

Gabriel Court Limited Gabriel Court Limited

Inspection report

17-23 Broadway Kettering Northamptonshire NN15 6DD

Tel: 01536510019 Website: www.gabrielcourtltd.co.uk Date of inspection visit: 11 May 2021

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Ratings

Overall rating for this service

Requires Improvement 🔴

Is the service safe?	Requires Improvement 🛛 🔴
Is the service effective?	Requires Improvement 🧶
Is the service caring?	Requires Improvement 🧶
Is the service responsive?	Requires Improvement 🧶
Is the service well-led?	Requires Improvement 🛛 🔴

Summary of findings

Overall summary

About the service

Gabriel Court is a residential care home providing personal and nursing care for up to 44 older people including those living with dementia and mental health. At the time of the inspection 37 people were being supported.

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

The recording of care tasks required improvement. We found multiple gaps in the repositioning records and food and fluid charts.

Systems and processes were not in place to ensure unexplained bruises and injuries were investigated, monitored and audited to identify possible causes and to look for trends and patterns.

Cleaning schedules had multiple gaps in the recording. We found no evidence of high touch areas, shared equipment and shared rooms being cleaned consistently.

Where people did not meet their fluid target for days/weeks, there was no record of any action taken. There was no record of meals being fortified or provided in a different consistency as required to reduce risk.

We identified that some staff had not completed their mandatory training within their induction period. The training matrix showed some staff were out of date with their refresher training.

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; however, the systems in the service did not always support this practice. Records evidenced, at times relatives had signed consent documents with no legal powers to do so.

Systems and processed were not in place to audit daily care tasks, call bell response time, cleaning schedules and information recorded within people's care plans and risk assessments.

People's preferences were not always recorded in their care plans. This included whether people preferred to be supported by male or female carers for personal care.

Medicine administration records (MAR) were in place and people's medicines had been administered as prescribed.

Where complaints had been received, these had been appropriately actioned and responded to.

People told us that staff respected their privacy and dignity and choices, and described staff as 'brilliant', 'good', 'kind' and 'considerate'. People told us they felt safe.

Rating at last inspection (and update)

This service was previously rated Inadequate (published 05 June 2020). Nine breaches of regulation were found at this inspection in relation to safety of the environment, safeguarding, staffing, nutrition, consent, respect, person centred-care, complaints. This resulted in conditions being applied to the provider's registration. At the last inspection, we looked at safe and well led only and rated the service as requires improvement (published 27 August 2020) and although some improvements had been made, breaches of regulation and conditions remained in place.

At this inspection enough improvement had not been made/sustained, and the provider was still in breach of regulations.

Why we inspected

This inspection was carried out to follow up on action we told the provider to take at the last inspection.

We looked at infection prevention and control measures under the Safe key question. We look at this in all care home inspections even if no concerns or risks have been identified. This is to provide assurance that the service can respond to COVID-19 and other infection outbreaks effectively.

We have found evidence that the provider needs to make improvement. Please see the safe, effective, caring, responsive and well led sections of this full report.

You can see what action we have asked the provider to take at the end of this full report.

You can read the report from our last comprehensive inspection, by selecting the 'all reports' link for Gabriel Court on our website at www.cqc.org.uk.

Enforcement

We are mindful of the impact of the COVID-19 pandemic on our regulatory function. This meant we took account of the exceptional circumstances arising as a result of the COVID-19 pandemic when considering what enforcement action was necessary and proportionate to keep people safe as a result of this inspection. We will continue to discharge our regulatory enforcement functions required to keep people safe and to hold providers to account where it is necessary for us to do so.

We have identified four continued breaches in relation to risk management, person centred care, nutrition and governance at this inspection.

Please see the action we have told the provider to take at the end of this report.

Follow up

We will meet with the provider following this report being published to discuss how they will make changes to ensure they improve their rating to at least good. The provider will submit an action plan every month detailing what they will do to improve the standards of quality and safety We will work with the local authority to monitor progress. We will return to visit as per our re-inspection programme. If we receive any concerning information 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 not always safe. Details are in our safe findings below.	Requires Improvement 🤎
Is the service effective? The service was not always effective. Details are in our effective findings below.	Requires Improvement –
Is the service caring? The service was not always caring. Details are in our caring findings below.	Requires Improvement –
Is the service responsive? The service was not always responsive. Details are in our responsive findings below.	Requires Improvement –
Is the service well-led? The service was not always well led. Details are in our well led findings below.	Requires Improvement –



Gabriel Court 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.

