

Report of an inspection of a Designated Centre for Older People.

Issued by the Chief Inspector

Name of designated	Hillside Nursing Home
centre:	
Name of provider:	Mary Nuala Cormican
Address of centre:	Attidermot, Aughrim, Ballinasloe,
	Galway
Type of inspection:	Unannounced
Date of inspection:	09 June 2022
Centre ID:	OSV-0000347
Fieldwork ID:	MON-0036605

About the designated centre

The following information has been submitted by the registered provider and describes the service they provide.

Hillside Nursing Home is a single storey premises located in the village of Aughrim on the outskirts of Ballinasloe, Co Galway. Accommodation is provided in nine single, four double and three treble bedrooms. The centre provides residential, respite and convalescent nursing care to 25 residents from the surrounding catchment area. Hillside Nursing home's objective is to create a home facility that provides high quality care to residents; to meet residents mental, physical and spiritual needs in a safe, secure and comfortable environment.

The following information outlines some additional data on this centre.

Number of residents on the	24
date of inspection:	

How we inspect

This inspection was carried out to assess compliance with the Health Act 2007 (as amended), the Health Act 2007 (Care and Welfare of Residents in Designated Centres for Older People) Regulations 2013 (as amended), and the Health Act 2007 (Registration of Designated Centres for Older People) Regulations 2015 (as amended). To prepare for this inspection the inspector of social services (**hereafter referred to as inspectors**) reviewed all information about this centre. This included any previous inspection findings, registration information, information submitted by the provider or person in charge and other unsolicited information since the last inspection.

As part of our inspection, where possible, we:

- speak with residents and the people who visit them to find out their experience of the service,
- talk with staff and management to find out how they plan, deliver and monitor the care and support services that are provided to people who live in the centre,
- observe practice and daily life to see if it reflects what people tell us,
- review documents to see if appropriate records are kept and that they reflect practice and what people tell us.

In order to summarise our inspection findings and to describe how well a service is doing, we group and report on the regulations under two dimensions of:

1. Capacity and capability of the service:

This section describes the leadership and management of the centre and how effective it is in ensuring that a good quality and safe service is being provided. It outlines how people who work in the centre are recruited and trained and whether there are appropriate systems and processes in place to underpin the safe delivery and oversight of the service.

2. Quality and safety of the service:

This section describes the care and support people receive and if it was of a good quality and ensured people were safe. It includes information about the care and supports available for people and the environment in which they live.

A full list of all regulations and the dimension they are reported under can be seen in Appendix 1.

This inspection was carried out during the following times:

Date	Times of Inspection	Inspector	Role
Thursday 9 June 2022	08:50hrs to 16:40hrs	Fiona Cawley	Lead
Thursday 9 June 2022	08:50hrs to 16:40hrs	Marguerite Kelly	Lead

What residents told us and what inspectors observed

On the day of the inspection, inspectors observed that residents in this centre were supported to enjoy a good quality of life by staff who were kind and caring in their interactions with them. Inspectors observed a friendly, relaxed and calm atmosphere. The overall feedback from residents was very positive. A lot of good practice was observed on the day and regulatory compliance was found across most regulations.

This unannounced inspection took place over one day. There were 24 residents accommodated in the centre on the day of the inspection and no vacancies.

Inspectors completed a walk around of the designated centre on the morning of the inspection with the person in charge. The premises was very clean, tidy and well maintained throughout. There were a number of communal areas for residents to use, depending on their choice and preference. Domestic features in the day rooms, such as fire places and comfortable furnishings, provided a homely environment for residents. The dining room was bright and spacious. Hallways and corridors were decorated with pictures and artwork. Bedrooms were suitably styled and had sufficient space for residents to live comfortably, which included adequate space to store personal belongings. Many residents had decorated their bedrooms with personal items such as pictures, books and furniture. The building was warm and well ventilated throughout.

Residents had safe, unrestricted access to a bright outdoor area with a variety of seating areas and outdoor furniture. The garden contained a landscaped lawn and seasonal plants. There was also a vegetable plot which residents tended to.

