- 1 Title Comfort Measures Orders and Hospital Transfers: Insights from the OPTIMISTIC Demonstration
- 2 Project
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17 Abstract

Context: Nursing facility residents and their families may identify "comfort measures" as their
overall goal of care, yet some hospital transfers still occur.

Objectives: Describe nursing facility residents with comfort measures and their hospital
 transfers.

Methods: Mixed methods, including root cause analyses of transfers by RNs and interviews 22 with a subset of healthcare providers and family members involved in transfers. Participants 23 were residents in 19 central Indiana facilities with comfort measures orders who experienced 24 25 unplanned transfers to the hospital January 1, 2015 - June 30, 2016. Project demographic and 26 clinical characteristics of the residents were obtained from the Minimum Data Set 3.0. 27 Interviews were conducted with stakeholders involved in transfer decisions. Participants were prompted to reflect on reasons for the transfer and outcomes. Interviews were transcribed and 28 coded using qualitative descriptive methods. 29 **Results**: Residents with comfort measures orders (n = 177) experienced 204 transfers. Most 30 events were assessed as unavoidable (77%). Communication among staff, or between staff and 31 the resident/family, primary care provider, or hospital was the most frequently noted area 32 needing improvement (59.5%). In interviews, participants (n = 11) highlighted multiple issues, 33 including judgments about whether decisions were "good" or "bad," and factors that were 34 important to decision-making, including communication, nursing facility capabilities, clinical 35

36 situation, and goals of care.

- 37 **Conclusion:** Most transfers of residents with comfort measures orders were considered
- 38 unavoidable. Nonetheless, we identified several opportunities for improving care processes,
- 39 including communication and addressing acute changes in status.
- 40 Key words comfort measures; hospital transfers; nursing home; advanced care planning
- 41 **Running title** Comfort Measures Orders and Hospital Transfers

42 Introduction

43	Advance care planning (ACP) is the process of eliciting goals, values and preferences for
44	medical treatments. It is widely recommended as a best practice for seriously ill patients ¹ as
45	research suggests that ACP can reduce family caregiver stress and anxiety, increase satisfaction
46	with care, and help ensure the care provided is consistent with preferences. ²⁻⁵
47	The Physician Orders for Life Sustaining Treatment (POLST) program (<u>www.polst.org</u>) ⁶
48	provides a structured approach to document preferences elicited during ACP as medical orders.
49	Use of POLST is promoted by the Institute of Medicine ¹ and the National Quality Forum. ⁷
50	POLST forms contain orders reflecting preferences, such as cardiopulmonary resuscitation,
51	artificial nutrition, and medical interventions. The three overarching medical intervention
52	options are "Full Intervention," "Limited Additional Interventions" and "Comfort Measures."
53	Full Intervention is the default standard of care and indicates a preference to provide all
54	medically indicated interventions. Limited Additional Interventions reflects a preference for
55	interventions to stabilize the medical condition, but avoid more aggressive measures such as
56	intubation and the intensive care unit. Comfort Measures orders direct providers to maximize
57	comfort through symptom management and avoid transfer to the hospital setting unless
58	comfort needs cannot be met. Although there are minor differences in the patient eligibility or
59	precise language on POLST forms, ⁸ every state allows orders on POLST forms to be honored
60	across settings of care.

61 While there have been other studies examining POLST use,⁹ one large research study 62 focused on the use of POLST in nursing facilities has demonstrated that residents who elect 63 Comfort Measures are less likely to experience transfers to the hospital than residents with

Limited Additional Interventions or Full Treatment orders on POLST or code status orders alone.¹⁰ In this same sample, the care provided was consistent with Comfort Measures orders 74% of the time. Transfers of residents with Comfort Measures orders were primarily prompted by conditions that could not be safely managed in the nursing facility such as trauma related to a fall or uncontrolled pain.¹¹ However, this previous work was limited to what was documented in the medical record and data were only collected over a short period.