As part of this inspection we looked at the infection control and prevention measures in place. This was conducted so we can understand the preparedness of the service in preventing or managing an infection outbreak, and to identify good practice we can share with other services.

Inspection team The inspection was carried out by two inspectors and one assistant inspector.

Service and service type

Gabriel Court 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 The inspection was unannounced.

What we did before the inspection

We reviewed information we had received about the service since the last inspection. We sought feedback from the local authority and professionals who work with the service.

During the inspection

We spoke with three people who used the service and three relatives about their experience of the care

provided. We spoke with 10 members of staff including the provider, registered manager, compliance manager, Head of care, care workers and kitchen staff. We used the Short Observational Framework for Inspection (SOFI). SOFI is a way of observing care to help us understand the experience of people who could not talk with us.

We reviewed a range of records. This included five people's care records and multiple medication records. We looked at four staff files in relation to recruitment and staff supervision. A variety of records relating to the management of the service, including policies and procedures were reviewed.

After the inspection

We continued to seek clarification from the provider to validate evidence found. We looked at training data, policies and quality assurance records.

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 remained the same. This meant some aspects of the service were not always safe and there was limited assurance about safety. There was an increased risk that people could be harmed.

Assessing risk, safety monitoring and management: Systems and processes to safeguard people from the risk of abuse.

At the last two inspections we have found the provider to be in breach of Regulation 12 (Safe care and treatment) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

Not enough improvement has been made and the provider was still in breach of Regulation 12.

- Risk assessments were in place when a risk to a person had been identified. However, the strategies in place did not always mitigate the risk. For example, one person had been identified as unable to use their call bell and regular safety checks had not been put in place to ensure their safety.
- Information recorded in people's risk assessments was not always consistent with the information recorded in people's care plans. For example, one person's risk assessment detailed they required a soft diet however, their care plan contained no information regarding the requirement of soft diet. This meant staff did not always have the correct information to support the person safely.
- People who were at risk of skin damage did not always have care plans in place detailing how often they should be repositioned, what setting their mattress should be at, district nurse involvement and details of any sores or ulcers and how these were healing/deteriorating. We also found multiple gaps in the records to evidence that repositioning had taken place when required. There were people with pressure damage living at the service. New staff or agency staff would not have this information documented so we could not be assured that this need would be met. This put people at risk of skin damage.
- Food and fluid charts were in place for people who were at risk of dehydration and weight loss to monitor their food and fluid intake. However, we identified multiple gaps in these records. We saw during the site visit people getting different consistency food, however we could not evidence this occurred at all times, due to the lack of records.
- Unexplained bruises and injuries had not always been investigated or monitored to identify the possible cause so that action could be taken to mitigate against the risk of further incidents. Accident and incident forms had been completed by staff however, they did not always contain the required information such as the person's name.

We found no evidence that people had been harmed. However, the provider had failed to ensure risks were assessed and that all was done to practically mitigate these risks. This was a continued breach of regulation 12 (Safe care and treatment) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

- People told us that they felt safe. One person told us, ""I feel very safe here." Another person told us, "I feel safe and I'm happy here."
- Risk assessments were in place where people required support from staff to mobilise, including the use of equipment such as a hoist. This ensured that staff understood how to people to move safely.
- People had a Personal Emergency Evacuation Plan (PEEP) in place detailing the support they required in the event of a fire.

Preventing and controlling infection

• We were not assured that the provider was promoting safety through the layout and hygiene practices of the premises. There was no record in place to evidence that high touch areas, shared equipment and shared rooms had been cleaned regularly.

- 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 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.

We have also signposted the provider to resources to develop their approach.

Learning lessons when things go wrong

• Accidents and incidents had been recorded by staff however, there was no system in place to monitor and identify possible trends and patterns so that lessons could be shared and learnt from.

