

# Evergreen Lodge Limited

# Evergreen Lodge

### **Inspection report**

38 Haddon Road Birkenhead Merseyside CH42 1NZ

Tel: 01516431068

Date of inspection visit: 03 December 2019 04 December 2019

Date of publication: 15 January 2020

### Ratings

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

# Summary of findings

### Overall summary

#### About the service:

Evergreen Lodge is a care home that provides accommodation for up to 40 people who need help with nursing and personal care. At the time of the inspection 33 people lived in the home. Most of the people living in the home lived with dementia or other mental health issues.

People's experience of using this service:

At the last inspection, the provider was rated inadequate. At this inspection, the rating has remained the same. This was because people did not receive safe care in all aspects of their care and the management of the service still needed significant improvements to be made.

During the inspection, the manager and the provider did not demonstrate they had sufficient oversight of the service and the support people received. They did not demonstrate they understood their regulatory and legal requirements with regards to the service. We found that there were no adequate or effective systems in place to monitor some aspects of the quality and safety of the service. This resulted in people being exposed to ongoing risks.

People's needs and the support they required were planned for, but people did not receive safe nursing care in accordance with their care plan. Some nursing tasks were also completed by care assistants on the request of nursing staff without appropriate training or authority to do so. The manager and provider were unaware of this practice. They acted on this immediately when it was brought to their attention during the inspection.

Where improvements in people's care were identified by the manager, these had not been acted upon by staff or followed up by the manager to protect people from harm.

Medication management was unsafe and placed people at significant risk of harm. People did not receive their medicines as prescribed or, in the correct way at all times, by nursing staff.

After the inspection, we referred several people to the local authority safeguarding team as we had serious concerns about the care they received.

At the last inspection concerns were identified with regards to staff recruitment, training and support; the unlawful use of restraint, obtaining people's consent to their own care, safeguarding and the identification of people's needs and risks. We found that sufficient improvements in these areas had been made.

People were supported to have as much choice and control of their lives as possible. Improvements in the way in which staff responded to people's emotional well-being meant that the need for, and use of, restrictive practices had reduced. People were now supported in their best interests in accordance with the Mental Capacity Act 2005 (MCA).

People received enough to eat and drink and were given a diet suitable for their needs. People told us they had a choice and that the food and drink was of satisfactory quality.

Staff recruited since the last inspection were recruited safely. Staff training had been updated and the number of staff on duty was sufficient to meet people's needs.

People were encouraged to join in a selection of activities available in the home, as well as pursue their own personal interests and hobbies.

The service worked in partnership with a range of other health and social care professionals to ensure people had access to other healthcare services.

Relatives told us they were always made welcome and we saw that the feedback and suggestions of people living in the home and their relatives were sought.

The home was adequately maintained. The atmosphere was calm and homely and staff were kind and patient. It was clear staff knew people well and talked to people socially whilst offering support. This was good practice. People told us they felt supported and that had no complaints about the home or the staff team.

The manager and provider were open and transparent during our inspection and acknowledged that significant improvements needed to be made. They displayed a committed attitude to making those improvements in a timely manner.

#### Rating at last inspection and update:

The last rating for this service was inadequate (published 07 June 2019) and placed in special measures. At this inspection, the rating has remained the same. This is because although some improvements had been made, the service remained in breach of regulations 12 (Safe care and treatment) and 17 (Good Governance) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

After this inspection, the provider completed an urgent action plan to show us what they would do immediately to improve the safety of the service and protect people from risk.

#### Why we inspected:

This was a planned inspection based on the previous rating.

#### Follow up:

On the request of CQC, the provider agreed to submit a monthly update on the improvements they will continue to make with regards to the service.

These monthly updates will help CQC monitor the home's ongoing progress towards meeting the health and social care regulations to a good standard.

We will also meet with the provider following the publication of this report to discuss how they will make changes to ensure they improve their rating to at least good.

On the request of CQC, the provider has agreed to submit a monthly update on the improvements made. These monthly updates will help CQC monitor the home's ongoing progress towards meeting the health and social care regulations to a good standard. We will work with the local authority to monitor progress.