Inspectors observed that, overall, the building was well laid out to meet the needs of residents, and to encourage and aid independence. There were appropriate handrails and grab rails available in the bathrooms and along the corridors to maintain residents' safety. Call-bells were available throughout the centre. Inspectors observed that the layout of the sluice room and the laundry room were not in line with best practice. While most of the laundry service for the centre was outsourced, a small number of residents' personal items of clothing were occasionally laundered in a washing machine which was located in the sluice room. The laundry room, which was used to iron residents' clothing, was also used a housekeeping room. This issue was identified on the previous two inspections and will be discussed further under Regulation 17: Premises.

Throughout the day, inspectors spent time in the various areas of the centre observing resident and staff interaction. When inspectors arrived in the centre on the morning of the inspection many residents were in bed, and it was evident that residents' choices and preferences in their daily routines were respected. As the day progressed, residents were observed in the day rooms, dining room, and in their bedrooms. A number of residents sat together in the day rooms watching TV,

reading or chatting to one another and staff. Other residents chose to remain in their own bedrooms, preferring to spend time on their own. It was evident that residents were supported by the staff to spend the day as they wished. Residents who chose to remain in their rooms or who were unable to join the communal areas were monitored by staff throughout the day. Inspectors observed staff engaging in kind and positive interactions as they assisted residents with their needs. Friendly conversations between residents and staff could be heard throughout the day.

During the inspection, inspectors interacted with a large number of residents and spoke with a total of six residents. The general feedback was one of satisfaction with the care and service provided to them. One resident told inspectors that they loved living in the centre and that they were very happy with their room which provided them with lovely views of the outdoors. They said that 'you would not get better or nicer staff anywhere else'. Another resident told inspectors that the staff in the centre were very good to them and that they enjoyed mixing with everyone in the centre. One other resident said that the staff were very good and kind to everyone in the centre. Residents told inspectors that they were satisfied with the time taken for staff to respond to their call bells. Residents said that they felt safe in the centre and could freely raise any concerns with the management and staff. Residents who were unable to speak with inspectors were observed to be content and comfortable in their surroundings. Inspectors observed that personal care and grooming was attended to a high standard.

Inspectors also spoke with two visitors who both spoke very positively about the care and support received by their loved ones. One visitor described how the staff went 'the extra mile' and that their loved one was 'well minded' and always 'beautifully dressed'. They praised the management and staff for their work throughout the pandemic and told inspectors that they knew their relative received 'the best care'. Another visitor told inspectors that their loved got great care and that they were very satisfied with the service.

Staff who spoke with inspectors were knowledgeable about the residents and their needs.

Residents were provided with opportunities to participate in recreational activities of their choice and ability seven days a week. There was unlimited access to television, radio, newspapers and books. Internet and telephones for private usage were also available. Friends and families were facilitated to visit residents, and inspectors observed many visitors coming and going throughout the day

Residents were provided with a range of food and refreshments throughout the day. Residents had a choice of when and where to have their meals. On the day of the inspection, inspectors observed residents having meals at various times of the day depending on their preference. During the lunchtime period, the majority of residents had lunch in the dining room while a small number of residents chose to have their meal in their room. Meals served were observed to be well presented and there was a good choice of food available. Those residents who required help were provided with assistance in a sensitive and discreet manner. Staff members supported other residents to eat independently. Residents were very complimentary

about the food in the centre, with one resident telling inspectors that it was 'too good'. Staff members and residents were observed to chat happily together throughout the lunchtime meal and all interactions were respectful.

In summary, inspectors found a good level of compliance, with a responsive team of staff delivering safe and appropriate person-centred care and support to residents.

The next two sections of the report present the findings of this inspection in relation to the governance and management arrangements in place in the centre and how these arrangements impacted on the quality and safety of the service being delivered.

Capacity and capability

This was a risk inspection carried out by inspectors of social services to monitor compliance with the Heath Act 2007 (Care and Welfare of Residents in Designated Centres for Older People) Regulations 2013 (as amended). Inspectors also followed up on the actions taken by the provider to address areas of non-compliance found on the last inspection in October 2021.

Inspectors found that, overall, this was a well-managed centre where residents were supported and facilitated to have a good quality of life. The quality and safety of the services provided were of an good standard, and the findings reflected a commitment from the provider to ongoing quality improvement for the benefit of residents who lived in the centre.

