Nursing Home

Background to this inspection

We carried out this inspection under Section 60 of the Health and Social Care Act 2008 as part of our regulatory functions. This inspection was planned to check whether the provider is meeting the legal requirements and regulations associated with the Health and Social Care Act 2008, to look at the overall quality of the service, and to provide a rating for the service under the Care Act 2014.

This inspection took place on 9 and 10 November 2016 and was unannounced. The inspection was carried out by one inspector, a specialist advisor and an expert by experience. The specialist advisor was a nurse with experience of dementia care and medicine management. The expert-by-experience was a person who has personal experience of using or caring for someone who uses this type of care service.

We reviewed information we held about the provider, in particular, any notifications about accidents, incidents, safeguarding matters or deaths. We asked the local authority for their views about the service provided. We used the information that we had gathered to plan what areas we were going to focus on during our inspection. We spoke with 8 people who used the service, seven relatives and a visiting healthcare professional. We spoke with the provider, the general manager, the registered manager, three nurses, four care staff, the activities co-ordinator, and the cook.

We used the Short Observational Framework for Inspection (SOFI). SOFI is a way of observing care to help us understand the experience of people who could not talk to us.

We reviewed a range of documents and records including the care records of six people using the service, 15 medication administration records, two staff files, staff induction records, accident and incident records, complaints and quality audits.

People told us that they felt safe living at the home. One person told us, "Of course I feel safe" and was surprised to be asked the question. Another person said, "The staff are very supportive, they never shout at us". A relative told us, "I can leave [person] here without any fear because he is in safe hands". We observed that people were comfortable and reassured in the company of the staff who supported them. For example, whilst transferring one person to their wheelchair, staff handled them very gently and talked them through the process.

People were supported by staff who had received training in how to safeguard them from abuse. A member of staff told us, "If I had a safeguarding concern I would report it to the nurse in change, and if they didn't do anything to the manager or to CQC. All the contact numbers we need are available on the noticeboard". Staff were able to describe to us the different types of abuse people may be subject to and the signs to look out for. One member of staff provided us with the details of a particular safeguarding they had raised. They told us they had informed the manager who had dealt with the situation immediately and we saw evidence of this. This meant that staff were not only aware of their responsibilities, but were confident enough to raise them in the knowledge that they would be dealt with.

Staff were aware of the risks to people they supported on a daily basis and told us they were kept informed immediately of any changes in people's care needs. We saw that prior to people arriving at the home risk assessments were carried out. We saw that where additional equipment or training was required to support staff, the manager ensured this was in place prior to the person being admitted to the home. For example, where one person was assessed as requiring nasogastric tube [this is a tube that is passed into the stomach via the nose providing a means of feeding when oral intake is not adequate], the registered manager ensured staff had received the appropriate training and their competencies were checked prior to the person being admitted to the home. All staff spoken with were aware of each individual's needs and the risks to them.

We observed two members of staff hoisting two people and observed the practice to be unsafe. We immediately brought this to the attention of the registered manager, who witnessed the practice herself. We saw that the manager acted immediately to ensure the person was safely transferred. She told us that she had identified through her own audits that staff required additional training in manual handling and had arranged for a member of staff to receive this training and then cascade this down to staff. We saw evidence of this and the first training session for new staff had taken place. The manager immediately arranged for both staff to receive the training and we saw that the member of staff responsible for this had reassessed the two people and updated their risk assessments. We saw that all staff were informed of the changes in the risk assessments in the communication book.

We saw where accidents and incidents took place, they were recorded, investigated for any lessons to be learnt and then acted upon. Individual learning for accidents and incidents took place and were audited by the registered manager on a monthly basis.

People and staff alike told us they considered there to be enough staff in post. One relative told us, "One thing I like here is that the staff are always around and they do their hourly checks with my relative and also keep a record in their book". We observed staff responding to people's requests for assistance in a timely manner. For one person who liked to walk throughout the home, we saw they were constantly monitored, at times at a discreet distance and also on occasion, if they were happy to accept, the company of a member of staff.

We saw that staffing levels were based on an existing dependency tool, but the manager told us, "It is something I am working on at the moment, the staffing levels are adequate, we are using NICE guidelines, but we want to use something specific to this home. I have devised a dependency score in care plans, once completed that will help us to assess current staffing levels". We saw that the current staffing tool identified six staff in the morning but the manager told us she had identified the need for one extra person in the morning and this was arranged.

