**EAPC 2017 Abstract Care Homes Final**

**Abstract 1**

**Title: Living and Dying well in care homes- can high standards be maintained long-term?**

Long-term Sustainability of Best Practice Standards in End of Life Care in Care Homes - findings from reaccredited Gold Standards Framework (GSF ) Care Homes 8 years on.

**Prof Keri Thomas, Annabel Foulger, Maggie Stobbart Rowlands . National GSF Centre in End of life care UK**

**Aim:** With 20% people dying in care homes in the UK and increasing recognition of the important role of care homes in the context of the ageing population, enhanced standards of end-of-life care in care homes is a national priority. A well-known quality improvement programme the Gold Standards Framework (GSF) Care Homes programme was introduced to about 3000 homes, with positive outcomes but can it be sustained and embedded long-term amidst workforce pressures and staff turnover?

**Method:** The GSF Care Homes programme supports generalist frontline staff improve care for all people in their final years of life, and includes training, tools, evaluations and support to bring about deep-rooted transformational and cultural change.

Intrinsic evaluations for those undertaking GSF training then first and second time Accreditation include comparative on-line audits, portfolios, relatives’ feedback and an assessment visit. A key assessment for reaccredited homes is sustaining these standards plus further development.

**Results:** Evidence from 352 reaccredited homes demonstrates sustained improvements and further progress in quality end-of-life care. This includes early identification, advance care planning, anticipating residents’ needs, reduced hospitalisation, enabling more to die at home. Staff are more confident and competent in caring for all people in the last stage of life, showing a positive impact on proactive person-centred care.

**Conclusion** The GSF reaccredited homes demonstrate embedding of improved systems and culture to ensure long-term sustainability. They show that it is possible to maintain improved standards of care over 8 years, with consistency and sustainability, leading to fewer hospital deaths and more living and dying well at home. The fact that some are able to attain such a sustained ‘gold standard’ of care demonstrates what is possible- the challenge now is ‘universalising’ the best so that this becomes standard practice in all care homes.