

Quality Improvement Plan (QIP)

Narrative for Health Care Organizations in Ontario

March 21, 2025



OVERVIEW

Extendicare London is a long-term care home located in London, Ontario and part of a large organization which provides care and services for seniors across Canada.

Improving the quality of care we provide for our residents and their families guides all we do. We are committed to continuous improvement, and on an ongoing basis, we seek new ways to evolve our practices and strengthen our services.

Read more about this in our Improving Care Plan.

Our Purpose, Mission, Vision and Values

In 2024, through broad consultation with stakeholders across our organization including direct engagement of residents, team members and family members of those in our care, Extendicare conducted a refresh of the Mission, Vision and Values. Our goals were to capture who we are, what we can all achieve working together and to put the feelings of communities into words.

Our Purpose is helping people live better.

Our Mission is to provide people with the care they need wherever they call home.

Our Vision is a future where everyone in Canada has access to the care and support, they need to live their best lives.

Our Values:

- We embrace every person for the individual they are.
- We care for each person as we would our own family.
- We collaborate with others because we achieve more together.
- We are relentless in our efforts to improve.
- We respect the resources entrusted to us.

In 2023, Revera's long-term care homes joined Extendicare. This has

provided an opportunity to combine strengths, learn from one another, establish communities of practice focused on continuous improvement and collaboration, and reinforce Extendicare's deep commitment to long-term care in Canada.

Throughout our organization, integration work continues to be an important focus in 2025 and beyond. We know collaboration allows us to achieve more together. By aligning and standardizing processes, policies and systems across our homes, all Extendicare LTC homes will deliver consistent, quality care.

Quality Improvement

Extendicare's Quality Framework outlines the ways in which our home is supported to achieve success with a focus on quality of life, safety, regulatory compliance and resident engagement. In alignment with provincial requirements, each Extendicare home in the province is responsible for directing their quality improvement plan, with the support of a dedicated regional team who assist us with our home's quality initiatives. Our strategic direction and the initiatives that support the plan also meet or exceed standards set by Accreditation Canada and meet the requirements of our LSAA. Our home's multidisciplinary Continuous Quality Improvement (CQI) Committee oversees our quality program. It is led by our home's CQI lead. Membership includes our home leadership team, each designated program lead, Medical Director, Dietitian, Pharmacy Consultant, resident council representatives, and care team representatives, including a Personal Support Worker and Registered clinical staff. Our CQI committee meets at a minimum quarterly and uses a CQI Framework in alignment with Extendicare's enterprise-wide strategic quality priorities to identify

key areas for quality improvement in our home, make recommendations, monitor and measure progress, identify and implement adjustments, and communicate improvement outcomes for the current and following year. Results are discussed and shared with residents, families, team members and external partners to support our priorities, targets, and activities.

Across our organization, Extendicare measures and monitors our quality initiatives using data accuracy and quality indicator results. Home-level quality reports are circulated monthly and reviewed by homes and regional teams across our network, to help monitor progress and drive meaningful conversation at each home's continuous quality committee meetings. Performance monitoring is a key part of our relentless efforts to improve performance and include but are not limited to the following:

- Monitoring key quality indicators
- Internal audits
- External audits
- Annual Program evaluations
- Resident and Family Experience Survey results

In 2024, our home's Quality Improvement priority areas included Falls prevention, Restraint reduction, Antipsychotic deprescribing, and Worsened pressure injury. The following top areas for improvement identified from our 2023 Resident and Family Experience survey results were also included:

- I am satisfied with the variety of food and beverage options.
- I have an opportunity to provide input on food and beverages.
- I have input into the recreation programs available.
- The resident has input into the recreation programs available.