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

#### Special Measures

The overall rating for this service is 'Inadequate' and the service will remain in 'special measures'. This means we will keep the service under review and, if we do not propose to cancel the provider's registration, we will re-inspect within 6 months to check for significant improvements. If the provider has not made enough improvement within this timeframe and there is still a rating of inadequate for any key question or overall rating, we will take action in line with our enforcement procedures. This will mean we will begin the process of preventing the provider from operating this service. This will usually lead to cancellation of their registration or to varying the conditions the registration.

For adult social care services, the maximum time for being in special measures will usually be no more than 12 months. If the service has demonstrated improvements when we inspect it and it is no longer rated as inadequate for any of the five key questions it will no longer be in special measures.

# 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 safe.	Inadequate •
Details are in our Safe findings below.	
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 well-led  Details are in our Well-Led findings below.	Inadequate •



# Evergreen Lodge

**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. This inspection was planned to check whether the provider was meeting the legal requirements and regulations associated with the Act, to look at the overall quality of the service, and to provide a rating for the service under the Care Act 2014.

#### Inspection team

This inspection was undertaken by an adult social care inspector, a medicines inspector and an assistant inspector.

#### Service and service type:

Evergreen Lodge is a nursing home. People in care homes receive accommodation with nursing and personal care. 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 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 information we had received about the service since the last inspection. We contacted the local authority to gain their feedback on the service. We used all this information to plan our inspection.

The provider had not been required to submit a Provider Information Return with information about the service prior to this inspection.

#### During the inspection:

We spoke with five people who lived in home and five relatives. We spoke with the registered manager, the

provider, the deputy manager, the regional manager, two nurses, a senior carer and a care assistant. We also spoke briefly with the HR administrator.

We reviewed a range of records. This included six people's care records and a sample of medication records. Five staff recruitment files, records relating to staff training and support and records relating to the management of the service.

### 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 inadequate. At this inspection, this key question has remained the same. This meant that people were not safe and were at risk of avoidable harm.

Assessing risk, safety monitoring and management

At our last inspection, the provider failed to ensure that people's risks were properly identified and managed. This was a breach of regulation 12 (Safe Care and Treatment) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

At this inspection, improvements had not been made and the provider remained in breach of regulation 12.

- Staff did not always follow people's risk management advice or care plan guidance in the delivery of care in order to keep them safe.
- For example, some people lived with diabetes. Clinical checks to monitor their diabetes were completed. There was no evidence however that any action was taken when these checks identified serious risks to people's health and well-being.
- One person required specific nutritional and oral care from nursing staff. Records showed that this person did not receive the care they needed in accordance with their care plan.
- One person had medical equipment that enabled them to self-administer essential medication. They had been without this medication on two separate occasions due to this equipment not being switched on by staff. Staff had not completed the required checks on this equipment to prevent this from happening again.
- Some of the nurses had also delegated set nursing tasks to care assistants without the authority to do so or, evidence that care assistants were trained and competent to do so. This placed people at significant risk of avoidable harm. The manager and provider were both unaware of this practice. They took action to stop this immediately when it was brought to their attention during the inspection.
- After the inspection, we referred the people whose care we looked at, to the local authority safeguarding team as we had serious concerns about care the received.

The above issues were a continued breach of Regulation 12 of The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014 as risks in relation people's care and treatment were not properly managed.

- Some of people's personal evacuation information required updating.
- Records showed appropriate action was taken when accident or incidents occurred.
- The home's gas, electric and fire systems were all inspected and safe to use.

#### Using medicines safely

At our last inspection, the management of medication was unsafe. This was a breach of regulation 12 (Safe Care and Treatment) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

At this inspection, improvements had not been made and the provider remained in breach of regulation 12.

- People were at risk of being given doses of medicines too close together or at the wrong times because there were no systems in place to prevent this from happening.
- People missed some of their prescribed medicines either because they were not in stock or because nurses were unaware they had been delivered.
- Staff did not always have written guidance in place to advise them of how to administer people's prescribed 'as and when' required medications and those medicines with a choice of dose.
- Staff lacked guidance on how to administer covert medicines (medicines hidden in food and drink). Some medicines could not be given safely by covert administration. Despite this, nurses had either given them this way or, people missed their medication because of this.
- People's allergies to certain medications were not properly recorded. This increased the risk of them being given a medication they were allergic to.
- Waste and unwanted medicines were not stored safely in line with current guidance. A cupboard in the communal corridor containing prescribed creams, was also left open and unattended with the key in the lock.