Mary Nuala Cormican is the registered provider of Hillside Nursing Home. The provider is also the person in charge in the centre. Following two inspections that found repeated non-compliance with regulations, a comprehensive compliance plan was submitted which outlined a number of actions the provider intended to take in relation to the governance and management of the centre. Inspectors found that the provider had addressed the majority of the actions included in the compliance plan, and there was evidence of significant improvements in the overall management of the centre. However, repeated issues in relation to the premises required action to ensure full compliance with the regulation. In addition, further action was required to ensure that the system of oversight in relation to the following was brought in line with the requirements of the regulations;

- Regulation 4: Policies and Procedure
- Regulation 23: Governance and Management.
- Regulation 27: Infection control
- Regulation 28: Fire precautions
- Regulation 34: Complaints procedure.

The management arrangements were restructured. There was a clearly defined structure in place, with identified lines of authority and accountability. The person in charge was supported in this role by a deputy person in charge, a support/administration manager and a full complement of staff including, nursing and care staff, housekeeping staff and catering staff. There were deputising arrangements in place for when the person in charge was absent. The person in charge facilitated this inspection. They demonstrated an understanding of their role and responsibility and it was evident that they were a strong presence in the centre.

The designated centre had sufficient resources to ensure the effective delivery of a good standard of care and support to residents. On the day of the inspection, the centre had a stable and dedicated team which ensured that residents benefited from continuity of care from staff who knew them well. Staffing and skill mix were appropriate to meet the assessed needs of residents. The team providing direct care to residents consisted of one registered nurse on duty at all times and a team of healthcare assistants. The person in charge and deputy person in charge provided clinical supervision and support to all the staff. Communal areas were appropriately supervised and staff were observed to be interacting in a positive and meaningful way with the residents. Staff had the required skills, competencies and experience to fulfil their roles.

Policies and procedures were available, providing staff with guidance on how to deliver safe care to the residents. Inspectors reviewed the policies required by the regulations and found action was required to ensure all policies were reviewed and up-to-date.

There was an induction programme in place which all new staff were required to complete. Staff had access to education and training appropriate to their role.

The provider had systems in place to monitor and review the quality of the service provided for the residents. A range of audits had been completed which reviewed practices such as care planning, medication management, wound care, pain management, and infection prevention and control. However, while areas requiring improvement had been identified, there was no quality improvement plan developed to address these areas. This is discussed further under Regulation 23: Governance and Management.

The person in charge carried out an annual review of the quality and safety of care in 2021.

A review of the risk register found action was required to ensure that risks identified were centre-specific. Arrangements for the identification and recording of incidents were in place and included actions plans implemented to prevent adverse events recurring.

The centre had a complaints policy and procedure which outlined the process of raising a complaint or a concern. Information regarding the process was displayed in the centre. A review of the complaints records found that resident's complaints and concerns were managed and responded in a timely manner. However, the complaints policy did not identify a nominated person to oversee the management

of complaints. Inspectors found that action was required to ensure the procedure was in line with all the regulatory requirements. This will discussed further under Regulation 34: Complaints procedure.

Regulation 15: Staffing

There was sufficient staff on duty with appropriate skill mix to meet the assessed needs of all residents, taking into account the size and layout of the designated centre.

There was at least one registered nurse on duty at all times.

Judgment: Compliant

Regulation 16: Training and staff development

Inspectors found that staff had access to mandatory training and staff had completed all necessary training.

Judgment: Compliant

Regulation 23: Governance and management

The systems in place to ensure that the service provided was effectively monitored required action to ensure full compliance with the regulations. For example,

- quality improvement plans were not routinely developed following the completion of audits including infection prevention and control.
- the system of risk management did not identify environmental risk specific to the centre.

In addition, inspectors found repeated non-compliances in Regulation 17: Premises.

Judgment: Substantially compliant

Regulation 31: Notification of incidents

All notifiable incidents were submitted in line with regulatory requirements.

Judgment: Compliant

Regulation 34: Complaints procedure

The provider did not have a nominated person in place to ensure complaints were appropriately managed in the centre in line with the regulation.

Judgment: Substantially compliant

Regulation 4: Written policies and procedures

Inspectors found that not all of the policies required by Schedule 5 were reviewed and updated in line with regulatory requirements. For example;

- a small number of policies did not identify when the documents were developed and therefore inspectors were not assured that the policies were updated in line with best practice.
- one policy had not been updated since 2018.
- the infection control policy did not reflect national guidelines and required more detail to direct staff practices.

