

Inspection visit to Väraska Södamekodu nursing home

On 12 February 2019, the advisers to the Chancellor of Justice carried out an unannounced inspection of the activities of Väraska Södamekodu nursing home and the living conditions of the residents of the nursing home. During the visit, the advisers to the Chancellor of Justice and a healthcare expert took a tour of the premises of the nursing home, examined the documentation of the institution and talked to the staff members and clients.

It is possible to provide the general care service to 57 people at Väraska Södamekodu and 52 people lived there at the time of the inspection visit. The nursing home is located in a two-storey building with a lift that was converted into a welfare institution in 2009. The bedrooms are for one to three people. There is a system for calling staff members in the building. No video surveillance has been installed.

Three carers are usually on duty during the day (8:00 to 18:00) and two carers in the evenings and at nights. There was no nurse in the nursing home at the time of the inspection visit, but the home is planning to hire a part-time nurse (for one day a week). The home had no activity, exercise or hobby instructor. Cooks and cleaners work at the nursing home in addition to the carers.

It is positive that several rearrangements have recently been made at the nursing home: furniture has been replaced (and functional beds have been bought), rooms have been partly renovated and food service has been reorganised. The management of the nursing home is planning to redesign the yard to make it more suitable for the residents and to start providing transport for the disabled in order to make going outside easier for residents with reduced mobility. The living and hygiene premises of the nursing home were equipped with aids (grab bars etc.). The nursing home also has a sauna. The residents were very pleased that there is a public library in the same building as the home, which is therefore easy for them to visit.

Many people who are bedridden and suffering from dementia and therefore require a lot of care live at Väraska Södamekodu. The nursing home should have more qualified employees in order to provide quality services to the residents and give them enough attention. The Chancellor of Justice asks the nursing home to consider the fact that residents need a lot of care when planning the number and duties of staff members. People's freedom of movement may not be restricted without legal grounds, and lawful ways must be found for ensuring the safety of the clients.

The Chancellor of Justice asks the nursing home to comply with health protection requirements more diligently and ensure the privacy of the residents. The residents of the nursing home should also be offered more meaningful ways to spend their time, and people with reduced mobility should be offered physical exercise and taken outside. The requirements for the handling and administration of medicines must be complied with.