DAY 5

1) Physical Needs
   - Monitoring residents for changes in condition
   - Health-related services
   - Allowable, restricted, and prohibited conditions
   - Diabetes
   - Healing wounds
   - Postural supports

2) End of Life
   - Advanced Directives
   - Hospice

ABOUT YOUR INSTRUCTOR

Name
Background
Years with CCG
An “interesting” fact...
Bedridden residents may be retained in an RCFE if certain DSS and fire clearance requirements are met.

a) True
b) False

Which of the following types of conditions may not be retained in an RCFE?

a) Allowable conditions
b) Restricted conditions
c) Prohibited conditions
d) All of the above
Who may administer an injection to a resident (circle all correct answers)

a) The resident  
b) The family (if the resident is on hospice)  
c) The administrator  
d) A licensed medical professional

You must have a physician order for a resident to use a postural support.

a) True  
b) False

In order to retain a resident receiving hospice services you must have:

a) A hospice waiver  
b) A registered nurse on staff  
c) The ability to administer injections  
d) All of the above
### MANAGING PHYSICAL NEEDS

Your responsibilities include providing care directly and coordinating care. Here's a breakdown of the activities:

<table>
<thead>
<tr>
<th>Providing Care Directly</th>
<th>Coordinating Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities of daily living</td>
<td>Medical appointments</td>
</tr>
<tr>
<td>Meals and snacks</td>
<td>Home health</td>
</tr>
<tr>
<td>Assisting with medications</td>
<td>Hospice</td>
</tr>
<tr>
<td>Transportation</td>
<td>Pharmacy</td>
</tr>
<tr>
<td>Monitoring residents for changes in condition</td>
<td></td>
</tr>
</tbody>
</table>

**Changes in Condition**

- **INTERACT**
- Intervention to Reduce Acute Care Transfers
- www.interact2.net
STOP AND WATCH

- Seems different than usual
- Talks or communicates less than usual
- Overall needs more help than usual
- Participated in activities less than usual
- Ate less than usual
- Drink less than usual
- Weight change
- Agitated or nervous more than usual
- Tired, weak, confused, or disoriented
- Change in skin color or condition
- Help with walking, transferring, toileting more than usual

<table>
<thead>
<tr>
<th>DOCUMENTATION: SAFE AND SOUND</th>
<th>NARRATIVE CHARTING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Be accurate and objective</td>
<td></td>
</tr>
<tr>
<td>2. Always record date and time</td>
<td></td>
</tr>
<tr>
<td>3. Do not assign blame</td>
<td></td>
</tr>
<tr>
<td>4. Only use standard and setting-approved abbreviations</td>
<td></td>
</tr>
<tr>
<td>5. Do not leave blank spaces</td>
<td></td>
</tr>
</tbody>
</table>
6. Write legibly
7. Write in ink
8. Do not document for someone else
9. Correct errors
10. Sign all documentation

DAR CHARTING

<table>
<thead>
<tr>
<th>D</th>
<th>Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Action</td>
</tr>
<tr>
<td>R</td>
<td>Response</td>
</tr>
</tbody>
</table>

HEALTH RELATED SERVICES
INCREASING ACUITY

yesterday  today  tomorrow

HEALTH CARE NEEDS

Your Responsibilities
Some providers

HEALTH-RELATED SERVICES

- Health and safety protection
- Care of bedridden residents
- External defibrillators
- Allowable health conditions

Applicable Regulations
- 87605
- 87606
- 87607
- 87609
### HOME CARE OPTIONS

<table>
<thead>
<tr>
<th>Medicare-Certified</th>
<th>License home health agency</th>
<th>Hospice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infusion pharmacies</td>
<td>Home medical equipment Companies</td>
<td>Private duty</td>
</tr>
</tbody>
</table>

Source: [www.CAHSAH.org](http://www.CAHSAH.org)

### HOME CARE OPTIONS

<table>
<thead>
<tr>
<th>Medicare-Certified</th>
<th>Medicare Conditions of Participation</th>
<th>Provide skilled nursing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Additional specialty services</td>
<td>Intermittent basis</td>
<td>Licensed by State of California</td>
</tr>
</tbody>
</table>

Source: [www.CAHSAH.org](http://www.CAHSAH.org)

### HOME CARE OPTIONS

<table>
<thead>
<tr>
<th>Licensed Home Health Agencies</th>
<th>Skilled nursing</th>
<th>Work with private insurance companies</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Similar to Medicare-certified</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Certified by state of California</td>
</tr>
</tbody>
</table>

Source: [www.CAHSAH.org](http://www.CAHSAH.org)
HOME CARE OPTIONS

Hospices
- Provide interdisciplinary program
- Meet Conditions of participation
- Licensed by state of California

