



**Frederick County
Government
Frederick, Maryland**

News Release

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CITIZENS CARE & REHABILITATION CENTER NAMED AMONG TOP-RANKING NURSING CARE FACILITIES IN STATE

FREDERICK, MD – [Citizens Care & Rehabilitation Center](#) (CCRC) was recently named as one of the top-ranking long-term care nursing facilities in the state by the Maryland Department of Health and Mental Hygiene (DHMH), which developed a plan to measure accountability to indicate quality care in a pay-for-performance program. Ranked as number 22 and the only facility recognized in Frederick County, CCRC is part of the [LifeSpan Network](#), the largest senior care provider network in the Mid-Atlantic.

Dr. Sonja Sperlich, president of the Board of Trustees for Citizens, said, “We are delighted to be ranked in the top 25 facilities in this very special survey, which recognizes the work of our dedicated employees who uphold our reputation for providing family-oriented and high quality health care for residents. We feel it is an honor to serve the citizens of Frederick County through our brand new nursing and assisted care facility and invite the community to come for a visit to see firsthand the high-level of care we provide to our residents.”

DHMH developed a model through which eligible providers such as CCRC received a score based on certain quality measures as follows:

- Maryland Health Care Commission Family Satisfaction Survey (40%): The survey is distributed annually in the fall to families and representatives of Maryland nursing facility residents. The facilities are scored based on responses to questions on whether the nursing home would be recommended, the rating of quality of care, the satisfaction with staff and administration, food and meals, and resident autonomy and rights.
- Staffing Levels and Staff Stability in Nursing Facilities (40%): Comparison of staff hours and facility census enables the program to determine average hours of care per resident per day. In addition to the level of nursing staff in facilities, continuity and stability of nursing staff is considered. Staff levels (20%) and staff stability (20%) comprises 40 percent of the overall score.

(more)

- Minimum Data Set (MDS) Clinical Quality Indicators (16%): Quality indicators used for long-stay residents from the resident assessment data or minimum data set (MDS) for use in P4P include the percent of high-risk residents who have pressure sores, residents who were physically restrained, have had a catheter inserted and left in their bladder, residents with a urinary tract infection, long-stay residents given an influenza vaccination during the flu season, and long-stay residents who were assessed and given a pneumococcal vaccination.
- Employment of Infection Control Professional (2%): In accordance with state licensing regulations, all Maryland nursing facilities are required to employ a trained infection control professional (ICP).
- Staff Immunizations (2%): In addition to the ICP component, the department measures the percentage of nursing facility staff (all staff classifications) that have been vaccinated against seasonal influenza.

LifeSpan Network is the newest, largest and most powerful senior care provider association in the Mid-Atlantic, representing more than 300 senior care provider organizations in Maryland and the District of Columbia. LifeSpan's members include non-profit and proprietary independent living, assisted living, continuing care retirement communities, nursing facilities, subsidized senior housing and community and hospital-based programs.

In addition to 24-hour skilled nursing and rehabilitative care, CCRC shares a newly opened facility with [Montevue Assisted Living](#). CCRC features a memory care unit, a short-term rehabilitation unit, a ventilator center, outpatient rehabilitation, 74 spacious private rooms, 48 semi-private rooms, de-centralized family-style dining areas and many other specialized services.

For additional information about Citizens Care and Rehabilitation Center, visit www.FrederickCountyMD.gov/citizenscenter or call 301-600-1550.

In addition, residents may also contact CCRC Administrator Bob Aims at 301-600-5601 or via e-mail at baims@FrederickCountyMD.gov, or Membership Services and Marketing Director Lisa Fichman, LifeSpan, at 410-381-1176 or via e-mail at lfichman@lifespans-network.org.

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