The Optimizing Patient Transfers, Impacting Medical Quality and Improving Symptoms: 70 Transforming Institutional Care (OPTIMISTIC) project is a large, ongoing clinical demonstration 71 project in Indiana^{12,13} which includes structured ACP with nursing facility residents as a key part 72 of a multi-component intervention. OPTIMISTIC project RNs and NPs are trained to facilitate 73 74 ACP discussions with long-stay nursing facility residents and their surrogate decision-makers using the Respecting Choices Advanced Steps model.¹³⁻¹⁵ Treatment preferences are recorded 75 on the Indiana version of POLST called the Physician Orders for Scope of Treatment (POST) form 76 when appropriate and desired by the resident or the legally designated surrogate decision-77 maker for residents who lack decisional capacity.¹⁶ Reducing hospitalization rates is the 78 primary outcome of the demonstration project and thus these transfers are closely tracked. 79 RNs complete root cause analyses of every hospital transfer event.^{13,17,18} 80

The overall goal of this analysis is to present a fuller, descriptive picture of long stay nursing facility residents who transfer to the hospital in the setting of having clearly elected comfort-focused care. Using the rich data available from the OPTIMISTIC project, we present descriptive analyses of hospital transfer events of long stay nursing facility residents with comfort measures orders. To complement these quantitative analyses, we also present insights from interviews conducted with surrogate decision-makers of residents who had elected
 comfort measures but who transferred to the hospital, as well as providers who were involved

88 in these transfer decisions.

89 Methods

90 Setting

The OPTIMISTIC demonstration project was approved by the appropriate Institutional 91 Review Board. Indiana was one of seven sites participating in this national Centers for Medicare 92 and Medicaid Services funded clinical demonstration project.^{19,20} Data were collected between 93 January 1, 2015 and June 30, 2016 in 19 nursing facilities, located in urban and suburban areas 94 of central Indiana (out of approximately 500 nursing facilities in the state). These sites 95 represent a mix of for-profit, not-for-profit, and county-owned facilities. In OPTIMISTIC, a 96 97 project nurse (RN) is assigned to each nursing facility to implement the OPTIMISTIC clinical model, supported by project nurse practitioners (NPs) who cover multiple facilities.^{13,21,22} The 98 99 project RNs are embedded full-time (Monday through Friday, 8 AM-5 PM) in the facility to 100 respond to acute changes in condition of residents, facilitate advance care planning with residents and families, and support the nursing staff of the facility through education and 101 102 mentoring. The project NPs provide clinical support through evaluations of residents experiencing 103 acute changes in condition and provide transitional care visits for residents who have returned from the hospital. The OPTIMISTIC project RNs and NPs are responsible for documenting clinical 104 105 encounters and root cause analyses of transfer events in a database for monitoring and evaluation of the intervention. 106

107 <u>Participants</u>

108	During the 18 month data collection window, 2391 long stay residents were enrolled.
109	Residents were eligible for OPTIMISTIC if they were long stay (defined by greater than 100 days
110	in the facility) and did not have Medicare managed care coverage. Per CMS guidelines, eligible
111	residents were passively enrolled with the opportunity to opt-out. Less than 1% of eligible
112	residents opted out. Participants in this analysis were residents enrolled in OPTIMISTIC who
113	had a signed POST form that included orders for "Comfort Measures" at the time of an acute
114	hospital transfer.
115	Quantitative Data Collection Procedures
116	Information about the transfer events was abstracted from root cause analysis forms
117	completed by OPTIMISTIC project RNs following each hospital transfer. The root cause analysis
118	forms were adapted from tools developed by INTERACT. ^{23,24} Data elements on these forms
119	include the date and time of the transfer, clinical signs and symptoms leading to the transfer,
120	evaluation of potential avoidability of the transfer (avoidable/potentially avoidable versus
121	unavoidable/potentially unavoidable), and opportunities for quality improvement. ^{13,17,18} The
122	OPTIMISTIC project RNs, who are not employees of the nursing facilities, are asked to make a
123	determination of avoidability based on clinical judgment and on whether the transfer would be
124	avoidable if ideal nursing facility resources were available. The RNs also recorded whether the
125	resident had a POST form and the orders contained on the POST, including orders for comfort
126	measures. All data were managed using REDCap electronic data capture tools hosted
127	internally. ²⁵

Additional data describing resident characteristics were drawn from the mandated Minimum Data Set 3.0 (MDS) assessment instrument,²⁶⁻²⁸ collected on all nursing facility residents in Medicare and Medicaid-certified facilities. All MDS data were collected from the closest comprehensive assessment prior to the date of transfer.