Source: www.CAHSAH.org

HOME CARE OPTIONS

Home Infusion Pharmacies
- Provide pharmaceuticals
- Licensed by the Board of Pharmacy
- Required to be licensed

Source: www.CAHSAH.org

HOME CARE OPTIONS

Home Medical Equipment Companies
- Provide medical equipment
- Home respiratory therapy
- Licensed by Department of Health Services

Source: www.CAHSAH.org
HOME CARE OPTIONS

Private Duty / Home Care Aide Organizations
- Provide supportive services
- May offer services
- Must be licensed beginning 1/1/2016

Source: www.CAHSAH.org

HOME CARE OPTIONS

Interdisciplinary Professional Services
- Home care services and products

Source: www.CAHSAH.org

USE OF HOME HEALTH AGENCIES

- Regulation 87609
- RCFE may retain a resident with a restricted health condition
- Incidental medical care may be provided
HOME HEALTH AGENCY AGREEMENT

- Regulation 87609
- Reflect the services, frequency and duration of care
- Day and evening contact information
- The method of communication
- Shall be signed by the licensee

USE OF HOME HEALTH AGENCIES

- Regulation 87609
- *Does not expand the scope of care and supervision that the licensee is required to provide*
ALLOWABLE CONDITIONS

• Minimum requirements
• Record of care
• Recognizing and responding to problems
• Monitoring self-care
• Home health

Applicable Regulations
• 87611

WHAT’S A “RESTRICTED CONDITION”?
Research your group’s assigned Restricted Condition
Report to the group:
• What is it?
• Can you provide care?
• With what conditions?

RESTRICTED HEALTH CONDITIONS

• Administration of oxygen
• Catheter care
• Colostomy/ileostomy
• Contractures
• Diabetes
• Enemas, suppositories, and/or fecal impaction removal
• Incontinence of bowel and/or bladder
• Injections
• Intermittent Positive Pressure Breathing Machine use
• Stage 1 and 2 pressure ulcers
• Wound care

Applicable Regulations
• 87612
### GENERAL REQUIREMENTS

- Training
  - By a licensed professional
  - Hands-on instruction
  - Resident-specific
  - Changes in condition

### PROHIBITED CONDITIONS

- Stage 3 and 4 pressure ulcers
- Gastrostomy care
- Naso-gastric tubes
- Staph infection
- Residents who depend on others to perform all activities of daily living for them
- Tracheotomies

### RESIDENT RETENTION

- Exceptions
- Departmental review of health conditions
APPROPRIATELY SKILLED PROFESSIONAL

Trained and licensed individual
Includes but not limited to
May include, but not limited to

HEALTH RELATED CONDITIONS

OXYGEN ADMINISTRATION

- Administered by the resident or an appropriately skilled professional
- Notify fire authority
- No smoking signs
- Smoking prohibited
- Tubing
- Portable oxygen
- Liquid oxygen

RCP&E Regulations for Health Related Conditions
IPPB

- Administered by the resident or an appropriately skilled professional
- Monitoring ongoing ability
- Equipment

Applicable Regulations
- 87619

COLOSTOMY/ILEOSTOMY

- Care provided by the resident or an A.S.P.
- Trained staff may change the bag
- Privacy

Applicable Regulations
- 87621

ENEMAS, SUPPOSITORIES, ETC.

- Self care by the resident or by an appropriately skilled professional

Applicable Regulations
- 87622
INDWELLING URINARY CATHETER

- "Foley" catheter
- Resident self-care
- Insertion, irrigation, and removal only by A.S.P.
- Trained staff may empty bag

Applicable Regulations
- 87623

MANAGED INCONTINENCE

- Self care
- Structured bowel and bladder retraining
- Scheduling toileting
- Incontinence care products
- Clean and dry
- Do not withhold fluids

Applicable Regulations
- 87625

CONTRACTURES

- Self care or care and/or supervision by an A.S.P.
- Range of motion exercises by staff who have been trained

Applicable Regulations
- 87626
CARING FOR BEDRIDDEN RESIDENTS

DIABETES

Glucose testing
Sufficient supplies
Safe disposal
Modified diet

Applicable Regulations
• 87628
We all know someone
23.6 million people
Increasingly common
Common in assisted living
Serious lifelong condition

MORE COMMON IN OLDER ADULTS

- 10.9 million U.S. residents ages 65 years and older have diabetes

![Bar chart showing diabetes prevalence in different populations](chart.png)
WHAT IS DIABETES?