Judgment: Substantially compliant

Quality and safety

Inspectors found the quality of care and support provided to residents in this centre to be of a very good standard. There was a person-centred approach to care and residents' well-being, choices and independence were promoted and respected. Staff were respectful and courteous with the residents. Residents spoke positively about the care and support they received from staff and confirmed that their experience of

living in the centre was positive.

Residents had a comprehensive assessment of their needs prior to admission to the centre to ensure the service could meet their assessed needs. Following admission, an individualised care plan was developed for each resident to provide clear guidance to staff on the supports required to maximise their quality of life. Inspectors reviewed a sample of four residents' files. Assessments were reviewed and updated to reflect residents' changing needs. Individual care plans were very comprehensive, with person-centred information that was updated regularly to provide very clear guidance to staff. Daily progress notes demonstrated good monitoring of care needs and the effectiveness of care provided.

Residents were provided with access to appropriate medical care, with residents' general practitioners providing on-site reviews. Residents were also provided with access to other healthcare professionals in line with their assessed need.

There were regular residents' meetings which provided opportunities to consult with management and staff on how the centre was run. Minutes of recent meetings showed that relevant topics were discussed including COVID-19, menus, birthdays and activities. Satisfaction surveys were carried out with resident and relatives with positive results. Residents had access to an independent advocacy service.

Inspectors found that there were opportunities for residents to participate in meaningful social engagement, appropriate to their interests and abilities. There were staff available to support residents in their recreation of choice and there were regular activities including music and exercise.

General improvement was noted in the care environment for residents. The centre was clean and in a good state of repair. Storage of resident equipment was well managed. Inspectors observed that the centre had been de-cluttered facilitating effective cleaning.

Staff had access to appropriate infection prevention and control training and all staff had completed this. Staff who spoke with inspectors were knowledgeable in signs and symptoms of COVID-19 and the necessary precautions required. The housekeeping staff were knowledgeable about the cleaning process required in the centre. Residents' equipment was found to be very clean on the day and there were cleaning schedules in place. While the provider had a number of measures in place to manage infection prevention and control in line with the national standards and guidance, action was required to in order to fully comply with Regulation 27: Infection control.

The centre had previously experienced a COVID-19 outbreak in October 2021. A review of the management of this outbreak had been completed, and included lessons learned, to ensure preparedness for any further outbreaks. The centre had a comprehensive COVID-19 contingency plan in place which included staff replacement plans. This provided assurance that the centre had a workable plan in the event of another outbreak.

Staff whom inspectors spoke with were clear about what to do in the event of a fire

and what the fire evacuation procedure were. Evacuation equipment was available and accessible in the event of an emergency. Firefighting equipment was in place throughout the centre. Fire exits were clearly visible and free from obstruction. Personal evacuation plans were in place for each resident. Fire safety training and evacuation drills were carried out regularly. Inspectors observed that further action was required to ensure fire drill records contained adequate information. This will discussed further under Regulation 28: Fire precautions.

Regulation 11: Visits

Inspectors observed visiting being facilitated in the centre throughout the inspection. Residents who spoke with inspectors confirmed that they were visited by their families and friends.

Judgment: Compliant

Regulation 17: Premises

The inspectors observed that further action was required to ensure full regulatory compliance. For example;

- The location of a washing machine in the sluice room did not provide sufficient separation necessary to avoid the risk of cross contamination
- There was no dedicated housekeeping room. The laundry room was used as the housekeeping preparation area, and to store the housekeeping trolley and cleaning supplies in close proximity to clean clothes. This arrangement increased the risk of environmental contamination and cross infection.

Both of these issues were identified by inspectors during the previous two inspections in 2021.

Judgment: Not compliant

Regulation 26: Risk management

The centre had an up to date comprehensive risk management policy in place which included the all of required elements as set out in Regulation 26.

Judgment: Compliant

Regulation 27: Infection control

Inspectors observed that further action was required to ensure full regulatory compliance. For example;

- while there were clinical hand wash sinks available in the centre, they were not accessible to all bedrooms
- there were a small number of inconsistencies in applying the standard precautions. A small number of staff were observed wearing jewellery, nail polish and inappropriate uniform which impacted on effective hand hygiene
- a number of fixtures and fittings were in a state of disrepair and this meant they could not be cleaned properly.