We are proud of the following achievements and improvements that were implemented based on the 2023 survey results and that were part of our 2024 improvement plan:

- Discussed the breakdown of protein options available at the dining committee meetings, reviewed popular options from previous menus and feedback on the options at the dining committee meetings, continued with our regular dining committee agenda item of asking residents for suggestions for food items they want to see on the menu and the home recognized national food days throughout the year. We completed implementation in March 2024.
- Implemented a monthly Resident Choice menu based on input by residents for food and beverage options in April 2024.
- Implemented a suggestion box for activity suggestions placed throughout the home, began promoting our quarterly Program Planning Activities by including a prompt in the monthly newsletter with ways to provide suggestions for activities. We completed implementation of these in April 2024.
- Provided a slideshow explaining menu process and options available and encourage residents to provide feedback at dining committee and at townhall meetings and promoted special theme menus in the Newsletter. We completed implementation of these in April 2024.
- Developed a survey and made it available for families to provide input on food and beverages on the resident menu, then

implemented feedback ideas as appropriate. This was completed in April 2024.

. We are also proud to have maintained 0 restraints in our home. As a result, we will continue to monitor our processes but have not included in our 2025 workplan as a priority focus.

Our CQI committee has determined that for 2025 our priority areas for quality improvement in our home will include Fall prevention, Pressure injury reduction and Antipsychotic deprescribing. We will also prioritize the following areas from our Resident and Family Experience survey as determined following consultation with our Resident Council and Families:

- I am satisfied with the variety of religious and spiritual programs available.
- The resident has input into the recreation programs available.
- I enjoy eating meals in the dining room.

ACCESS AND FLOW

Extendicare is committed to working closely with our community partners including our regional Ontario Health at Home team, hospitals, and business partners to ensure safe, effective and high-quality care of residents across the organization and at the local home level. We do this through ongoing relationship building and partnerships with health system partners such as local long-term care homes, regional IPAC hubs, Ontario Health teams and various regulatory authorities.

In addition, our partnerships extend to our Medical Advisor and Attending Physicians as we work to improve medication management, clinical care and reduce unnecessary ED visits.

We work together with residents, their families and our health system partners to ensure safe, effective admissions to our home, and understand transitions throughout the system are not easy for those we serve. We work to apply additional care and attention to closely engage and support those in our care at times of change or at times where specialized supports are required in their health care journey.

Prevention and health promotion

Throughout the year, we support and participate in organization-wide awareness campaigns that educate team members, residents and families. Our home has access to an annual awareness calendar that highlights key health promotion and professional recognition events, which are supported nationally through communication and education, and locally at our home with activities that are tailored to the home's needs and demographics. Organization-wide campaigns include:

- **Safe Spaces:** Combining four key autumn safety awareness events – Infection Control Week, Canadian Patient Safety Week, Seniors' Safety Week, and Fall Prevention Month – Safe Spaces is a six-week sustained safety campaign. Aimed at promoting a culture of safety across the organization through education, resources and home-level activities, the campaign equips our team members with knowledge and tools to continuously improve quality and safety and engages residents and families as partners in care.
- **Stick it to the flu:** Through Extendicare's annual influenza vaccination campaign, all homes are encouraged to aim for 90% vaccination of residents and staff. Individual and home-wide incentives are provided for achieving this benchmark, and our home hosts on-site vaccination clinics.
- **Hand Hygiene Day:** Led by our IPAC team, this annual day is marked with an intensive focus on tools and education to promote

proper hand hygiene practices for team members, residents and families. Homes across Extendicare participate in a friendly challenge to find the most creative and engaging ways to promote hand hygiene – from writing jingles to hosting events.

- **Alzheimer's awareness:** We care for a population that is impacted by rising rates of Alzheimer's and dementia. In addition to intensive communication focus during Alzheimer's Awareness Month every January, our home has access to tools and education year-round that helps our team members to tailor care to the unique needs of those living with dementia – from Gentle Persuasive Approaches (GPA) training to dementia-focused tools for skin and wound care. Right care in the right place at the right time

On an ongoing basis, we work hard to support, train, retain and recruit qualified and compassionate team members to work together in the service of quality care for residents. We know strong interdisciplinary teams are essential to the delivery of quality care and we foster a culture of collaboration to contribute coordinated expertise, as resident plans of care are executed. In addition, we are actively recruiting Nurse Practitioners to support our collaborative models of care, continue to invest in building credentials among our team for advanced wound nurses (SWAN's), provide training and resources for our team to enhance skillsets in IV therapy with multi-venous IV training arms, compassionate end-of-life care and more.

