

Fountain Nursing and Care Home Limited

Fountain Nursing and Care Home Limited

Inspection report

11-17 Fountain Road
Edgbaston
Birmingham
West Midlands
B17 8NJ

Tel: 01214296559

Date of inspection visit:
27 January 2020

Date of publication:
18 February 2020

Ratings

Overall rating for this service	Good ●
Is the service safe?	Good ●
Is the service effective?	Good ●
Is the service caring?	Requires Improvement ●
Is the service responsive?	Good ●
Is the service well-led?	Good ●

Summary of findings

Overall summary

About the service

Fountain Nursing and Care Home is a care home that provides nursing and personal care for older people, some of whom are living with dementia or a sensory impairment. At the time of the inspection, 24 people lived at the service. The home supported people over three floors and had a range of communal areas such as dining spaces, a large garden and smaller lounge spaces.

People's experience of using this service and what we found

People received person centred care and support based on their individual needs and preferences. Staff were aware of people's life histories and individual preferences. They used this information to develop positive, meaningful relationships with people.

Staff were very knowledgeable about people's changing needs and people and their relatives confirmed that changing needs were addressed.

We found some residents were not always supported by staff that were caring, compassionate and treated them with dignity and respect. Any concerns or worries were listened and responded to by the registered manager and used as opportunities to improve.

People told us they felt well cared for by staff who treated them with respect and dignity and encouraged them to maintain relationships and keep their independence for as long as possible.

People were supported by staff who had the skills and knowledge to meet their needs. Staff understood and felt confident in their role. People told us the atmosphere at the home was family orientated. Staff liaised with other health care professionals to ensure people's safety and meet their health needs.

Where people lacked capacity, people were supported to have maximum choice and control of their lives and staff supported them in the least restrictive way possible and in their best interests; the policies and systems in the service supported this practice.

Staff spoke positively about working for the provider. They felt well supported and that they could talk to management at any time, feeling confident any concerns would be acted on promptly. They felt valued and happy in their role.

Audits were completed by management to check the quality and safety of the service.

The registered manager worked well to lead the staff team in their roles and ensure people received a good service.

For more details, please see the full report which is on the CQC website at www.cqc.org.uk

Rating at last inspection: The last rating for this service was requires improvement (published 19 February 2019).

Why we inspected

This was a planned comprehensive inspection based on the rating of requires improvement at the last inspection.

Follow up

We will continue to monitor intelligence we receive about the service until we return to visit as per our re-inspection programme. If any concerning information is received, we may inspect sooner.

The five questions we ask about services and what we found

We always ask the following five questions of services.

Is the service safe?

The service was safe.

Details are in our Safe findings below.

Good ●

Is the service effective?

The service was effective.

Details are in our Effective findings below.

Good ●

Is the service caring?

The service was not consistently caring.

Details are in our Caring findings below.

Requires Improvement ●

Is the service responsive?

The service was responsive.

Details are in our Responsive findings below.

Good ●

Is the service well-led?

The service was consistently well-led.

Details are in our Well-Led findings below.

Good ●

Fountain Nursing and Care Home Limited

Detailed findings

Background to this inspection

The inspection

We carried out this inspection under Section 60 of the Health and Social Care Act 2008 (the Act) as part of our regulatory functions. We checked whether the provider was meeting the legal requirements and regulations associated with the Act. We looked at the overall quality of the service, and provided a rating for the service under the Care Act 2014.

Inspection team

The inspection team consisted of one inspector and one Specialist Advisor who was a qualified nurse.

Service and service type

Fountain Nursing and Care Home is a 'care home'. People in care homes receive accommodation and nursing or personal care as a single package under one contractual agreement. CQC regulates both the premises and the care provided, and both were looked at during this inspection.

The service had a manager registered with the Care Quality Commission. This means that they and the provider are legally responsible for how the service is run and for the quality and safety of the care provided.

Notice of inspection

This inspection was unannounced.

What we did before the inspection

We reviewed the records held on the service. We used the information the provider sent us in the provider information return (PIR). This is information providers are required to send us with key information about their service, what they do well, and improvements they plan to make. This information helps support our inspections. We used all of this information to plan our inspection.

We also reviewed notifications received from the provider about incidents or accidents which they are

required to send us by law. We sought feedback from the local authority and other professionals who work with the service. We used all this information to plan our inspection.