Judgment: Substantially compliant

Regulation 28: Fire precautions

While fire drills were recorded, action was required to provide further assurances that residents could be evacuated safely in the event of a fire. For example, fire drill records lacked information regarding the fire scenario, the number of residents evacuated and their evacuation needs, the number of staff carrying out the evacuation and time taken to evacuate the residents.

Judgment: Substantially compliant

Regulation 5: Individual assessment and care plan

Residents had up-to-date assessments and care plans in place. Care plans were person-centred and reflected the residents' needs and the supports they required to maximise their quality of life.

Judgment: Compliant

Regulation 6: Health care

Residents had timely access to medical assessments and treatment by their General Practitioners (GP) and the person in charge confirmed that GPs were visiting the centre as required.

Residents also had access to a range of allied health care professionals such as physiotherapist, occupational therapist, dietitian, speech and language therapy, tissue viability nurse, psychiatry of old age and palliative care.

Judgment: Compliant

Regulation 9: Residents' rights

Residents' rights were upheld in the designated centre. Inspectors saw that the residents' privacy and dignity was respected. Residents told inspectors they were well looked after and that they had a choice about how they spent their day.

Judgment: Compliant

Appendix 1 - Full list of regulations considered under each dimension

This inspection was carried out to assess compliance with the Health Act 2007 (as amended), the Health Act 2007 (Care and Welfare of Residents in Designated Centres for Older People) Regulations 2013 (as amended), and the Health Act 2007 (Registration of Designated Centres for Older People) Regulations 2015 (as amended) and the regulations considered on this inspection were:

Regulation Title	Judgment
Capacity and capability	
Regulation 15: Staffing	Compliant
Regulation 16: Training and staff development	Compliant
Regulation 23: Governance and management	Substantially
	compliant
Regulation 31: Notification of incidents	Compliant
Regulation 34: Complaints procedure	Substantially
	compliant
Regulation 4: Written policies and procedures	Substantially
	compliant
Quality and safety	
Regulation 11: Visits	Compliant
Regulation 17: Premises	Not compliant
Regulation 26: Risk management	Compliant
Regulation 27: Infection control	Substantially
	compliant
Regulation 28: Fire precautions	Substantially
	compliant
Regulation 5: Individual assessment and care plan	Compliant
Regulation 6: Health care	Compliant
Regulation 9: Residents' rights	Compliant

Compliance Plan for Hillside Nursing Home OSV-0000347

Inspection ID: MON-0036605

Date of inspection: 09/06/2022

Introduction and instruction

This document sets out the regulations where it has been assessed that the provider or person in charge are not compliant with the Health Act 2007 (Care and Welfare of Residents in Designated Centres for Older People) Regulations 2013, Health Act 2007 (Registration of Designated Centres for Older People) Regulations 2015 and the National Standards for Residential Care Settings for Older People in Ireland.

This document is divided into two sections:

Section 1 is the compliance plan. It outlines which regulations the provider or person in charge must take action on to comply. In this section the provider or person in charge must consider the overall regulation when responding and not just the individual non compliances as listed section 2.

Section 2 is the list of all regulations where it has been assessed the provider or person in charge is not compliant. Each regulation is risk assessed as to the impact of the non-compliance on the safety, health and welfare of residents using the service.

A finding of:

- **Substantially compliant** A judgment of substantially compliant means that the provider or person in charge has generally met the requirements of the regulation but some action is required to be fully compliant. This finding will have a risk rating of yellow which is low risk.
- Not compliant A judgment of not compliant means the provider or person in charge has not complied with a regulation and considerable action is required to come into compliance. Continued non-compliance or where the non-compliance poses a significant risk to the safety, health and welfare of residents using the service will be risk rated red (high risk) and the inspector have identified the date by which the provider must comply. Where the non-compliance does not pose a risk to the safety, health and welfare of residents using the service it is risk rated orange (moderate risk) and the provider must take action within a reasonable timeframe to come into compliance.