132 <u>Quantitative Data Analysis</u>

Residents' demographic characteristics and hospital transfer event data were analyzed
 using descriptive statistics. For residents with multiple transfers and comfort measures orders,
 the first hospital transfer was included in the analysis. Comparisons of residents with
 potentially avoidable transfers vs. those whose transfers were found to be unavoidable were
 analyzed using Fisher's exact test. Data were analyzed using SAS software, Version 9.4 of the
 SAS System for Microsoft. ²⁹

139 Qualitative data collection procedures

Participants in the qualitative interviews were family members or health care providers involved in the decision to transfer. A total of eleven interviews, five family members and six clinicians involved in transfer decisions, were completed. The clinicians included four interviews with physicians, one with an OPTIMISTIC RN, and one with an OPTIMISTIC nurse practitioner (NP).

The project manager reviewed the project database on a weekly basis to identify transfers that occurred for a resident with documented comfort measures orders. The project manager provided the list to the first author for review and to identify potential cases for recruitment. Study staff contacted the OPTIMISTIC project RN in the nursing facility to identify

149	if a family member was involved in the decision to transfer and which healthcare providers
150	were involved in the decision to transfer. Potential decision makers included healthcare
151	providers, the resident, surrogate decision makers including family, OPTIMISTIC RN, or
152	OPTIMISTIC NP.
153	Study staff called the potential participants to review the study information sheet and
154	conducted individual interviews with those who provided verbal consent. Interviews were
155	conducted by phone and audio-recorded; the audio-recordings were transcribed verbatim and
156	checked for accuracy by the staff member who had conducted the interview.
157	Questions posed to the clinical providers included. Are there any additional resources
158	that would have allowed the resident to receive appropriate care in the facility?" and "How
159	confident were you in the decision to transfer the resident, and that it was consistent with
160	established care goals?" Questions asked of surrogate decision-makers included: "Could you tell
161	me in your own words what 'comfort measures' means to you?" and "The POST form says your
162	loved one should go to the hospital to be comfortable, if they can't be comfortable in the
163	facility. Do you feel that the trip to the hospital achieved that goal, and if so, how so?"
164	Qualitative Analysis.
165	Research team members read all interview transcripts and discussed potential themes
166	in the data. ³⁰ One of the authors created an initial coding list of themes after reviewing the
167	transcripts using NVivo qualitative software. All interview transcriptions were coded by at least
168	two members of the study team. Discrepancies were resolved and major themes affirmed

169 through team discussion and consensus.

170 Results

171 Participants

172 There were 901 nursing facility residents enrolled in OPTIMISTIC who experienced an

- unplanned transfer to the hospital between January 1, 2015, and June 30, 2016. These
- residents were largely white (82.5%) and female (71.8%), with a mean age of 83.2 years. A

175 majority of residents (78%) had a diagnosis of dementia. (Table 1)

176 <u>Comfort measures Transfers</u>

Of the 901 long-stay residents with an unplanned transfer, 20% (177/901) had comfort 177 measures orders indicated on a POST form at the time of the transfer. The mean number of 178 179 transfers for residents with comfort measures orders was 1.4 (SD=0.7) per resident. Most transfers were triggered or requested by nursing facility staff (49.7%) or the resident's primary 180 care provider (20.3%). In 11% of transfers, the family or resident requested the transfer. About 181 14% of the transfers involved a 911 call. The most common clinical issues leading to transfer to 182 the hospital were falls, trauma, or fracture (32.8%), cognitive or behavioral changes (21.3%), 183 and respiratory symptoms (7.5%). (Table 2) 184

OPTIMISTIC RNs who conducted root cause analyses determined that 136 (77%) of the transfers were unavoidable. They also identified opportunities for improvement in clinical evaluation, clinical management or communication from a drop down list of categories. Communication among nursing facility staff, or between staff and the resident/family, primary care provider, or hospital was the most frequently noted area noted as needing improvement (59.5%). The next most common category for improvement was inadequate or inconsistent

monitoring and lack of access to diagnostic procedures, treatments, and ancillary services
(36.5%), followed by pre-transfer assessments that were incomplete, inadequate, or not
provided (29.2%). (Table 2)

194 Qualitative Findings

195 When prompted to reflect on the reasons for the transfer event and the outcome for the resident, participants identified multiple issues, including their own judgment now about 196 197 whether the transfer was a "good" or "bad" decision. They also discussed factors that were important to decision-making regarding hospital transfers including communication among 198 stakeholders, capabilities of the nursing facility to provide needed assessment and care, clinical 199 200 situation such as symptoms, and clarity of goals of care. There were similarities in themes identified by family members and clinical providers, as well as some differences based on their 201 202 perspectives.

