

# Cumbria County Council

# The Gables

## Inspection report

Cleator Moor Road  
Whitehaven  
CA28 8TX

Tel: 01946505577

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03 March 2021

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## Ratings

Overall rating for this service	Inspected but not rated
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Is the service safe?	Inspected but not rated
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# Summary of findings

## Overall summary

The Gables can provide accommodation for up to 60 older adults and people living with dementia. There were twenty three people in residence when we inspected.

We found the following examples of good practice.

The provider had good procedures for preventing visitors from catching or spreading infection. The service was in recovery from a Covid-19 outbreak and, in line with guidance, all but essential visiting had been suspended. The provider had suitable policies and procedures in place to minimise risk during visits when they recommenced. End of life visits had taken place so that a family member could sit with their relative.

The home had an extra large 'tablet' that people used to Face time or Skype families and friends. Families could talk with staff by phone. Consultations with health care professionals could also be done virtually and the staff team told us the community nurses visited and were very supported to them and to people in the home.

The staff team had supported people to isolate during the outbreak of Covid-19 and people had understood the reasons for isolating. People had now recovered from the virus and no longer needed to isolate. Good arrangements were in place so that people kept a safe distance in shared areas. This is a new build home. People had large en suite bedrooms and spacious shared areas so they could keep a distance from each other. People living with dementia were guided and supported to do this as much as possible.

There had been no admissions to the home for some time. The provider and the registered manager were not looking to admit until people and staff had fully recovered both physically and emotionally from the recent outbreak. When they were ready to admit this would be after a negative test result and people would be supported to isolate in their rooms for the recommended period of time.

The staff and the people who lived in the home had been tested routinely. Those who had a negative test continued to be tested. Staff and service users had all received the Covid -19 vaccine. In some instances they had received a second vaccine.

The home was very clean and hygienic. The staff followed national and local guidance during the outbreak and rigorous systems were in place to ensure good levels of hygiene. There were cleaning schedules and other systems to ensure good infection prevention and control measures. Staff understood how to use and dispose of personal protective equipment.

We met with staff who were very positive about their work and told us the welfare of people in the home was very important to them. They acknowledged the trauma of dealing with an outbreak but said that they worked well as a team and could talk to management and to each other. Arrangements had been put in place to ensure the staff could return to work safely. There were plans for staff to access counselling if

necessary. Good risk management was in place for service users and staff from ethnic minorities or who had underlying issues that would reduce their risk of serious illness.

## The five questions we ask about services and what we found

We always ask the following five questions of services.

### **Is the service safe?**

Further information is in the detailed findings below.

**Inspected but not rated**

# The Gables

## **Detailed findings**

### Background to this inspection

We carried out this inspection under Section 60 of the Health and Social Care Act 2008 as part of our regulatory functions. This inspection was planned to check whether the provider is meeting the legal requirements and regulations associated with the Health and Social Care Act 2008.

As part of CQC's response to care homes with outbreaks of coronavirus, we are conducting reviews to ensure that the Infection Prevention and Control practice was safe and the service was compliant with IPC measures. This was a targeted inspection looking at the IPC practices the provider has in place.

This inspection took place on 3 March 2021 and was announced.

# Is the service safe?

## Our findings

How well are people protected by the prevention and control of infection?

- We were assured that the provider was preventing visitors from catching and spreading infections.
- We were assured that the provider was meeting shielding and social distancing rules.
- We were assured that the provider was admitting people safely to the service.
- We were assured that the provider was using PPE effectively and safely.
- We were assured that the provider was accessing testing for people using the service and staff.
- We were assured that the provider was promoting safety through the layout and hygiene practices of the premises.
- We were assured that the provider was making sure infection outbreaks can be effectively prevented or managed.
- We were assured that the provider's infection prevention and control policy was up to date.