These issues were a continued breach of Regulation 12 of The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014 as medicines were not safely managed.

Preventing and controlling infection

• Some staff had experienced needle-stick injuries (wounds caused by needles that accidentally puncture the skin). These injuries were caused by nursing staff not following guidelines on the safe use and disposal of sharps (Sharp Instruments in Healthcare). This placed staff at increased risk of blood borne viruses.

This was a breach of Regulation 12 (Safe care and Treatment) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014 as staff practices did not always prevent the spread of infection.

- Personal and protective equipment such as gloves, aprons and antibacterial gel was available for staff to use when providing care.
- There were systems in place to manage the risk of legionella bacteria developing in the home's water supply.

Systems and processes to safeguard people from the risk of abuse; Learning lessons when things go wrong.

At our last inspection, people's care included acts of control and restraint that were unlawful. This was a breach of regulation 13 (Safeguarding service users from abuse and improper treatment) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

At this inspection, sufficient improvements had been made and the provider was no longer in breach of regulation 13.

- People told us they felt safe in the home.
- Where physical restraint was used to keep people safe, the correct legal processes had been followed to ensure this was legally justified, appropriate and proportionate.
- Positive behaviour support plans were now in place for people who needed support to maintain their mental health. This was good practice.

### Staffing and recruitment

At our last inspection, safe recruitment practices were not fully followed. This was a breach of regulation 19 (Fit and Proper Persons) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

At this inspection, sufficient improvements had been made and the provider was no longer in breach of regulation 19.

- Checks on the safety and suitability of staff to work with vulnerable people were completed prior to employment.
- Staffing levels were sufficient to meet people's needs. People we spoke with confirmed this.

### **Requires Improvement**

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

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

At our last inspection the provider and manager had failed to ensure people's legal right to consent was respected in accordance with the Mental Capacity Act 2005 (MCA). This was a breach of regulation 11 (Need for Consent) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

At this inspection, sufficient improvements had been made and the provider was no longer in breach of regulation 11.

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.

- Where person's ability to consent to a specific decision about their care was in doubt, the MCA was followed appropriately, to ensure decisions made, were in their best interests.
- DoLS were in place for those who needed them and were renewed as and when required.
- Information about people's mental health and ability to communicate was included in their care plans for staff to be aware of.

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

At the last inspection, the provider had failed to ensure the quality and safety of the service was delivered in accordance with recognised standards. This was a breach of Regulation 17 of the Health and Social Care Act 2008 (Regulated Activities) Regulations.

At this inspection, improvements had not been made and the provider remained in breach of regulation 17.

- Some of the nursing care provided did not meet the standards expected by the Nursing and Midwifery Council (NMC). We discussed this with the provider and action was taken immediately.
- People's medicines were not managed in accordance with NICE best practice guidelines or guidelines issued by the Royal Pharmaceutical Society of Great Britain.
- The safe use and disposal of needle-sticks did not adhere to Health and Safety 'Sharp Instruments in Healthcare' Regulations 2013.

Aspects of people's care were not provided at an acceptable standard. This was a continued breach of Regulation 17 of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

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

- The home was suitable for the people who lived there. It was maintained to an adequate standard throughout with pleasant communal areas for people to share.
- People's bedrooms were personalised with the things that were important to them including ornaments, furniture, photos and pictures.

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

- Although people's weights remained relatively stable, some people's diet and fluid charts did not show they always had consumed enough to eat and drink to maintain their weight. It was unclear how staff were monitoring these charts to ensure people's intake was sufficient.
- People told us they had a choice at mealtimes and that the food and drink provided, was good. One person told us "The food is nice. I get a choice, sandwiches or a hot meal".
- We observed lunch. People's meals were served promptly and portion sizes were adequate.
- Staff ate their lunch with people who lived in the home. They chatted to them socially and it was obvious they knew each other well and were comfortable with each other. The atmosphere was relaxed and promoted a positive dining experience.

