

## Abstract 2)

### **Title: Long Term Sustainability of best practice in care homes - using the Gold Standards Framework Care Homes (GSFCH) training and Accreditation programme**

**Context:** With over 25,000 care homes in UK caring for some of the most vulnerable people, and about 20% people dying in care homes, can we develop a national momentum of best practice that enables effective and sustained top quality care? Many receive suboptimal care, with high hospital admission rates at the end of life and about 50% hospital admissions are thought to be preventable with better proactive care.

**Aim:** The GSFCH quality improvement programme aims to effect organisational and culture change leading to sustained improvements in care for all residents, to ensure quality assurance and quality recognition so that 'gold standard becomes standard care' for all.

**Method:** Intrinsic evaluations within the GSFCH programme are described. Accreditation assesses the care home against 20 quality standards ensuring the standards are embedded and sustained, evidenced by portfolio, ADA audit and a robust assessment visit.

**Results:** Evidence from over 2500 care homes trained, almost 500 accredited and over 100 reaccredited after 3 years reveals sustained improvements in EOLC and ACP, showing a positive impact on the quality of care received toward the end of life. Portfolios of evidence, feedback from relatives and residents, and whole team involvement show that staff identify, code and anticipate the needs of residents, demonstrate continued practice improvements through audit and reflective practice, and are more proactive in their care, thereby reducing crises, hospital admissions and enabling more to die at home.

**Conclusion:** The GSF reaccredited homes have maintained and improved their standards of care and ACP uptake- not just standard practice but enhanced practice- ensuring consistency, continuity and sustainability. We can now be confident that residents in GSF Accredited care homes receive 'gold standard' care that this is sustained. Working with the regulator CQC, GSF is becoming part of the industry standard across the UK as a national model of best practice.