Using medicines safely

- Medicine administration records (MAR) were in place and people's medicines had been administered as prescribed. We observed staff supporting people to take their medicines in their own time, without rushing them.
- Risk assessments were in place to assess whether people were able to safely administer medicines themselves. This enabled people to remain independent with their medicines where safe to do so.
- Protocols were in place for 'as required' medicines and staff documented the rationale for administering these medicines.

Staffing and recruitment

• Staff were recruited safely. The provider completed pre employment checks such as references and Disclosure and Barring Service (DBS) checks. The Disclosure and Barring Service carry out a criminal record and barring check on individuals who intend to work with children and vulnerable adults, to help employers make safer recruitment decisions.

• There were enough staff on shift to meet people's needs. The provider used a dependency tool to calculate the required staffing numbers based on people's support needs.

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 inadequate. At this inspection this key question has now improved to requires improvement. This meant the effectiveness of people's care, treatment and support did not always achieve good outcomes or was inconsistent.

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

At our inspection on 28 January 2020, the provider failed to meet people's nutritional and hydration needs. This is a breach of Regulation 14 (1) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014. Meeting nutritional and hydration needs.

Not enough improvement has been made and the provider is still in breach of Regulation 14.

• Where people were at risk of dehydration, a fluid target had been put in place. However, when people did not meet their fluid target, there was no record of any action taken. We found people had not met their fluid target for many days/weeks. This put people at risk of dehydration.

- Where people required fortified meals or meals in a different consistency, there was no record that this had been provided. For example, when people had needs that evidenced or professional support stated they should receive two milkshake a day, records only evidenced at times only one had been offered. Records seen were for previous months so staff could not assure us these needs had been met.
- There was no record in place to evidence that staff had thickened people's fluids for those that had been assessed as requiring thickener to reduce the risk of choking.
- Food and fluid charts did not evidence that people who required milkshakes to support weight gain or prevent weight loss had been given or offered these. This put people at risk of malnutrition.

The provider had failed to ensure the nutritional and hydration needs for people had been met. This was a continued breach of regulation 14 (meeting nutritional and hydration needs) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

• People did not have access to facilities make their own drinks therefore, people had to ask staff when they wanted a drink. One person told us, "If I want a drink I have to ask, but they [staff] get me one." During the inspection we saw staff offering people drinks.

Staff working with other agencies to provide consistent, effective, timely care: Supporting people to live healthier lives, access healthcare services and support

At our inspection on 28 January 2020, The provider had failed to assess the risks to the health and safety of people using the service, or take action to mitigate risks, this was a breach of Regulation 12 (1) of the Health

and Social Care Act 2008 (Regulated Activities) Regulations 2014. Safe care and treatment.

At this inspection we found the provider had made improvements and was no longer in breach of this part in the regulation.

• We saw evidence of referrals being made to health professional where required such as district nurse, speech and language therapists and GP.

• Peoples records contained information regarding opticians, dentist and hearing appointments completed. People were supported to access healthcare services.

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

At our inspection on 28 January 2020, the provider failed to assess if people have the mental capacity to make informed consent or comply with the Mental Capacity Act 2005 to ensure care and treatment is in people's best interests and legally authorised. This was a breach of Regulation 11 (1) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014. Need for consent

At this inspection we found the provider had made improvements and was no longer in breach of this regulation.

The Mental Capacity Act 2005 (MCA) provides a legal framework for making particular decisions on behalf of people who may lack the mental 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.

In care homes, and some hospitals, this is usually through MCA application procedures 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 had the appropriate legal authority and were being met.

- Mental capacity assessments were in place to identify where people did not have the capacity to make specific decision about their care.
- Where it had been identified that people did not have capacity to make decisions about the care they received, consent had been given by people's next of kin who did not have the legal authority to do so. The registered manager assured us they would change this practice immediately.
- We saw evidence of appropriate DoLS applications being made to the local authority where people had been deprived of their liberty.

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

- People's needs were assessed before they moved into the home to ensure these could be met.
- Staff did not always have the required information to support people in line with their individual needs. Not all care plans held up to date relevant information in them. For example, what setting their pressure

mattress should be set at or details of the stage of healing regarding injuries.

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

- Some areas of the home required updating to create a dementia friendly environment for people who used the service.
- Measures were in place to ensure the environment was safe for people including window restrictors and radiator covers. During the inspection we saw fire exits were clear from obstructions.