Themes highlighted by family members include: 1) ambivalence about which care setting can best achieve comfort; 2) recognition of the limits of what can be done in the nursing facility; and 3) the roles of multiple stakeholders involved in the decision.

206 When family members reflected back on the transfer experience and outcomes, some 207 reported feeling ambivalent, recognizing that they would likely face similar decisions in the 208 future: *"He's just at the point that it's just miserable for him, so keeping him comfortable now is* 209 *the goal, but you can only go so far, so is he comfortable at the hospital? Would he be* 210 *comfortable at the nursing facility? Wow. I honestly don't know."* Family members' decisions to 211 advocate for a transfer were motivated in part because of a belief that the hospital offered

resources (e.g., diagnostic tools), and expertise (e.g., specialist physicians), that were needed but not available in the nursing facility. As one family member remembered, *"I said mom, our* options are you stay here and you suffer, or we get you checked out and find out what is really going on, and she said well then, what do you think? I said I'd like to know what's going on, and then she reiterated, I don't want anybody cutting on me, but let's find out what's going on, so that was the decision process."

218 Participants in both groups also highlighted that family members may disagree about what to do in urgent situations, causing conflict. In addition, recommendations from the facility 219 220 staff left family members feeling that that was no choice but to transfer the resident. As one family respondent described "they called me and they said that he was in pain, and that they've 221 222 done pretty much what they feel they could do, and they felt that maybe going to the hospital, 223 they might be able to find out a little bit more" and "They called me, and said he needed to go." 224 Clinicians described similar factors contributing to transfers, with new themes including: 1) dependence on communication from the nursing facility and other stakeholders to make 225 decisions; 2) inadequate knowledge of existing orders, i.e. comfort measures; and 3) the role of 226 family preferences in driving the decision to transfer. 227

228 Physicians and NPs described relying on the facility nurse's clinical assessment and 229 information about current orders, such as preferences for medical treatment, when they were 230 not there in person and did not have direct access to the medical record. In the words of one 231 provider "...if a nurse calls and wants the patient sent out and I don't necessarily know their 232 code status and if they don't feel comfortable handling that patient, I will generally do it." 233 Another added, "I don't have (electronic medical record) access to all those people when I'm

234 talking to the nurses in the evening, and if I'm not told that the person is comfort measures or doesn't want to go to the hospital, typically I'm not going to remember that." One primary care 235 provider described how discordant views among multiple stakeholders coupled with lack of 236 familiarity with the resident's condition and preferences influenced the decision to transfer: 237 238 "Everybody was on different pages. I think the daughter really wasn't wanting him to be sent 239 out at that point but I think she was confused. I think the nurse was motivated to have him sent 240 out and the physician (on call) was just unaware of all of the other information." Some providers highlighted their reliance on family members to drive these decisions: "it's a lot of 241 time related to the family, and if the family was as insistent as this daughter was, I probably 242 would do the same thing again." 243

244 Discussion

245 These analyses provide insight on hospital transfer events and decision-making that occurred in the setting of established, durable medical orders to focus on comfort measures. 246 When "comfort measures" is the documented preference for care, the expectation is that 247 hospitalization will be avoided if possible. Hospitalizations may still occur for these residents 248 and would be considered consistent with care preferences if the intent of hospital transfer is to 249 achieve comfort. In this mixed methods study, we found that the most common reasons for 250 transferring to the hospital are falls, trauma or suspected fracture and that most transfers of 251 residents with orders with comfort measures were considered unavoidable. Our qualitative 252 253 analysis highlighted that the decisions surrounding transfers of residents with comfort care orders are complex and involve multiple stakeholders. In addition, family preferences at the 254 255 time that transfer is being considered drive decisions to transfer a patient out of the facility,