We saw that there were recruitment processes in place to help minimise the risks of employing unsuitable staff. We spoke with staff who confirmed that reference checks and checks with the Disclosure and Barring Service (which provides information about people's criminal records) had been undertaken before they had started work.

People told us they received their medicines on time. They told us that if they were in pain, then pain relief was offered and we observed this taking place. We observed one nurse got down so as to be at eye level with a person and explained that she had his medicines and gained his consent and understanding before administering them to him. We observed the nurse took time to ensure the person took their medication prior to signing for them. The medication round took a long time to complete, which the nurse said was normal. She told us, "We take time with people, don't like to rush them". We asked about the next round, which was due at 2.00pm, the nurse told us, "We don't have many at 2.00pm, for pain relief I always make sure there is at least four hours gap so do those first in the morning".

We saw that medicines were stored and secured safely and audited regularly. We noted that the people were protected from the risks associated with medicines because the provider had appropriate arrangements in place to manage medicines. We saw for some people, who required medicines that were to be administered 'when required', some protocols lacked detail with regard to the circumstances in which the medicines should be administered. We discussed this lack of consistency with the registered manager and she advised that she had highlighted this as a concern in her last medication audit and we saw this formed part of the action plan she had in place.

People told us that they were happy with the care they received and considered staff to be well trained in their role. One person said "They [staff] seem to know what they are doing. I think they do get training" and another commented, "The staff here are very good, you're looked after well". A relative told us, "We couldn't be any more pleased if we tried". People told us staff knew how to take care of them and meet their needs. Many of the staff had worked at the home for a number of years and knew the people they supported well.

Staff told us they received regular supervision and an annual appraisal and felt fully supported in their role. One member of staff told us, "I do feel listened to and can raise any concerns, I can go to the manager anytime". Staff confirmed that regular spot checks of their practice took place which were then followed up with formal supervision and we saw evidence of this. The registered manager told us "If I want to address an issue or introduce something new or if staff haven't quite grasped the concept of something I will arrange a group supervision meeting and then do an observed practice". We saw that individual or group supervisions took place every two months.

For new staff in post, they told us they received an induction that prepared them for their role. New staff were paired with a more experienced member of staff whose role was to mentor and provide support. One member of staff told us, "What I've learnt on induction has helped me with my studying at college as well and the manager has told me to just ask if I need any help". We saw that as part of their ongoing induction and learning, staff were responsible for getting the trainer to sign their induction book. This meant that staff were aware of the need to be pro-active in their learning and we saw evidence of this. The manager told us, "We will review the induction book every three months, it is up to nurses to evidence what they have learnt".

We saw the registered manager had plans in place to develop the training that was currently available to staff and was liaising with other healthcare professionals to source this. A member of staff told us, "We've also done training on dementia care, it really does make you think about how it comes about and how it affects people". They went on to describe how they had put some of their learning into practice when supporting people.

Staff told us that communication within the home was good. We saw that where changes in people's care needs had taken place, this information was passed onto staff in a timely manner. Communication books were in place providing staff with the opportunity to pass on information to colleagues. A member of staff told us, "Carers have their own communications book and we leave messages for each other. It means the next shift is given head's up about who needs to be ready for a certain time for an appointment".

The Mental Capacity Act 2005 (MCA) provides a legal framework for making particular decisions on behalf of people who may lack the mental capacity to do so for themselves. The Act requires that, as far as possible, people make their own decisions and are helped to do so when needed. When they lack mental capacity to take particular decisions, any made on their behalf must be in their best interests and as least restrictive as possible. People can only be deprived of their liberty so that they can receive care and treatment when this is in their best interests and legally authorised under the MCS. The authorisation procedures for this in care

homes and hospitals are called the Deprivation of Liberty Safeguards (DoLS).

We checked whether the service was working within the principles of the MCA and whether any conditions on authorisations to deprive a person of their liberty were being met. We saw that where there were DoLS in place, best interests meetings had taken place and the correct paperwork had been completed. For example, for those people who received their medicines covertly, best interests meetings had taken place to ensure this was the appropriate method of administering a person's medication. A member of staff told us, "Sometimes [person] can take medications straight away so there's no need to do covertly if that is the case. We try and if [person] is not going to take them then we put medications in her food".