Staff support: induction, training, skills and experience

- Staff received an induction when they first started working at the service which included mandatory training identified by the providers policies. We identified that some staff had not completed their mandatory training before working alone with people.
- The training matrix showed some staff were out of date with their refresher training. However, we saw evidence of competency checks being completed on staff to ensure they had the skills and knowledge to support people who used the service.

Is the service caring?

Our findings

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

At the last inspection this key question was rated as requires improvement. At this inspection this key question has remained the same. 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: Respecting and promoting people's privacy, dignity and independence

At our inspection on 28 January 2020, the provider had failed to treat people with dignity and respect at all times. This was a breach of Regulation 10 (1) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014. Dignity and respect.

At this inspection we found the provider had made improvements and was no longer in breach of this regulation.

- The providers systems did not always ensure people received caring care. For example, handovers did always contain enough detail and care plans held conflicting information.
- People's preferences were not always recorded in their care plans. This included whether people preferred to be supported by male or female carers for personal care. However, people told us staff were 'brilliant', 'good', 'kind' and 'considerate'.
- People told us that staff respected their privacy and dignity. One person told us, "Staff knock on my door before entering."

• People told us that staff respected their choices. One person told us they did not want staff checking them at night, so the registered manager put a note on the door advising staff to not disturb. This was reflected in the person's care plan detailing staff are not to enter the room and that the person would ring their call bell if staff are needed.

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

- People had the opportunity to attend residents' meetings to provide feedback on the care and support provided. We received mixed views from people regarding whether changes were made in response to the feedback. One person was very positive about the management response to their feedback. However, another person told us that no changes had been made after they had given feedback.
- People were involved in their care planning where possible.
- People's care plans contained information about the person including their likes and dislikes, life history and religious beliefs. People had staff allocated to them as their keyworkers. This meant that staff had the information to get to know the person and understand what was important to them.

Is the service responsive?

Our findings

Responsive – this means we looked for evidence that the service met people's needs

At the last inspection this key question was rated as requires improvement. At this inspection this key question has remained the same. This meant people's needs were not always met.

Planning personalised care to ensure people have choice and control and to meet their needs and preferences; 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: Meeting people's communication needs

At our inspection on 28 January 2020, the provider failed to ensure all people received care that met their needs and preferences. This was a breach of Regulation 9 (1) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014. Person centred care.

Not enough improvement has been made and the provider is still in breach of Regulation 9.

• We used the Short Observational Framework for Inspection (SOFI) in the lounge area to observe the experience of people who could not talk with us. We saw no interaction between people and staff for 40 minutes. People told us there were limited activities available to them. One person told us, "Never any good activities." Another person who was cared for in their bedroom told us, "Sometimes staff come in my room but not often."

• Information recorded in people's care plans did not always reflect their current needs. For example, we found conflicting information regarding health conditions and staffing required for specific tasks. This meant staff did not always have the information required to ensure individualised care.

• 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.

• People's communication needs were assessed and detailed in care plans to ensure that staff communicated with people effectively. However, when a person required information in a different format such as easy read, large print or pictorial, this was not always available.

The provider had failed to ensure people received care that met their needs and preferences. This was a continued breach of regulation 9 (Person centred care) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

• People were supported to stay in contact with their loved ones during the COVID-19 pandemic. People's relationships that were important to them were recorded in their care plans.

Improving care quality in response to complaints or concerns

At our inspection on 28 January 2020, the provider failed to have a system to record and respond to complaints. This was a breach of Regulation 16 (1) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014. Receiving and acting on complaints

The provider had made improvements and they were no longer in breach of Regulation 16.

• Where complaints had been received, these had been appropriately actioned and responded to.

• People told us they were able to make a complaint. One person told us, "I can complain, just haven't needed to."

End of life care and support

• At the time of our inspection no one using the service required end of life support. However, when appropriate, people had a 'do not attempt cardiopulmonary resuscitation' (DNACPR) order in place.

• Not all staff had received end of life training. The registered manager was in the process of arranging this training.

• Care plans were in place for end of life care and included funeral arrangements. However, not all plans identified people's individual preferences at the time of death. For example, who would be there, if they wanted any music or sounds playing or if they if they wanted a priest or minister to deliver their last rites.