Staff support: induction, training, skills and experience

- Staff had completed the provider's mandatory training programme and had regular supervision with their line manager, including an annual appraisal of their skills and abilities.
- Since our last inspection, new policies had been developed to underpin staff practice and the provider's training programme. For example, the provider's use of physical restraint policy had been updated and additional training given to staff on how and when to use physical restraint. This was good practice.

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

- People received support from a range of health and social care professionals in respect of their needs. For example, mental health teams, district nurses, dieticians, speech and language therapy, opticians, chiropody and falls prevention.
- Since our last inspection, everyone in the home had been registered with a local dentist and was in the process of being supported to attend.
- A person we spoke with said, "A GP calls once a week. I have got new false teeth that help me eat, I also have two new pairs of glasses".

### **Requires Improvement**

# 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 were not always well-supported, cared for or treated with dignity and respect.

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

- People's needs were assessed and their equality and diversity respected. The care people received however, did not always meet their needs or correspond with the package of care planned for them. This meant it did not ensure people were well supported.
- Where improvements to people's care were identified, these had not been acted upon by staff or, followed up by the manager to ensure they were implemented. This increased the risk of people not receiving adequate care and treatment.
- During our visit, we observed staff were kind and patient when providing people with support. People confirmed this.
- One person said, "Staff are kind and helpful". Another said, "Staff always help me down the stairs when I call for help. They are so nice, they come straightaway".

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

- The provider's daily walk-around checks showed that at least three people were asked for their feedback on the service provided.
- Resident meetings took place to discuss the service on a regular basis. One person told us, "They sometimes listen, it depends what we are discussing".
- People's care files showed that their preferences and wishes with regards to their care had been discussed with them.

Respecting and promoting people's privacy, dignity and independence.

- The practice of drying people's wet hair in the communal lounge was not very dignified or mindful of people's right to privacy when having their hair dried.
- People's privacy was respected in their bedrooms. Staff knocked before entering and ensured that people's doors were closed when support was provided.
- People's bedrooms were personalised to them with the photographs and the keepsakes that were important to them. This was important as it showed the service respected people's personal space.
- During our inspection, we heard staff speaking to people respectfully. They discreetly maintained people's dignity when they needed help with personal care.
- People's independence was promoted wherever possible. For example, with tending to their own personal care, completing domestic tasks such as cleaning their own bedroom, or going out independently into the community.

• One person told us that they had been able to maintain their love of cooking by occasionally helping out in the kitchen when they wanted to.
• People's personal information was kept secure to ensure their confidentiality was maintained.

### **Requires Improvement**

## 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 meet people's needs, preferences, interests and give them choice and control; End of life care and support

At the last inspection, the provider had not ensured people's care was planned properly so that person centred care was provided. This was a breach of Regulation 9 (Person centred care) of The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

At this inspection, enough improvements had been made and the provider was no longer in breach of regulation 9.

- Some people did not have suitable end of life care plans in place to advise staff in advance, of their end of life wishes and preferences. This aspect of people's care required further development.
- People's care plans had improved since our last inspection and now identified how to meet people's needs in a personalised way. Staff now had personalised information about people's personal or nursing care, their medical conditions and mental health
- Care files now contained more detailed information about the 'person'. For example, their likes and dislikes and what made them upset or happy. This helped staff understand the people they were caring for so that positive relationships could be built.
- People's care plans were reviewed monthly. Some of these reviews were still repetitive and meaningless but we could see that improving the way people's care was reviewed was an ongoing process.

#### 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.

- The service did not comply in full, with the Accessible Information Standard.
- People's care plans contained information on how people communicated including information on any aids they may require. For example, glasses or hearing aids.
- Information on the gestures or body language some people used to communicate their emotions, feelings or wishes were documented. This meant staff had guidance on the best way to connect, reassure and communicate with them in a way they understood.
- Information about the service however was primarily in written format. For example, the provider's complaints procedure. There were no alternative formats for example, pictorial aids to share information

such as the complaints procedure, with people. This aspect of service delivery required improvement.