During the inspection

We looked at six people's care records to see how their care was planned and delivered. Other records we looked at included two staff recruitment files, staff supervision activity, staff training records, accident and incident records, safeguarding, complaints and compliments, staff scheduling, management of medication and the provider's audits, quality assurance and overview information about the service.

We spoke with five people and one relative to ask about their experience of the care provided. As some people were unable to share their views with us, we used the Short Observational Framework for Inspection (SOFI). SOFI is a way of observing care for people who are unable to speak with us. We spoke with three members of care staff, the cook, one nurse and the registered manager.

After the inspection

We made telephone calls to two other relatives to ask about their experience of the care provided. We also continued to seek clarification from the provider to validate evidence found.

Is the service safe?

Our findings

Safe - this means we looked for evidence that people were protected from abuse and avoidable harm.

At the last inspection this key question was rated as requires improvement. At this inspection this key question has now improved to Good. This meant people were safe and protected from avoidable harm.

Systems and processes to safeguard people from this risk of abuse

- People were protected from potential abuse and avoidable harm by staff that had regular safeguarding training and knew about the different types of abuse.
- The provider had effective safeguarding systems in place and staff had a good understanding of what to do to make sure people were protected from avoidable harm or abuse. One staff member told us, "There are different types of abuse such as physical and emotional."
- People and their relatives explained to us how the staff maintained their safety. One person told us, "Yes I feel safe here". A relative told us, "They [staff] look after [Name] very well".

Assessing risk, safety monitoring and management

- At the last inspection we found that most of the communal wheelchairs that were in use did not have footplates attached. At this inspection we saw new wheelchairs had been purchased and all had footplates attached.
- At the last inspection we found that improvements were required to improve the safety of the environment. For example, doors and gates were not locked which meant access to the street was not controlled. Doors to the kitchen and storage cupboards which contained cleaning materials were not locked, and some call bells were not working. At this inspection we saw doors and gates were secure and cleaning material were safely secured and call bells were working.
- Risks to people's safety and wellbeing were assessed and managed. Each person's care records included risk assessments considering risks associated with the person's environment, care and treatment, medicines and any other factors. The risk assessments included actions for staff to take to keep people safe and reduce the risk of harm. For example, a resident who was at risk of falls had a detailed risk assessment which gave staff members instructions to ensure the person was supported when mobilising

Staffing and recruitment

- There were sufficient numbers of staff to meet people's needs. The provider ensured people had a consistent staff team. One relative said, "There are enough staff here".
- Each person's staffing needs were pre-assessed on an individual basis, which were reviewed and updated regularly as people's individual needs changed.
- Staff had been recruited safely. All pre-employment checks had been carried out including reference checks from previous employers and Disclosure and Barring Service (DBS) checks.

Using medicines safely

- Medicines were managed to ensure people received them safely and in accordance with their health needs and the prescriber's instructions.

- Staff completed training to administer medicines and their competency was checked regularly to ensure safe practice.
- Administration of medication records indicated people received their medicines regularly. This was confirmed by the people we spoke with.
- Some people had been prescribed medicine to be used as required (PRN). There were clear protocols for staff to follow before administering these.
- People's medicines were safely received, stored and administered. Management completed monthly audits of medicines to ensure policies and procedures were followed and any errors or concerns were identified. We saw in these audits that where issues were identified appropriate action was taken, including learning opportunities for staff.

Preventing and controlling infection

- Staff had completed infection control training and followed good infection control practices. They used protective clothing, gloves and aprons, during personal care to help prevent the spread of healthcare related infections.
- People told us staff practiced good infection control measures. People were protected from cross infection. The service was clean and odour free. One relative said, "The residents are always well presented, and the home is always clean."

Learning lessons when things go wrong

- Records showed that incidents and accidents were monitored and analysed so that changes could be made to reduce the risk of further harm.

Is the service effective?

Our findings

Effective – this means we looked for evidence that people's care, treatment and support achieved good outcomes and promoted a good quality of life, based on best available evidence.

At the last inspection this key question was rated as Good. At this inspection this key question has remained the same. This meant people's outcomes were consistently good, and people's feedback confirmed this.

Assessing people's needs and choices; delivering care in line with standards, guidance and the law.