256 although there is ambivalence about which care setting best achieves comfort. Nurses identified opportunities to improve or reduce transfers, including enhancing communication 257 among key stakeholders and promptly addressing acute changes in status. 258 There have been a limited number of studies examining whether treatments provided to 259 nursing facility residents with comfort measures orders are consistent with their goals. One 260 study utilized a standardized chart review process and found that treatments, including hospital 261 262 transfers, were consistent with preferences 74% of the time. Similar to our findings, trauma related to falls was the most common reason for transfer of residents with comfort measures in 263 this study¹¹. While we did not explicitly measure whether transfer events were consistent with 264 resident goals of care, RNs embedded in the facilities and conducting root cause analyses felt 265 266 most transfers could not be avoided. Further, our findings are similar to with other work describing rates of avoidability determined by RN raters doing root causes analyses.³¹ 267 268 Several earlier qualitative studies have examined stakeholder perspectives on transitions of nursing facility residents to the hospital. Inadequate communication among 269 families, residents, and providers³²⁻³⁴ as well as between nursing facility-based providers 270 nursing facility and ED clinicians³⁵⁻³⁸ have been cited as contributing to unnecessary nursing 271 facility transfers.^{32,36,38} Our findings support those of earlier studies in that RNs noted that poor 272 273 communication was involved in nearly 60% of transfers. The interviews underscored specific challenges with communication that contributed to decisions to transfer residents to the 274 hospital. These issues included communication among family members who have conflicting 275 perspectives as to the resident's needs and preferences. Other factors that may have 276 contributed to hospital transfers included insufficient information about the resident's acute 277

278	clinical changes and treatment preferences available to providers, who often were not on-site
279	and were unfamiliar with residents. Knowledge of the patient and quality communication
280	among multiple stakeholders is essential to high quality transfers. ^{39,40} Structured
281	communication tools for nurses and direct access to medical records have the potential to
282	enhance the quality of medical decision-making of providers who are evaluating a change in
283	condition via phone. ^{13,34,38,41} Further, on-site availability of medical providers and rapid
284	recognition of changes in status allows staff and providers to address issues before symptoms
285	escalate or to initiate treatment early in acute illness. ⁴²⁻⁴⁵
286	Even in the context of residents and families who have participated in structured ACP,
287	issues with family dynamics arise during acute medical events. Documentation of treatment
288	preferences can help guide decision-making, but some conflict may be unavoidable in stressful
289	situations that involve multiple stakeholders. ⁴⁶ As other studies have demonstrated providers
290	often defer to surrogate decision-makers and identify surrogate preference as the most
291	significant influence in the decision to transfer. ^{47,48} Our findings support other work that has
292	described documentation of treatment preferences as important groundwork, but identified
293	that how nurses and physicians respond to acute events and talk with family members drives
294	decision-making . ⁴⁸ Family members in our study indicated that their decisions to transfer
295	often followed recommendations they received from nursing facility staff.
296	Limitations to these analyses include a lack of specific detail as to how comfort
297	measures orders were communicated and considered during all transfers. Nursing facility
298	residents participating in the OPTIMISTIC demonstration project have access to quality ACP

299 facilitation through the trained OPTIMISTIC RNs; thus results may not be generalizable to

300	transfers that occur in other facilities. All nursing facilities included were participating in a
301	multi-component intervention designed to reduce avoidable hospital transfers and thus may
302	have a heightened focus on hospitalizations compared to other facilities. Further, we did not
303	have access to Medicare claims data and reasons for hospitalizations were abstracted from the
304	medical record by project clinical staff. Interviews were conducted with a small sample of
305	providers and family members involved in transfers.
306	Conclusions and Implications
307	In this mixed methods study of long stay nursing facility residents who transferred to
308	the hospital despite the presence of comfort measures orders, most transfers were deemed
309	unavoidable by RN experts using a standardized root cause analysis tool. Significant
310	opportunities exist, however, to support residents, family decision-makers, nursing staff and
311	medical providers in communicating better to honor residents' preferences for comfort
312	measures in the setting of an acute change in status.
313	Conflicts of Interest – KU is CEO and Founder of Care Revolution, Inc., a program to train nurses
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Table 1: Characteristics of long stay residents with comfort measures orders and unplanned hospital transfers (January 1, 2015 to June 30, 2016)

