

# 7-on-7-off

Better Patient Quality  
Better Work-Life Balance



In the era of historic staffing shortages, Legacy Care teams have experienced tremendous success by leveraging a 7-on-7-off staffing model to provide continuing patient care including weekends and holidays.

**“My work-life balance has never been better.”** – Dustin Powers, NP

**David Danner, DO** and nurse practitioners **Tammy Knick** and **Dustin Powers** serve a skilled nursing facility in rural Southwest Virginia. For more than a year, the team agreed upon a flexible, customized schedule that achieves:

- ▶ **Full-time coverage including weekends** - during a timeframe that's usually understaffed
- ▶ **Reduced unplanned readmission rates** - that beat national quality benchmarks
- ▶ **Work-Life Balance** - due to a 7-on-7-off schedule that gives flexibility to each provider
- ▶ **Empowered staff at every level** – consistent presence allows stronger relationships across the entire care facility compared to “locum tenens” temporary staff who come and go



Dustin Powers, NP

“So many things can change in a patient over the weekend. I am able to help fill in any gaps of care that could be put on the back burner during that time frame,” said Dustin. “The continuity of care for patients is amazing.”



Tammy Knick, NP

His colleague, Tammy, agrees. “As a team, we work hard to identify medical issues and resolve, so we don’t have to send patients from the facility back to the emergency room. We can administer tests to catch things like, for example, a urinary tract infection, then treat it quickly before it turns septic.”

Dr. Danner added, “Quality scores improved in the facility we serve because we’re part of a team - with everyone, clinical and non-clinical staff, working together.” In the facility where this team practices, unplanned readmission rates were lowered significantly.



David Danner, DO

Tammy believes in the power of teamwork, too. “I want the entire staff to know I care. I listen. We help each other. I want them to count on me and let them know I’m there for them.”

Given the complexity of patient care often needed for this team’s patient population this trio manages, allowing each provider downtime to rejuvenate is paramount to their own self-care. Dustin said, “My work-life balance has never been better.”