Building capacity

We recognize how important long-term care is within our health system. At an enterprise-wide level, Extendicare is actively working to increase access to care through the construction of new homes built to modern design standards with the ability to welcome more people on the province's long-term care waiting list. In communities across the province, Extendicare is building for the future, with

plans to redevelop every older home in our network. New homes are designed to deliver significant improvements to residents' quality of life, with private bedrooms for all, enhanced communal lounges for activities and family visits, increases in space for restorative therapies and more.

EQUITY AND INDIGENOUS HEALTH

Extendicare is committed to improving equitable access, experience and outcomes to reduce health inequities and advance indigenous health across our organization.

At Extendicare, we embrace every resident for the individual they are, and care for them as we would our own family. Our Equity and Indigenous Health program reflects our core values by recognizing and honouring the diverse identities, cultures, and experiences of each resident. By integrating culturally appropriate care and Indigenous traditions, we affirm the importance of personal heritage in shaping well-being. Through culturally diverse programming, menu selection, staff education and meaningful community partnerships, we create a safe and inclusive environment where residents feel valued, respected and empowered to be their authentic selves. This commitment is essential to providing compassionate and equitable care. Our Equity and Indigenous Health program is informed by our Resident Council, and by the data we gather from our annual Resident and Family Experience Survey. Through partnerships with local Indigenous Elders, Knowledge Keepers, and regional health organizations we are able to integrate healing practices and culturally significant activities into care plans. Personalized support ensures residents feel seen, respected, and connected to their heritage.

Implementing mandatory training on cultural safety, anti-racism,

and the history of Indigenous Peoples in Canada for all staff, fosters awareness and equips caregivers with the skills to address systemic barriers and biases. Identifying and addressing systemic gaps in care, including access to interpreters, culturally appropriate meals and resources, and the provision of trauma-informed care, are skills taught in staff training. Regularly assessing program outcomes through resident feedback, and staff input, helps us ensure continuous improvement.

Some examples of programs we have implemented include:

- Education for staff on Diversity, Equity, and Inclusion in the Workplace (DEI), and Cultural Competence and Indigenous Cultural Safety.
 - Individual Language Support for residents who do not speak English.
 - Pink Shirt Day in recognition of anti-bullying, Pride Day during LGBTQ Pride Month, and Orange Shirt Day - National Day for Truth and Reconciliation with fun and educational programs for each.
- In 2025 we commit to continued support and recognition for diversity and inclusion for staff, residents, and families in our home.

PATIENT/CLIENT/RESIDENT EXPERIENCE

Active engagement of residents and families is essential to our values. Annually, through an anonymous survey, we seek feedback from residents and their families about what is going well and what we can do to improve. The annual survey provides our home with a summary of the scores and comments for each of the areas of care and services offered. We use this report to collaborate with the resident councils and families via townhalls to determine an action plan to improve the experiences of those we serve. On a regular basis during the year, we discuss progress updates and strategies for improvement via town halls, resident council meetings, family

townhalls and newsletters.

Our ongoing goal is to incorporate feedback to continually improve the quality of care we provide by ensuring the care each resident receives is reflective of their individual needs and wishes. Extendicare is proud to have a National REACH (Resident Experience Action Council for Homes) comprised of resident and family representatives from our long-term care homes in each province we serve. The council is co-led by resident and family members and provides valuable input on organizational initiatives and decisions. A head-office supported community of practice meeting is held bimonthly and is open to all residents and families interested in sharing best practices and learning new ways to approach engagement, co-design, and council roles and responsibilities.

Our 2024 Resident and Family Experience Survey Results:

Date of 2024 Annual Resident and Family Experience Survey:
September 3 – October 11, 2024

Resident: Would you recommend this home? 73.8%

Family: Would you recommend this home? 84.1%

Survey results were reviewed by CQI committee: January 16th, 2025.

A copy of the survey results was provided to Resident Council in January 2025

Survey results were shared and discussed with Resident Council: February 18th, 2025.

We currently do not have a Family council in our home. We continue to try to recruit members through newsletters, family town halls and posting information about family council. As a result, we shared our resident and family experience survey results in the January 2025 newsletter and at our town hall on January 21st,

2025.

