

Nursing homes have an exciting opportunity to participate in a cutting-edge study:

LED Lighting in Nursing Homes to Improve Resident Health & Lower Fall Rates

Midwest Lighting Institute (MLI) has been awarded a \$200,000 federal grant. MLI is looking for two Wisconsin Nursing Homes to participate in a study to improve overall resident health and reduce fall rates by installing a state-of-the-art lighting system at a minimal cost to the participating nursing homes.

Goal

The goal of the study is to improve the overall comfort, health and reduce falls by introducing lighting that will more closely replicate natural sunlight and save energy at the same time.

Overview

MLI will assess, design and upgrade two nursing home facilities to state-of-the-art LED lighting. The grant provides \$70,000 towards the upgrade of lighting for each facility chosen.

Who is eligible to participate?

- Federally Certified Nursing Homes in Wisconsin
- Homes willing to work with researchers to conduct study analysis in their facility
- Homes with management and staff that are committed to improving the lives of residents

Background

MLI piloted a similar study in Minnesota. The entire facility was retrofitted with a goal to save energy and improve the lives of residents and staff by introducing lighting that would more closely replicate natural sunlight. All common areas and halls were retrofitted with dynamic LED lighting that changed color and intensity throughout the day. Resident rooms were relamped with LED lights, to maximize alertness during the day and help residents sleep better at night. Results from this study include:

- Falls dropped from 9.12 per 1000 days to 6.17 (32%)
- Reports of evening agitation in memory care reduced by 38%
- Anti-anxiety medication dropped from 1.99 to 1.84 per 1000 patient days
- Anti-psychotic medication dropped from 1.00 to 0.92 per 1000 patient days
- Lighting energy consumption reduced by 63%

Apply to participate online by September 29, 2017
www.midwestlightinginstitute.com