Metabolic disorder
Body uses digested food for energy
Glucose and insulin

DIABETES

Too little or ineffective insulin = Too much glucose in the blood = Complications of diabetes

TYPES OF DIABETES

Three are three main types of diabetes:
- Type 1 Diabetes
- Type 2 Diabetes
- Gestational Diabetes
MANAGING DIABETES

- Healthy eating
- Physical activity
- Insulin
- Oral medications
- Glucose monitoring

INJECTIONS

- Administered by the resident or an A.S.P.
- Ensure sufficient supplies
- Ensure safe disposal

Applicable Regulations

- 87629

CASE STUDY

John is a resident in your community. He moved in three weeks ago. He is diagnosed with Type 2 diabetes but it is not managed well and he must take insulin to control his blood sugar.

His family said he could self-administer his injections and glucometer tests, but now that he is in your community you have concerns. He seems to have trouble drawing up insulin into his syringes and says he doesn’t understand how much he should take after checking his blood sugar.

Develop a service plan for this resident, outlining how you could safely retain him in your community.
HEALING WOUNDS

Acceptable if:
- By or under the supervision of an A.S.P.
- Result of surgical intervention
- Stage I or II pressure ulcer
- Skin tear is not a healing wound

Source: National Pressure Ulcer Advisory Panel at www.npuap.org

PRESSURE ULCERS

- Localized injury as a result of pressure
- Staging by appropriate skilled professional
NORMAL SKIN

• A reddened area on the skin that, when pressed, does not turn white.
• Sign that a pressure ulcer is starting to develop.

STAGE I

STAGE II

• Open sore
• Red and irritated
STAGE III
- Open, sunken hole called a crater
- Damage to tissue below the skin

STAGE IV
- Damage to the muscle and bone

UNSTAGEABLE
- Depth of the ulcer is completely obscured by slough
- The true depth cannot be determined
Postural Supports

These supports are used to achieve proper position, establish treatment plans, and address physical impairments.
NOT A RESTRAINT

- Order from the medical practitioner
- Should never be applied in a way that restricts movement
- Should be regularly removed
- Quick release

USE OF POSTURAL SUPPORTS

- Ideally an OT or PT is involved
- Written description of the device
- Follow a schedule for use
- Monitor the resident

POSTURAL SUPPORTS

- Not used to restrict movement
- Must permit quick release
- Requires written physician order
- Half bed rails only

Applicable Regulations

- 87608
Advance Directives

Applicable Regulations

- Your Right
- Responding to medical emergencies
RESPONDING WHEN A RESIDENT IS DNR

- Immediately telephone 9-1-1
- Immediately give the DNR to a physician
- Call hospice instead of 911 (if on hospice)

Applicable Regulations

- 87469

POLST
Discussing the issue of CPR and DNR orders with your residents and their family members is important.

Prepare talking points that you would address during a town hall meeting with your residents about CPR and DNRs.

Your instructor will ask for volunteers to come before the class to present town hall. The rest of the group will play the role of residents and family members.
HOSPICE

END OF LIFE CARE

HOSPICE CARE WAIVER

- Must obtain a waiver
- Substantial compliance
- Ability to meet needs
- Notify department

Applicable Regulations

- 87632
HOSPICE CARE FOR TERMINALLY ILL RESIDENTS

- Waiver
- Substantial compliance
- Hospice service contracted
- Hospice care plan
- Training
- Resident record
- Restricted conditions
- Prohibited conditions
- Bedridden

You must notify your local authority within _____ of a resident becoming bedridden.

a) One working day
b) 24 hours
c) 48 hours
d) 72 hours
Describe the requirements that must be met to maintain and operate an AED.

______________________________
______________________________
______________________________
______________________________

List 4 examples of restricted health conditions.

______________________________
______________________________
______________________________
______________________________

You may retain a resident requiring oxygen administration, if the oxygen is administered by ___________ or an appropriately skilled professional.

a) The administrator
b) A trained medication aide
c) A registered nurse
d) The resident
An indwelling catheter may be inserted and removed by ________________

a) The resident only
b) An appropriately skilled professional only
c) Either the resident or an appropriately skilled professional
d) Whomever the physician authorizes

Describe your responsibilities when caring for a resident with diabetes:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

A skin tear is not a healing wound.

a) True
b) False
Which of the following requires a physician’s order?

a) Bed rails
b) Soft ties to achieve proper body position
c) Postural supports
d) All of the above

If a resident receiving hospice care who has completed a DNR is experiencing a life-threatening emergency, you may immediately notify ______ in lieu of calling 911.

a) Their family
b) The administrator
c) Your local fire department
d) The hospice agency

Describe at least three things that must be included in the hospice care plan: