



# CMP PROJECT SPOTLIGHT

*Civil Money Penalty Reinvestment Program*

## CMP PROJECT SPOTLIGHT INTRODUCTION

**August 2021**

We thank the states for overseeing important programs that benefit the residents of nursing homes. Each of the states has established processes to facilitate promising projects to be implemented. The Civil Money Penalty (CMP) Reinvestment Program Team and CMS would like to take this opportunity to highlight a few successful CMP funded programs. In this spotlight, are a range of projects that exemplify direct improvements to quality of care, quality of life, and training.

CMP project results were provided by the states and the funded entities. Further information about these projects and their results should be directed to the state CMP Reinvestment Program contact. Please refer to the CMP contacts file located in the Downloads section of the CMP Reinvestment Program website: <https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/LTC-CMP-Reinvestment>.



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## CMP Project Supports Seniors in Activity and Engagement Through Nature

In 2019, LeadingAge Washington partnered with Eldergrow to install indoor mobile gardens at 31 nursing homes across Washington, to improve the quality of life for nursing home residents. As a result of this CMP funded project, Eldergrow delivered 53 indoor sensory gardens along with therapeutic horticulture lessons to residents and staff. Over the course of the project, the therapeutic sensory gardens improved mood, self-esteem and motor skills, and reduced the risk factors for dementia for residents.

“Partnering with Eldergrow on this project matches our organization’s commitment to providing our members with the support they need to improve the quality of care and life for their residents,” said LeadingAge Washington’s CEO Deb Murphy. “This CMPRP grant is making it possible to enhance the lives of hundreds of individuals living in skilled nursing facilities.”

## Fostering Improved Mood in Residents

During the project, 287 nature-focused classes were taught in-person by educators around the state. These interactive, therapeutic lessons stimulated residents’ five senses and employed a diverse curriculum, spanning from science, the arts, horticulture, culinary harvest, with reminiscing and storytelling. Currently, this program has served over 3,200 residents, with an average of 95.5% of participants meeting or partially meeting wellness goals noted in therapeutic lessons, and 83.8% showing a positive demeanor or improvement of mood over the course of the lessons.

“What a phenomenal program, representatives and product! Thank you LeadingAge WA for promoting this excellent, valuable life enrichment for our residents. We are impressed, blessed and thankful for this opportunity to give residents access to more than life previously freely afforded them! Memories and expression of surprise and delight abounded.” -Doug Bault, Administrator of Garden Village, Yakima

### Project Details

**Focus:** Culture Change/Direct Improvements to Quality of Life

**Project Funding:** \$706,496.24

**Project Duration:** 2019-2021

**Funded Entity:** LeadingAge Washington in Partnership with Eldergrow



A resident at McKay Healthcare & Rehabilitation Center in Soap Lake, Washington spending time observing the garden.



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## CMP Project Funds Wound Care Training and Certification

In 2020, 150 nurses in Virginia were educated and certified in the critical area of wound care in order to close the knowledge gap in the care of chronic wounds. This helped address the high prevalence of chronic wounds in skilled nursing facilities. Learning materials designed and written by experienced wound care physicians were made available to 150 recipients via a dedicated website established specifically for Virginia.

The educational materials were comprised of eleven courses, downloadable study guides, and a certified final exam. For those who completed the curriculum, continuing education credits with the certification of completion were provided. There was a significant improvement in pressure ulcer treatment at the facilities where nurses had completed the online course using the data from a Pressure Ulcer Scale for Healing (PUSH).

Pressure injuries are associated with decreased quality of life due to pain and infection that can lead to sepsis and increase the risk of mortality. Most pressure injuries are preventable, yet 2.5 million people develop pressure injuries annually in long-term care, according to the American Medical Directors Association (AMDA). Prior to program implementation, the rate of long-stay residents with pressure ulcers was 13.4% in participating facilities compared to the average of 7.7% in all facilities across Virginia. After completion of the program, the number of long stay residents with pressure ulcers dropped by 43% to a rate of 7.6% in these participating facilities. Pressure Ulcer Scale for Healing (PUSH) scores for which data was available demonstrated a decrease in severity of wounds of 9.3% in facilities where a nurse participated in the program. For the same period in facilities without a nurse completing the program, severity of wounds decreased on the PUSH scale by only 3%.

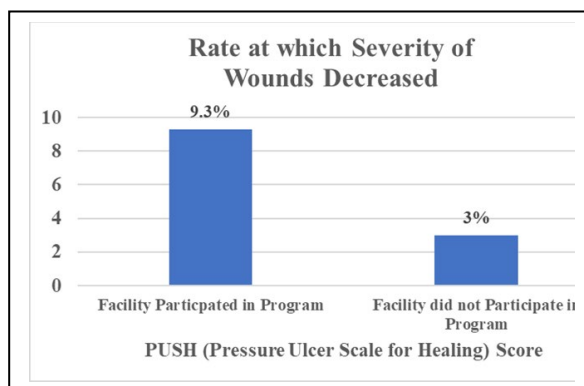
### Project Details

**Focus:** Training

**Project Duration:** 2019-20

**Project Funding:** \$90,889

**Funded Entity:** VOHRA Wound Physicians of Florida, LLC



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## Helping Nursing Home Residents with Dementia Through Music

In Nevada, one-third of all people in nursing homes have been diagnosed with Alzheimer's or related dementia diseases as reported by the American Health Care Association. In 2016, through federal CMP funding, the Perry Foundation has been able to bring a program to several long-term care facilities across the state focusing on the healing power of music on the mind. The project, called Nevada Music & Memory Initiative, sought to enhance the quality of care for nursing home residents, specifically those with dementia while reducing the use of antipsychotic medications.

### Project Details

**Focus:** Culture Change/Direct Improvements to Quality of Life

**Project Duration:** 2016-18

**Project Funding:** \$180,000

**Funded Entity:** Nevada Health Care Association (NVHCA) Perry Foundation

"Something that reawakens that individual based on music that brings them back to a certain part in their life," said Robert Kidd with the Perry Foundation. "We've known there's been a connection between music and neurological connection for years. But it's taken the founder of Music and Memory to put it into a protocol."

## About the Music and Memory Program

The initiative connects with residents with dementia and their family members to learn about each resident's life experiences in an effort to determine what specific songs or types of songs each person may enjoy. The music is then placed on an MP3 player and the resident is submersed in a world of music from their past. Through this process, as well as consistent leadership from staff participation, there were significant strides made in the following objectives:

- Enhanced engagement and socialization;
- A reduction in resident agitation and sun-downing; and
- Further reduction in the off-label use of antipsychotic medications.

Based on the results and findings, there was a decreased use of antipsychotic medication taken by residents participating in the program overall by 52%. Another benefit seen was a decrease in agitation of 82% and a decrease in anxiety of 86% for those participating. Residents became able to engage in lively and interactive conversations with those around them. As an added bonus, the residual effects of their music lasted even after the music had ended.



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## CMP Project Redefines the Dining Experience for the Better

In 2017, Morningside Ministries implemented a groundbreaking initiative to make the dining experience as pleasant and dignified as possible for every nursing home resident. Their project, titled Person-Centered Dining, dramatically changed the dining experience for residents by empowering them to make their own choices about how they want to have their meals.

### Project Details

**Focus:** Direct Improvements to Quality of Care

**Project Duration:** 2018-19

**Project Funding:** \$52,299

**Funded Entity:** Morningside Ministries

“Instead, residents are being treated to a therapeutic dining experience, which allows more choices and increases their satisfaction as well as that of their families and the care teams who serve them” said Tambra Robbins, a Corporate Nutrition and Foodservice Consultant. Morningside Ministries shared that at the core of person-centered dining there is a shift away from dining as simply a necessary part of the day that must be endured to a community experience that is welcomed and honored.

## Promotion of Quality of Care Through Food

Through this innovative program, the residents felt more empowered to make their own choices for dining. Choice not only included the power of what to eat, but also when, where, and whom to eat with. Morningside Ministries implemented more food options, provided training to nursing home staff, food service team members in food preparation and presentation, and implemented enhanced communication between staff, nursing home residents, and their families.

Overall, the program supported significant improvements in the average weight loss of nursing home residents and decreased use of food supplements by nursing home residents in participating facilities.

## By the Numbers

Resident Results	Before Program	After Program
Rate of Weight Loss	13%	2%
Use of Food Supplements	3000 units	2000 units



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