Characteristic	N=177 ⁺
Length of stay at transfer (days), mean ± SD	793.7 ± 627.7
Transfers per resident, mean ± SD	1.4 ± 0.7
Age at transfer, mean ± SD	83.2 ± 9.0
Female, %	127 (71.8%)
Race, % (n=177)	
Non-Hispanic white	146 (82.5%)
African American*	28 (15.8%)
Hispanic*	3 (1.7%)
Diagnosis, % ^{a 12,15} (n=177)	
Hypertension	147 (83.1%)
Alzheimer's or other dementia	138 (78.0%)
Depression	108 (61.0%)
Chronic obstructive pulmonary disease	57 (32.2%)
Diabetes mellitus	57 (32.2%)
Heart failure	48 (27.1%)
Cancer	14 (7.9%)
Cerebrovascular accident, transient ischemic attack, stroke	12 (6.8%)
Life expectancy <6 months, % ^{a 15} (n=177)	7 (4.0%)
Activities of daily living self-performance, mean ± SD ^{a,b} (n=172)	19.4 ± 3.2

[†]Comfort measures status as determined by OPTIMISTIC RN at the time of transfer SD= standard deviation

* Not mutually exclusive

^a From the most recently available Minimum Data Set (MDS) assessment prior to transfer for each resident. ^bBed mobility, transfer, locomotion on unit, dressing, eating, toilet use, and personal hygiene. potential scores range from 0 (independent) to 28 (total dependence) ⁴⁴.

Table 2: Characteristics of acute hospital transfers for long stay residents with comfort measures orders (January 1, 2015 to June 30, 2016); first transfer per resident only

Characteristic	N=177 [†]
Was transfer avoidable per OPTIMISTIC RN ^{2^d} (n=174)	
Not avoidable (Definitely not avoidable, Probably not avoidable)	134 (77.0%)
Potentially avoidable (Probably avoidable, Definitely avoidable)	40 (23.0%)
Primary symptom leading to transfer ^e (n=175)	
Fall/Trauma/fracture	57 (32.8%)
Cognitive/Behavioral/Psychiatric	37 (21.3%)
Respiratory	13 (7.5%)
Other	10 (5.8%)
GI symptom	9 (5.2%)
Cardiovascular	9 (5.2%)
Non-Cognitive Neuro (including CVA, TIA)	8 (4.6%)
Pain	8 (4.6%)
Change in appetite/Malaise	8 (4.6%)
Infection/Immune System	6 (3.5%)
Heme/bleeding (non GI)	4 (2.3%)
Abnormal labs	3 (1.7%)
Urinary symptoms	2 (1.2%)
Time of transfer	
Weekday (during OPTIMISTIC coverage; 8 a.m. – 5 p.m.)	68 (39.1%)
Weekday evening (5 p.m. – 12 a.m.)	36 (20.3%)
Weekday night (12 a.m. – 8 a.m.)	20 (11.3%)
Weekend	53 (29.9%)
Who triggered/requested transfer?	
NF staff	88 (49.7%)
Facility medical provider (MD/NP/PA decision)	56 (31.6%)
Family or resident preference	20 (11.3%)
	8 (4.5%)
UPTIMISTIC KN OF NP	3 (1.7%)
Who ordered the transfer?	2 (1.1%)
- Medical provider	1/17 (83 1%)
Resident's PCP	77 (43 5%)
• Resident's primary care NP	31 (7.5%)
O On-call physician	14 (7.9%)
• On-call physician NP	9 (5.1%)
• OPTIMISTIC NP	3 (1.7%)
 Unspecified medical provider 	1 (7.3%)
- Emergency/911	25 (14.1%)
- Other	5 (2.8%)
Was there a medical evaluation? (n=175)	
Yes	115 (65.7%)

Evaluation type prior to transfer ^f	
Telephone evaluation only	71 (40.1%)
NP or PA visit	27 (15.3%)
MD visit	14 (7.9%)
OPTIMISTIC NP visit	6 (3.4%)
Other	3 (1.7%)

^d As assessed by OPTIMISTIC RN during root cause analysis

^e See Table 3 for detailed information on symptom categories

^fResponses included one or more of these options, so numbers add up to more than 100%.