Staff spoken with had received training in the subject and had an understanding of what it meant for the people living in the home. One member of staff told us "As you do something, you explain everything to the person". We observed all staff obtain people's consent prior to supporting them, but not all staff were aware of who in the home were being deprived of their liberty. We discussed this with the registered manager, who immediately put in systems in place to ensure staff were aware of this information. The registered manager explained that mental capacity assessments were being developed to ensure they covered every aspect of a person's daily care and living and we saw evidence of this.

People were complimentary about the food that was provided to them. One person told us, "The food is very good, the meat just drops off the fork, it is so tender" and another person said, "They [staff] get me to eat more, which is good for me really". A relative commented, "I am very impressed with the food this home provides to our loved ones. They always offer a variety of different foods". The cook told us, "When people come in, we go through the whole menu with them or their relative and ask them what they like and don't like". We saw that the cook and care staff were knowledgeable regarding people's food preferences, likes and dislikes and dietary needs. Drinks were freely available during the day and for those people who were at risk of weight loss, additional snacks were provided and encouraged. The cook confirmed that nursing staff kept her informed of any changes in people's dietary needs.

We saw that people were asked at mealtimes what they would like to eat and their meal was plated up separately to suit their individual preferences. Staff were courteous when supporting people at mealtimes and explained to people what choices were on offer. For those who required encouragement to eat, this was done in a sensitive manner. We saw one person being provided with a different meal to everyone else in order to encourage them to eat. We saw that for those people who required their meals to be pureed this was done correctly. For people with particular dietary needs, ie vegetarian, this was also catered for. We saw that the cook prepared food using fresh ingredients, that people enjoyed their meals.

People told us that if they felt unwell, they were able to ask to see their doctor. We saw that people were supported to access other health care services in order to promote good health and wellbeing. We saw evidence of staff responding in a timely manner to people's changing healthcare needs and additional support and advice was sought where necessary. Where additional equipment was required to meet a person's needs, this was also put in place. Staff were able to describe people's specific healthcare needs and how they supported them. For those people who required support with pressure care, we saw care plans and risk assessments were in place and staff ensured people were turned on a regular basis to prevent further skin damage. We saw that people were weighed regularly and where weight loss was noted, this was responded to appropriately with referrals to the Speech and Language Team and any dietary changes were noted and acted upon. We saw that following positive feedback from the dietician working with the home, the service had been nominated by the local Clinical Commissioning Group to take part in a project which promoted healthy eating and a positive mealtime experience.

We observed that people were supported by staff who were kind, caring and thoughtful. There was a warm, friendly atmosphere in the home which many visitors commented on. One person told us, "I think they [staff] are very kind" and another person said, "I appreciate their kindness and I'm grateful that they [staff] are always polite". Comments received from relatives were equally positive, such as, "I don't feel uncomfortable when I leave my relative here, they [staff] know my relative's likes and dislikes" and "They [staff] are amazing, I can't say it enough, and it comes from deep within my heart. They are exactly how I hoped they would be when we came to look round, they genuinely care; I hear them all the time".

There was constant interaction between people and all staff throughout the day. Everyone knew everyone else and many people referred to the home as being part of their 'family'. One person said, "I wouldn't leave here, I don't have any family, they [staff] are my family". We observed a number of small acts of kindness, people were comforted when upset and distractions put in place.

People told us they were very happy with the care they received and how they were supported. One person told us, "I prefer to stay in my room after lunch to have a nap and also I like to have supper in my room". We saw that their wishes were respected by staff. We saw that care staff were kind, patient and sensitive. We observed one care worker speaking kindly and sensitively with a person they were supporting to eat their meal in the lounge. The person was unable to speak but their facial expression showed recognition when the care worker spoke to them. We also saw that picture cards were readily available to assist staff when supporting people who were unable to communicate verbally. A member of staff told us, "[Person] has a picture book, they can understand you if you use the book".

People were supported to retain their independence. At meal times people chose where they preferred to sit, and were supported to do so. Plate guards were used to assist people with eating their meals. A member of staff told us, "We try and encourage people to do things for themselves". We observed people who wanted to mobilise independently, were supported to do so and were not rushed. The overall environment was busy but pleasant.

We observed that people were treated with dignity and respect. One person told us, "They [staff] always knock on my door and ask if they can come in. That's respect, I think". We saw that people were referred to by their preferred names.

We observed staff discreetly asking people if they would like to wear a clothes protector at mealtimes 'to keep your top/shirt nice and clean'. We observed staff asking people what they would like for lunch, offering them choices and for those who needed more of a description, this was provided. Staff were polite and courteous, thanking people whilst they supported them. There was an overall atmosphere of mutual respect amongst staff and people living in the home.