- People's needs were assessed before the service began to provide support and people and their relatives confirmed this.
- Care was planned, reviewed and delivered in line with people's individual assessments.
- Assessments of people's needs were comprehensive and expected outcomes were identified.
- We saw care staff did record peoples changing health conditions., and people and relatives we spoke to confirmed they were involved in the development of the service they received.
- Staff applied their learning effectively in line with best practice, which led to good outcomes for people. One relative said, "[Name] can be challenging at times and the staff known how to reassure and support her."

Staff support: induction, training, skills and experience

- People received effective care and treatment from competent, knowledgeable and skilled staff who had the relevant qualifications to meet their needs. The provider had a good system to monitor all staff and had regular refresher training to keep them up to date with best practice. Training methods included online and face to face.
- New staff had completed a comprehensive induction, were well supported and either had health care qualifications or were completing a nationally recognised qualification, The Care Certificate. This covered all the areas considered mandatory for care staff.
- Staff felt well supported and had regular supervision and an annual appraisal to discuss their future development. One staff member told us, "I have regular supervision, it's not just a tick box, I can discuss any issues and my development."

Supporting people to eat and drink enough to maintain a balanced diet

- People were supported by staff to maintain good nutrition and hydration.
- People had choice and access to sufficient food and drink. throughout the day, food was well presented, and people told us they enjoyed it.
- People and their relatives' feedback about food was sought regularly by staff asking people and making observations during lunch and dinner times. In addition, people and their relatives completed feedback questionnaires. One relative told us, "The food always seems very nice when I visit".
- Where people were at risk of poor nutrition and dehydration, care plans detailed actions such as monitoring the persons food and fluid intake, and liaising with other professionals.

Staff working with other agencies to provide consistent, effective, timely care; Supporting people to live

healthier lives, access healthcare services and support

- People had access to healthcare services and professionals according to their needs. These included their GP, district nurse, dietician and a speech and language therapist (SALT). People could access optician and dental visits.
- Staff monitored people's health care needs and would inform relatives, senior staff members and healthcare professionals if there was any change in people's health needs.
- Staff told us they were confident that changes to people's health and well-being were communicated effectively.

Ensuring consent to care and treatment in line with law and guidance

- The Mental Capacity Act 2005 (MCA) provides a legal framework for making particular decisions on behalf of people who may lack the capacity to do so for themselves. The Act requires that, as far as possible, people make their own decisions and are helped to do so when needed. When they lack mental capacity to take particular decisions, any made on their behalf must be in their best interests and as least restrictive as possible. People can only be deprived of their liberty to receive care and treatment when this is in their best interests and legally authorised under the MCA. The application procedures for this in care homes and hospitals are called the Deprivation of Liberty Safeguards (DoLS). We checked whether the service was working within the principles of the MCA and whether any conditions on authorisations to deprive a person of their liberty were being met.
- Where people were deprived of their liberty, the registered manager worked with the local authority to seek authorisation for this to ensure this was lawful. DoLS applications had been undertaken and submitted for all service users.
- Where people did not have capacity to make decisions, they were supported to have, as much as possible, choice and control of their lives and staff supported them in the least restrictive way possible. We found that some care plans lacked legal power of attorney documentation, this information confirms who has the legal right to make decisions on behalf of someone who lacks capacity. The registered manager confirmed she was in the process of obtaining this information from relatives.
- People were asked for their consent before they received any care and treatment. For example, before assisting people with personal care and getting dressed. Staff involved people in decisions about their care and acted in accordance with their wishes.

Adapting service, design, and decoration to meet people's needs

- The premises provided people with choices about where they spent their time. There were a number of small lounges for people to enjoy and staff told us people enjoyed spending time in the large garden in warmer weather.
- The service had considered the impact that decorations such as pictures and floor coverings could have on people living with dementia.
- Access to the building was suitable for people with reduced mobility and wheelchairs. A passenger lift was available if people needed it to access the upper floors. Corridors were wide and free from clutter. Maintenance work had recently been completed on the roof of the building. The registered manager told us the work had been completed and the roof was now safe. After the inspection the registered manager sent us confirmation that the maintenance work undertaken on the roof had been completed.

Is the service caring?

Our findings

Caring – this means that the service involved people and treated them with compassion, kindness, dignity and respect.