Survey results were posted on our bulletin board: December 2024
Survey results shared with staff in the home: December 2024

During discussions with the Residents council when sharing our 2024 results, three areas were determined to be the most important priorities for us to focus on and these are included in our 2025 QIP.

Top three areas Resident Experience survey priorities for improvement in 2025:

1. I am satisfied with the variety of religious and spiritual programs: 61.1%

We plan to hire a Chaplain who will be onsite three days per week to lead programs for residents and provide spiritual support. They will also respond to and follow up on chaplain referrals from staff. Staff will receive education and encouragement to submit referrals, particularly for palliative residents.

2. The resident has input into the recreation programs available. 52.5%

We plan to enhance resident engagement by incorporating discussions during admission and annual Interdisciplinary Care Conferences. Residents and their families will be invited to share new program ideas, and we will communicate the various ways they can provide input into monthly and quarterly Resident Program Planning. Additionally, previously suggested ideas from residents and families will be highlighted in the monthly newsletter.

3. I enjoy eating meals in the dining room. 66.7%

We plan to enhance the dining environment and obtain regular feedback from Residents on dining room atmosphere and

incorporate changes based on recommendations.

PROVIDER EXPERIENCE

Extendicare London is part of a large organization in which there are many opportunities to engage with staff and leadership in sharing quality improvement goals and commitments. This is achieved through employee engagement surveys, sharing of best practices organization wide, regional quality labs and participation in the Ontario Long Term Care Association Quality Committee and annual quality forums.

Our annual employee engagement survey provides an opportunity for team members to give their feedback on various issues such as staff satisfaction, innovation, and work environment. Based on previous employee engagement results we worked this year to improve two-way communication to better engage our team members. This included the launch of two communication forums accessible to all, enabling employee access to timely information and updates from across the organization.

The resulting improvements include Quarterly turnover improving from 9.6% to 6.8% across Extendicare and employee engagement increased by 6 points with almost 16,000 surveys completed.

Extendicare has a nationwide Care Champion Program which celebrates the meaningful work, commitment and passion demonstrated by our dedicated team members. This program places a spotlight on team members who go above and beyond to improve care, every day for our residents. Active team members at our long-term care homes can be nominated by our residents, family members, co-workers or managers for special recognition of the extraordinary care they provide.

Our Home actively utilizes the Employee Referral Program to recruit

top talent. When a position becomes available, we issue an internal memo to notify staff, resulting in many high-quality applicants.

We support career growth by offering Supervised Practice Experience Partnership (SPEP) placements, helping staff meet the College of Nurses of Ontario requirements.

To encourage professional development, we invite staff to join various committees and become champions in their fields, allowing them to expand their knowledge and engage at a higher level. We host monthly events to celebrate and personally thank our staff for their dedication to our residents.

Looking ahead to 2025, we plan to expand the cultural and religious festivals and holidays that we celebrate with our staff and residents by inviting input from those of diverse backgrounds. This initiative will help foster an even more inclusive and welcoming workplace for all.

SAFETY

At Extendicare, we take a system approach to preventing and reducing resident safety incidents. At the core of this approach is system learning and process improvement.

Incidents and risks are escalated rapidly within the organization, so that they can be addressed and mitigated, with rapid response support provided to home care teams by specialized organizational support team members. When a root cause of an incident in one home is identified that may pose a risk elsewhere, an alert is sent out to all care teams across our organization. These alerts flag issues and risks home leaders should be aware of, and preventative measures homes need to take in relation to care practice and risk prevention.

Safety data is analyzed continually from all Extendicare homes, to identify improvement opportunities. Standardized process, policy, practice and technology improvements are developed in response, and shared through education with care teams across all our homes. Biweekly education and question and answer (Q&A) webinars are held on safety and clinical practice topics derived from this analysis and attended by leaders and clinicians from all Extendicare homes throughout the year.

From front-line to senior leadership, safety incident reporting, awareness and response, is embedded in our roles and daily work. All these program elements, and more, comprise our safety culture program.

PALLIATIVE CARE

Residents and families in long-term care deserve compassionate, high-quality care. Our teams collaborate with residents and families to tailor plans of care based on each residents' individualized needs.