Staff spoken with were aware of those people who received support from advocacy services and for those people who required support from advocacy services, information was available.

People were supported by staff who knew them well, knew their likes, dislikes and what was important to them. People told us that staff supported them the way they wished to be supported. One person recalled being involved in the development of their care plan when they first moved into the home and told us it was a good experience. They told us, "We talked things through and we seemed to come up with a plan" adding, "Now I am getting old and don't remember things but my relatives are actively involved with them". Relatives spoken with confirmed that they had recently attended a care plan review for their family member. They told us they considered it to be very thorough and helped to meet their family member's changing needs. We saw that care plans were reviewed monthly or sooner if people's care needs changed.

A member of staff said, "Nurses write the care plan, you read the care plan and talk to people and their families and find out what they are like generally". They went on to describe in detail a person they supported and their daily routine. Another member of care staff told us, "The manager has bought in new paperwork and changed the way we do things. It is a positive change and we record everything that needs to be recorded". Staff told us that people's care records provided them with all the information they needed in order to respond to people's needs. We saw that people's care plans provided staff with the information they needed to support people in a person centred way that was responsive to their needs.

We saw that many of the staff had worked at the home for a number of years and knew the people they supported very well. Staff were able to provide us with a very good account of the people they supported. We observed that staff did not wait for people to ask for help, but interacted with people constantly and were proactive in their approach. When one person became distressed when their loved one left the room, a member of staff was already sitting with them, holding their hand, constantly reassuring them and talking kindly to them. They engaged another member of staff into the conversation and offered a distraction which assisted in calming the person.

We observed that there were a variety of activities that took place in the home that responded to people's individual preferences. The activities co-ordinator told us, "I involve people and ask what they like to do, then I organise the activities according to their needs". The activities co-ordinator was enthusiastic about her role and spoke passionately about the work she did. We saw that she had recently been voted as 'Employee of the Month' by staff and visitors alike, she told us, "I was so pleased, so emotional, it's so good to get feedback from people and to know you are making a difference". A visiting professional described the activities co-ordinator as 'fantastic' adding that the service as a whole 'had a real understanding of the individual' and we saw a number of examples of this.

People living at the home had access to a sensory room, computer room, library, board games, audio books, and took part in exercise classes and events that were of interest to them, both in and outside the home. A number of links had been made with the local community including visits from local religious groups and schools. Arrangements were made for a pantomime to visit the home at Christmas. The activities co-ordinator told us, "Not everyone can go out, we arrange for them to come here so that people don't miss out".

We saw that a sewing machine was out ready for one person to use, they told us, "I'm helping out, just doing a bit for the staff". We observed this person show a member of staff how to use the machine and they clearly enjoyed being able to share their skill with another person. One person was watching the American presidential election results on television and was able to discuss this with staff and a visitor. We saw that the activities co-ordinator had put out a range of activities on tables for people to pick up and use and these were seen to be enjoyed, for example one person was looking at a scrap book about Birmingham. He told us that he liked this book. We also saw another person enjoyed knitting and the activities co-ordinator ensured she had the correct size needles she needed. A relative commented, "Mum is very sociable, she needs company, and everyone in staff group is friendly, kind and genuinely caring". We observed all staff, including the housekeeping staff and the cook were friendly, helpful and caring and conversed with people living in the home and their relatives, asking how they and their family members were.

People told us that they had no complaints about the home or the care they received, but were confident that if they did complain that they would be listened to and it would be dealt with to their satisfaction. One person told us, "Oh yes, I can [complain] if I want, the opportunity's there if I need to, but I haven't". We saw that information was available in the home about how to make a complaint. Where complaints had been received, they had been investigated, dealt with and lessons learnt where appropriate. We also saw that people had taken the time to send in a number of compliments regarding the care they or their loved one had received.

We saw that visitors were made welcome in the home and efforts were made to obtain feedback from people and their relatives regarding the service. One relative told us, "I'm glad there are no visiting restrictions, I can visit here at any time and they sent me a questionnaire in the post to complete". Another relative said, "I've been to three relatives meetings, they are normally led by the manager and there's an open session at the end for us to contribute". Dates of relatives meetings were on display on the noticeboard. A relative commented, "I have no problems to discuss, if I did want to talk about anything, I'd go to the general manager or the registered manager with no hesitation". Another relative told us, "At a recent relatives meeting the manager really explained what dementia was and what it does and how it affects a person." They told us how they had benefitted from this and appreciated the effort the registered manager had put into the meeting.