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

- People were supported to maintain important relationships such as those with family and friends. Relatives and other visitors could visit at any time. They told us they were always made welcome.
- There were regular opportunities for people to join in activities or trips out. This helped promote their social and emotional well-being. For example, people were supported to access the local church, Tranmere Rovers Football Club and the cinema.
- People were also supported to maintain their own personal interests.
- One person told us they were interested in cars and motorbikes and that they received magazines about these topics. Another person enjoyed doing a daily word search and we observed a staff member supporting them in a positive way to complete one.

Improving care quality in response to complaints or concerns

- Since our last inspection, the complaints procedure had been simplified and updated with the contact details for the manager and provider.
- We found that the majority of complaints were made by staff reporting poor practice by, or grievances with, other staff members. This was not the purpose of the provider's complaints procedure. It was clear that staff lacked a clear understanding of what the provider's complaints procedure was for.
- Overall people told us they were happy with the support provided and had no complaints. One person said, "Its okay, its fab, I like living here". Another person said, "Lovely 10 out of 10".

### 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 inadequate. At this inspection, this key question has remained the same. This meant there were widespread and significant shortfalls in service leadership. Leaders and the culture they created did not assure the delivery of high-quality 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; Continuous learning and improving care

At the last inspection, the governance arrangements in place were ineffective and the management of the service was poor. This was a breach of Regulation 17 (Good governance) of The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

At this inspection, improvements had not been made and the provider remained in breach of regulation 17.

- The service did not ensure people achieved good outcomes as their care was not safe or up to recognised standards. This placed them at risk of avoidable harm.
- The manager did not have sufficient oversight of the service or the work practices of nursing staff. This placed people at serious risk of inappropriate and unsafe care.
- During discussions with the manager and provider it was clear that neither of them had sufficient knowledge of their legal and regulatory requirements with regards to managing people's care.
- Records showed that staff made grievances about other staff members and reported concerns about staff conduct via the provider's complaints procedure. This was inappropriate and ineffective. The manager had not addressed this practice via effective leadership.
- There were no effective systems in place to monitor the quality and safety of the service. For example, unsafe and poor care that did not meet recognised standards; poor medication management and a failure to act on identified improvements within the service. This meant the concerns we identified during the inspection were not picked up and addressed.

The service was not well led and the governance arrangements remained poor. This was a continued breach of Regulation 17 (Good governance) of The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

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;

• Some statutory notifications had made by the manager in accordance with their legal duties but others had not. For example, the manager had failed to notify CQC and the Local Authority of three safeguarding incidents following the last inspection.

- The manager was open and honest during discussions about the concerns we identified.
- Both the manager and provider took responsibility for the issues found during the inspection and took immediate action to address our concerns.

Engaging and involving people using the service, the public and staff, fully considering their equality characteristics. Working in partnership with others

- The service engaged with people using the service in a positive way. It was clear that staff had good relationships with the people they cared for.
- People's care was co-ordinated with a range of external professionals to ensure that specialist advice was sought when required. This included helping people access community based healthcare services.
- Relative's meetings took place to discuss issues with the running of the service. We saw that relatives were encouraged to express their views.
- Staff meetings took place on a regular basis to involve staff in discussions about the service, policy updates and the delivery of people's care.

### This section is primarily information for the provider

# Action we have told the provider to take

The table below shows where regulations were not being met and we have asked the provider to send us a report that says what action they are going to take. We will check that this action is taken by the provider.

Regulated activity	Regulation
Accommodation for persons who require nursing or personal care	Regulation 12 HSCA RA Regulations 2014 Safe care and treatment
Treatment of disease, disorder or injury	People risks were not managed safely and people did not receive the care they needed in accordance with their care plan.
	Medication management was inadequate and placed people at risk of significant harm.
Dogulated activity	B 1 12
Regulated activity	Regulation
Accommodation for persons who require nursing or personal care	Regulation  Regulation 17 HSCA RA Regulations 2014 Good governance
Accommodation for persons who require nursing or	Regulation 17 HSCA RA Regulations 2014 Good