We provide enhanced palliative care training for interdisciplinary teams, in partnership with Pallium Canada, enabling high-quality clinical, spiritual and emotional palliative care supports for residents and their families. In 2025 as an organization, we are training additional facilitators so we can provide ongoing educational opportunities as we continue to build a culture utilizing a palliative approach to care.

In collaboration with Pallium all Extendicare homes have a registration link to family caregiver education on palliative care. The CARERS course is available free of charge and is an excellent educational opportunity we promote for caregiver support. We are currently updating our Palliative Program policies and procedures to further emphasize the importance of a palliative care philosophy. The revised policies and procedures will be implemented in 2025 with associated staff education and training. The focus will be on earlier awareness and identification of those who require a palliative approach to care through implementation of a standardized Palliative assessment which is designed to guide staff in addressing the holistic needs and symptom management of each resident.

POPULATION HEALTH MANAGEMENT

Extendicare London considers the unique demographics in our home when planning care delivery requirements, programs, resources and external partnerships. In our home our population needs consist of a wide variety of levels of care and needs.

Extendicare London's population consists of mostly female-identifying residents (76%). Most of our residents require assistance with ADLs (Activities of Daily Living) and most of our residents have a comorbid diagnosis.

Most of our residents utilize some type of assistive device for mobility (walker or wheelchair).

We have 3 residents ages 51-60, 14 residents ages 61-70, 45 residents ages 71-80, 63 residents ages 81-90, 42 residents ages 91-100 and 1 resident over 100 years of age.

Ninety four percent (93%) of our residents speak English as their primary language. Some of the other languages spoken within Extendicare London by our residents are Spanish, Portuguese, Croatian, Arabic, Ukrainian, Italian, Polish.

63% of our residents have some type of religion which he or she practices.

Many of our residents experience varying levels of cognitive impairment. 28% have mild cognitive impairment with a Cognitive Performance Scale (CPS) score of 1–2, while 42% have moderate impairment with a CPS score of 3. Another 15% have severe to very severe impairment, with CPS scores of 4–6, and 14% are cognitively intact with a CPS score of 0.

Seventeen percent (17%) of our residents have a DRS (Depression Rating Scale) of 3 or more, indicating possible depression and are followed by our Social Worker.

8 of our residents are being followed by BSO (Behaviour Supports) within Extendicare London.

The success of this QIP requires collaboration with multiple partners, including:

Ontario Association Resident Councils, Ontario Long Term Care Association, and vendors such as 3M, Cardinal, Medline, hospitals, and other sectors.

Community Paramedicine for Long-Term Care Plus (CPLTC+) program

Andrea Wappett RN, BScN, CHPCN(c) - Nurse Educator - Palliative Pain and Symptom Management Consultant Program

Ontario Health atHome – manage long-term care home placement process and provide education and services that we are unable to currently provide

Behavioural Supports Ontario – education, consults for our high-risk behavioral residents

AGE (Advanced Gerontological Education) – GPA Certification and Education

MediSystem – education and Monthly audits on medication practices in our Home and consultations when needed

Medigas – CPR training annually, and education on the use of equipment

Prevail – education on continence products

Xperience Home Healthcare – provides wheelchairs and walkers for our residents. They also provide weekly maintenance rounds to deal with issues that arise.

ARJO – Lifts training education through in-services for all staff throughout the year, including safe usage, inspection of slings, and bed entrapment

Registered Nurses' Association of Ontario – provides education on client-centered care

CONTACT INFORMATION/DESIGNATED LEAD

Melanie Walsh, Quality Risk Management Coordinator
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OTHER

Sign-off

Administrator: Janet Lakie

CQI Committee Chair: Melanie Walsh

Quality Lead of home: Melanie Walsh

Regional Director: Anthony McKenzie

National Director of Quality: Erin Coreno

SIGN-OFF

It is recommended that the following individuals review and sign-off on your organization's Quality Improvement Plan (where applicable):

I have reviewed and approved our organization's Quality Improvement Plan on
March 21, 2025

Anthony McKenzie, Board Chair / Licensee or delegate

Janet Lakie, Administrator /Executive Director

Melanie Walsh, Quality Committee Chair or delegate

Other leadership as appropriate