Residents meetings also took place and we saw that people were actively involved in the meeting and asked their opinion about the service and how it was run. We saw that a number of murals had been purchased and placed around the home and that people were actively involved in these decisions. One mural was a woodland scene and staff told us it had been chosen by two people living in the home. One person confirmed this and told us, "I love horses, it's beautiful that" and pointed at the scene. A relative told us, "The murals on the walls have created some lovely conversations, I can hear residents talking about them to each other or staff or their families".

Everyone spoken with considered the service to be well led. People, staff, and visitors all complimented the manager and the general manager who worked closely together. They told us they had seen a number of improvements during the last 12 months which had been introduced by the registered manager. Relatives actively sought out inspectors to tell them how pleased they were with the service that their loved one received. One relative told us, "If all homes were like this it wouldn't be so hard out there to find the right one no matter where you live" and another said, "I think the standard of care is good here, my relative wouldn't be here if it wasn't".

We saw that staff were well motivated and they told us they enjoyed their work. There was a pleasant atmosphere in the home, always something going on, but staff were calm and collected. Many staff had worked at the home for several years and had seen a number of changes, but all spoken with commented positively about the registered manager and the improvements she had introduced. One member of staff told us, "We all work as a team. The nurses are good, you can talk to them and they will listen. [Registered manager's name] and [general manager's name] work well together, both are approachable".

Staff told us they felt well supported by the registered manager and the general manager. One member of staff told us, "Since the registered manager started things have improved quite a bit" and another said, "This is a nice place to work. The staff are amazing and I feel supported. [Registered manager's name] has made sure there is more respect amongst staff, we work as a team". Regular staff meetings took place which gave staff the opportunity to raise any concerns or issues they may have. Staff told us they were able to contribute to these meetings and listened to. One member of staff told us, "Care assistants, nurses, manager, all get a say, nurses might implement something but we all get a say in it and that's how it should be".

We saw that the registered manager had introduced an 'Employee of the month' award. One member of staff told us, "The first person to get this ran off in tears when she was told" and another recipient told us, "I've just been told I've been awarded it this month, it's a really nice feeling". The registered manager told us that had introduced this award as she wanted staff to feel valued. The recipients of the award were informed of the reasons why people had voted for them and the individual comments were passed on them.

Staff told us they were aware of the whistle-blowing policy and were confident that if they raised any concerns they would be listened to.

The registered manager told us she felt supported in her role by the provider and the general manager. She described her relationship with the general manager as one of mutual respect and the general manager told us, "We have a very good relationship and that has helped us to do things we have done". We discussed with the registered manager, the challenges she faced in the role. She told us, "When I first arrived, I could see there was good work happening, but no way of evidencing it. I changed the documentation to demonstrate this".

There was a culture of promoting learning and ensuring staff were equipped with the most up to date

information they required in order to meet the needs of the people they supported. The registered manager told us, "I like to empower staff with knowledge so that they can justify their actions and know why they are doing what they are doing". A new employee handbook had been produced in order to assist staff. We saw that the registered manager was in the process of reviewing policies and procedures in line with the regulations. She told us, "Every month we have policy of the month, we give staff a copy to read and sign and I ill check their learning by asking them on the spot" we saw evidence of this and staff spoken with confirmed this.

At the last inspection of the service, a number of areas of concern were raised. We saw that these areas of concern had been addressed by the registered manager. For example, we saw that an office was now available to provide nursing staff with the privacy they needed to discuss people's care and complete their paperwork and that changes had been made to the environment which had previously impacted on staffs ability to maintain people's privacy and dignity. We saw that care plan paperwork was updated in a timely manner and there was a culture of person centred care.

We saw that there were a number of audits in place in order to assess the quality of the care provided. For example, medication audits and regular reviews of care plans and risk assessments. Audits and observations of staff practice had identified areas for improvement, for example, the need to update staff training in moving and handling and these areas were acted on promptly. Daily charts were completed in a timely manner and audited to ensure people were supported appropriately. Where audits had identified areas for improvement, an action plan was in place in order to address the concerns in a timely manner. The registered manager had introduced new paperwork into the home which was welcomed by staff.

The provider had notified us about events that they were required to by law and had on display the previous CQC rating of the home.