Section 1

The provider and or the person in charge is required to set out what action they have taken or intend to take to comply with the regulation in order to bring the centre back into compliance. The plan should be **SMART** in nature. Specific to that regulation, **M**easurable so that they can monitor progress, **A**chievable and **R**ealistic, and **T**ime bound. The response must consider the details and risk rating of each regulation set out in section 2 when making the response. It is the provider's responsibility to ensure they implement the actions within the timeframe.

Compliance plan provider's response:

Regulation Heading	Judgment
Regulation 23: Governance and management	Substantially Compliant
management: The quality improvement plan and the au carried out, the outcomes will be incorpor reflect learnings and required actions. The risk management process is currently check of the center has been carried out,	dit process will be formally linked, as audits are rated into the quality improvement plans to being optimized and a full environmental all risks are being captured and localized rsing Home are being incorporated, this will be
Regulation 34: Complaints procedure	Substantially Compliant
Outline how you are going to come into c procedure: A person has been nominated (other than complaints are appropriately managed at	9 /
Regulation 4: Written policies and procedures	Substantially Compliant

Outline how you are going to come into cand procedures:	ompliance with Regulation 4: Written policies
All policies have been updated	
Regulation 17: Premises	Not Compliant
Outline how you are going to come into c	ompliance with Regulation 17: Premises: Idress the scluse room/washroom to bring it
into line with regulation 17(2), work is du	-
Regulation 27: Infection control	Substantially Compliant
Outline how you are going to come into c	ompliance with Regulation 27: Infection
control: We plan to engage with a local infection of	control Specialist to advice on the possible
location of hand wash sinks so that they a recommendations we will proceed with ar	are accessabile to the bedrooms, based on their action plan, we expect to be completed by
	earing of jewellary and inappropriate uniforms
	been identified and are being replaced or re-
sprayed	
Regulation 28: Fire precautions	Substantially Compliant
The fire drill recording process has been uwill be captured and documented, the key	ompliance with Regulation 28: Fire precautions: updated, going forward the activities of the drills y learnings will be highlighted and documented,
and any actions/updates incorporated in f	uture planning.

Section 2:

Regulations to be complied with

The provider or person in charge must consider the details and risk rating of the following regulations when completing the compliance plan in section 1. Where a regulation has been risk rated red (high risk) the inspector has set out the date by which the provider or person in charge must comply. Where a regulation has been risk rated yellow (low risk) or orange (moderate risk) the provider must include a date (DD Month YY) of when they will be compliant.

The registered provider or person in charge has failed to comply with the following regulation(s).

Regulation	Regulatory requirement	Judgment	Risk rating	Date to be complied with
Regulation 17(2)	The registered provider shall, having regard to the needs of the residents of a particular designated centre, provide premises which conform to the matters set out in Schedule 6.	Not Compliant	Orange	15/12/2022
Regulation 23(c)	The registered provider shall ensure that management systems are in place to ensure that the service provided is safe, appropriate, consistent and effectively monitored.	Substantially Compliant	Yellow	30/09/2022
Regulation 27	The registered provider shall ensure that procedures, consistent with the standards for the prevention and control of healthcare	Substantially Compliant	Yellow	31/12/2022

	associated infections published by the Authority are implemented by staff.			
Regulation 28(1)(e)	The registered provider shall ensure, by means of fire safety management and fire drills at suitable intervals, that the persons working at the designated centre and, in so far as is reasonably practicable, residents, are aware of the procedure to be followed in the case of fire.	Substantially Compliant	Yellow	22/07/2022
Regulation 34(3)(a)	The registered provider shall nominate a person, other than the person nominated in paragraph (1)(c), to be available in a designated centre to ensure that all complaints are appropriately responded to.	Not Compliant	Yellow	01/07/2022
Regulation 34(3)(b)	The registered provider shall nominate a person, other than the person nominated in paragraph (1)(c), to be available in a designated centre to ensure that the person nominated under paragraph	Not Compliant	Yellow	01/07/2022

	(1)(c) maintains the records specified under in paragraph (1)(f).			
Regulation 04(3)	The registered provider shall review the policies and procedures referred to in paragraph (1) as often as the Chief Inspector may require but in any event at intervals not exceeding 3 years and, where necessary, review and update them in accordance with best practice.	Substantially Compliant	Yellow	22/07/2022