At the last inspection this key question was rated as good. At this inspection this key question has deteriorated to requires improvement. This meant people did not always feel well-supported, cared for or treated with dignity and respect.

Ensuring people are well treated and supported; respecting equality and diversity

- During the inspection we observed a resident who was sat in one of the lounges wanting to be assisted to the toilet. There were no call bells in the lounge and it had been a considerable time since a carer had entered the lounge. The resident began shouting for assistance however no staff members entered the lounge. To ensure the resident was assisted we intervened and alerted the registered manager. The registered manager arranged for carers to assist the resident however only one carer arrived to assist and informed the resident she was waiting for another carer to assist her because the resident required two carers to mobilise. This resulted in another delay for the resident; we observed the resident being hoisted by the two carers in a safe and caring manner, both reassured the resident throughout. We raised the issue of delay with the registered manager who informed us that there should be care staff in all the lounges, she would raise this issue with all care staff.
- We observed a carer giving a resident an out of date newspaper to read, another carer when speaking to the resident noticed it was out of date and then gave the resident the correct newspaper. We also observed four residents all diagnosed with dementia sitting in a lounge facing a television which was not working. The television required attention because the images were constantly flashing and could be disorientating for people to watch. We observed carers entering and leaving the lounge however the carers did not attempt to fix the television in order to create a better environment for the residents. We intervened and asked one of the carers to adjust the television or turn it off, if it was not in working order. The television was fixed, we raised this issue with the registered manager who informed us that she would raise this issue with all staff members ensuring that residents at all times are treated in a caring and dignified manner.
- People and their relatives were positive about the care they received. People's comments included, "Staff are brilliant" and, "They take care of me". A relative said, "The staff are absolutely fantastic, they will do anything for the resident."
- People told us staff knew their preferences and cared for them in the way they liked. Staff we spoke to knew people's life histories and individual preferences.

Supporting people to express their views and be involved in making decisions about their care

- Relatives confirmed staff involved them when people needed help and support with decision making. People and relatives told us they felt listened to.
- Care records included instructions for staff about how to help people make as many decisions for themselves as possible. Care plans recorded if people needed glasses or hearing aids.
- There was a 'resident of the day' scheme where people took it in turns to receive special attention. This included being able to choose the menu for the day, having their room deep cleaned and being pampered

with activities of their choice.

Respecting and promoting people's privacy, dignity and independence

- Staff showed genuine concern for people and ensured people's rights were upheld.
- Staff and the registered manager told us how they ensured people received the support they needed whilst maintaining their dignity and privacy. For example, during personal care covering people with a towel, making sure curtains and doors are closed; respecting when a person needed space.
- People's confidentiality was respected, and people's care records were kept securely.
- People were encouraged to do as much for themselves as possible. People's care plans showed what aspects of personal care people could manage independently and which they needed staff support with.

Is the service responsive?

Our findings

Responsive – this means we looked for evidence that services met people's needs.

At the last inspection this key question was rated as Good. At this inspection this key question has remained the same. This meant people's needs were met through good organisation and delivery.

Planning personalised care to ensure people have choice and control and to meet their needs and preferences

- Care plans were personalised to the individual and recorded details about each person's specific needs and how they liked to be supported.
- People were empowered to have as much control and independence as possible, including developing care and support plans. A relative told us, "We had a review two months ago, the registered manager and senior nurse attended. They went through [Name's] care plan and discussed any changes."
- Staff were knowledgeable about people and their needs.
- Daily notes were completed which gave an overview of the care people had received and captured any changes in people's health and well-being.
- People's rooms were decorated and furnished to meet their personal tastes and preferences, for example having family photographs and artwork.

Supporting people to develop and maintain relationships to avoid social isolation; support to follow interests and to take part in activities that are socially and culturally relevant to them

- People were supported to take part in activities within the home access the community. People had the opportunity to participate in games, bingo and singing. People that were able to do so had the opportunity of accessing the community with the support of staff members.

Meeting people's communication needs

Since 2016 onwards all organisations that provide publicly funded adult social care are legally required to follow the Accessible Information Standard (AIS). The standard was introduced to make sure people are given information in a way they can understand. The standard applies to all people with a disability, impairment or sensory loss and in some circumstances to their carers.