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 remained the same. This meant the service management and leadership was inconsistent. Leaders and the culture they created did not always support the delivery of high-quality, person-centred care.

Promoting a positive culture that is person-centred, open, inclusive and empowering, which achieves good outcomes for people; Managers and staff being clear about their roles, and understanding quality performance, risks and regulatory requirements

At the last two inspections we found the provider to be in breach of Regulation 17 (1) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014. Good Governance.

Not enough improvement has been made and the provider was still in breach of Regulation 17.

- There were limited systems in place to monitor accidents and incidents to identify trends and patterns. Audits completed on accident and incident forms had not identified that staff did not always record people's names.
- There were no systems in place to audit staff response time to call bells, daily care records including repositioning charts, food and fluid charts and daily notes to identify any required improvements. During the inspection we found gaps in records that had not been identified and addressed.
- Audits on care plans and risk assessments did not identify the conflicting information contained within them identified during the inspection.
- Infection control audits were completed to ensure the environment was clean however, we identified multiple gaps in cleaning records. These records had not been audited.
- Regular flushing of water pipes in unoccupied rooms had not taken place. This had been identified as a required action in a legionella risk assessment conducted in March 2021 to reduce the risk of legionnaires disease. This had not been actioned by the provider or registered manager.
- Daily records of care contained conflicting information against other records of care. For example, daily notes detailed 'good food and fluid' for people however, no food and fluid chart had been completed on these days or fluid input recorded was poor.

We found no evidence that people had been harmed however, systems and processes were either not in place or robust enough to monitor the quality and safety of the service. This placed people at risk of harm. This was a continued breach of regulation 17(Good governance) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

• The registered manager had submitted CQC statutory notifications where required.

• People provided positive feedback on the care and support they received. One person told us, "Staff are friendly and helpful, they take care of me." Another person told us, "Staff are kind. [Head of care] and [registered manager] always listen to me."

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 provider understood their responsibility under the duty of candour. The duty of candour requires providers to be open and honest with people when things go wrong with their care, giving people support and truthful information.

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

- Feedback from people, relatives and staff on the service had been requested via a survey. Feedback received was collated and reviewed to identify and implement any required improvements.
- Relatives told us that the registered manager had sent out information regarding the changes to ownership, and that staff would contact them with changes to their relative's needs.

Continuous learning and improving care: Working in partnership with others

- The registered manager was open and transparent with the inspection team during the inspection. The management team had been working with the local authority to ensure improvements were made.
- The new owners were in the process of engaging with an external contractor to complete an audit of the service to identify improvements required. One person told us, "It's much better since new owners, things are improving."

This section is primarily information for the provider

Enforcement actions

The table below shows where regulations were not being met and we have taken enforcement action.

Regulated activity	Regulation
Accommodation for persons who require nursing or personal care	Regulation 9 HSCA RA Regulations 2014 Person- centred care
	Positive conditions were put on the providers registration after the inspection in January 2020 . We are continuing with these conditions. The provider had failed to ensure risks were assessed and that all was done to practically mitigate these risks.

The enforcement action we took:

Positive conditions remain in place.

Regulated activity	Regulation
Accommodation for persons who require nursing or personal care	Regulation 12 HSCA RA Regulations 2014 Safe care and treatment
	Positive conditions were put on the providers registration after the inspection in January 2020. We are continuing with these conditions. The provider had failed to ensure risks were assessed and that all was done to practically mitigate these risks.

The enforcement action we took:

Positive conditions remain in place.

Regulated activity	Regulation
Accommodation for persons who require nursing or personal care	Regulation 14 HSCA RA Regulations 2014 Meeting nutritional and hydration needs
	Positive conditions were put on the providers registration after the inspection in January 2020. We are continuing with these conditions. The provider had failed to ensure the nutritional and hydration needs for people had been met.
The enforcement action we took:	

Positive conditions remain in place.

Regulated activity

Regulation

Accommodation for persons who require nursing or personal care	Regulation 17 HSCA RA Regulations 2014 Good governance
	Positive conditions were put on the providers registration after the inspection in January 2020. We are continuing with these conditions. The provider had failed to ensure risks were assessed and that all was done to practically mitigate these risks.

The enforcement action we took:

Positive conditions remain in place.