- There was information in place to enable the provider to meet the requirements of the Accessible Information Standard (AIS). If required, care plans were available in different formats such as large print. In addition, each person's care plans included a section about their individual communication needs. For example, about any visual problems or hearing loss and instruction for staff about how to help people communicate effectively.

Improving care quality in response to complaints or concerns

- People and their relatives knew how to provide feedback about their experiences of care and the service provided a range of accessible ways to do this such as surveys and meetings with the management. We reviewed a recently completed relative survey, responses were positive.
- People and their families knew how to make complaints; and felt confident that these would be listened to

and acted upon in an open way.

- People said staff listened to them and resolved any day to day concerns. The provider had a complaints policy and procedure that was on display. We saw evidence that complaints received had been responded to and managed appropriately.

Is the service well-led?

Our findings

Well-Led – this means we looked for evidence that service leadership, management and governance assured high quality, person-centred care; supported learning and innovation; and promoted an open, fair culture.

At the last inspection this key question was rated as requires improvement. At this inspection this key question has improved to Good. This meant people's needs were met through good organisation and delivery.

Promoting a positive culture that is person-centred, open, inclusive and empowering, which achieves good outcomes for people

- People, relatives and staff expressed confidence in the management team. One relative told us, "The manager is very good, always ready to help, has a genuine passion for people." A staff member told us, "The manager has made changes to service and wants good outcomes for people."
- Staff were actively encouraged by management to raise any concerns in confidence. One staff member told us, "The manger is very approachable, you can raise concerns and issues, and these are dealt with."
- The manager was aware of the legal responsibility to notify us of incidents that occurred at the service. The ethos of the service was to be open, transparent and honest. The manager worked alongside staff and led by example.

How the provider understands and acts on the duty of candour, which is their legal responsibility to be open and honest with people when something goes wrong

- The managers understood their legal responsibility to be open and honest with people when things went wrong. The records of Duty of Candour activities were recorded as part of the complaint's procedure.
- Staff told us that they understood the whistle blowing policy and how to escalate concerns if they , via their management team, the local authority, or CQC. Whistle-blowing is the term used when someone who works in or for an organisation raises a concern about malpractice, risk (for example, wrong-doing or some form of illegality). The individual is usually raising the concern because it is in the public interest. That is, it affects others, the general public or the organisation itself.

Managers and staff are clear about their roles, and understand quality performance, risks and regulatory requirements.

- The registered manager and staff understood their roles and responsibilities.
- Staff also strived to ensure care was delivered in the way people needed and wanted it.
- There was a good communication maintained between the registered manager and staff. There were clear lines of responsibility across the staff team.
- Staff felt respected, valued and supported and that they were fairly treated.
- The registered manager carried out audits to monitor the quality of the service. The registered manager showed us some improvements she planned to introduce such as knowledge competence assessments. She told us, "I will introduce knowledge competency assessments during supervision sessions to ensure staff have a good understanding of subjects such as mental capacity and safeguarding."
- A training matrix monitored that staff were up to date with training and planned future training needs.

- Staff were required to read policies and procedures, we saw recorded evidence that this had occurred.
- The registered manager worked to drive improvement across the service. They engaged with external agencies to develop effective systems to ensure care was delivered safely.
- The registered manager had notified Care Quality Commission (CQC), of events which had occurred in line with their legal responsibilities. They displayed the previous CQC inspection rating in the home.

Engaging and involving people using the service, the public and staff, fully considering their equality characteristics

- People, relatives and advocates feedback was sought through a survey. Responses showed they were happy with the standard of care.
- There was an open culture where staff were encouraged to make suggestions about how improvements could be made to the quality of care and support offered to people.
- Staff reported positively about working for the service and did not identify any areas for improvement.
- The registered manager consulted with staff, at supervision meetings and staff meetings, to get their views and ideas on how the service could be improved. Staff were proud to work for the service, one staff member told us, "It's like one big family here, will all help each other and do our best to help the residents."

Continuous learning and improving care

- Improvements had been made and a variety of audits were completed within the home.
- We saw there were audits completed in key areas such as medicines management, infection control and care plans.
- When areas of improvement were needed, this had been identified and action taken.

Working in partnership with others

- The provider had a communication network to help the service work in partnership with other professionals, including the district nursing service, physiotherapy, occupational therapy and local GP's.