



Residential Care & Assisted Living Newsletter

December 2014

Congratulations to these Award Winning Facilities and Staff!

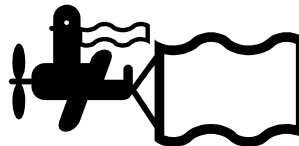
L & C Updates

Gold Awards - No Deficiencies

Ashley Manor - Mountain Home
Administrator: Bridgett Snyder

• **Northfork #146 - St. Anthony**
Administrator: David Parke

- ◆ Assisted Living Rules: The Residential Care or Assisted Living Facilities Rules, IDAPA 16.03.22, are in the process of being updated. They have been approved by the Board of Health & Welfare and will be presented to the 2015 Legislature. To review the proposed rules, go to the Idaho Administrative Bulletin, <http://adminrules.idaho.gov/rules/current/16/0322.pdf>
- ◆ Board of Nursing (BON) rule changes took affect at the end of last years legislative session. The rules removed the prohibited list of items that could not be delegated. We have updated our Frequently Asked Questions (FAQs), based on those changes. You can find the FAQs related to the BON changes on our website, under the [Announcement section](#).



Silver Awards - Three or fewer Non-Core Deficiencies

• **Edgewood Spring Creek - Meridian**
Administrator: Marilyn Beutler

• **Living Springs Residential Care - Lewiston**
Administrator: Patricia Fowler

• **Edgewood Spring Creek - Boise**
Administrator: Michelle Nisen

• **Heritage Assisted Living of Boise**
Administrator: Nathaniel Knowles

Holiday Safety Reminder!

Make sure to do the following:

- Use artificial trees, wreaths and garlands that have a label which reads the product is “fire retardant.”
- Purchase strings of lights, that have been tested for safety standards and conform to those standards (should be included on their label).
- Examine the strings of lights to ensure they work properly. Make sure the light sockets are not loose and that the wires are not frayed or bare. If you have damaged strings, dispose of them immediately and do not use them.
- Do not use extension cords, make sure to use a surge protected outlet strips and place them into solid outlets.
- Turn off all lights on trees and other decorations when you are not able to check on them.
- Use only non-combustible or flame-resistant trimmings.



Avoid using any fresh cuts, i.e. no fresh trees, wreaths or garlands. Also, do not use open flames, like a candle. Only use candle warmers, i.e. Scentsy, to bring in the smells of the holidays. However, be careful to place these in hard to reach areas as the wax becomes liquid and can easily burn your residents.

Have fun celebrating the wonders of the holiday season!





Clostridium Difficile Infection (C-Diff)

May a facility retain a resident diagnosed with (C-Diff)?

Surveyors are frequently asked this question. There are no rules prohibiting residents with C-Diff in assisted living. The facility may retain or admit a resident with C-Diff, provided the facility can meet the resident's needs and staff can follow correct infection control techniques. Before that decision can be made, it helps to know a little more about C-Diff...

What is C-Diff?

C-Diff is a bacteria that is found in the environment, such as the soil, water, and animal feces; it is even present in many people's intestines. Yet, most people never experience any ill effects from C-Diff. So what leads to the symptoms of C-Diff?

If someone has C-Diff present in his or her intestines and something throws off the bacterial balance within the intestines (such as antibiotics), then C-Diff begins to grow out of control. When this happens, the C-Diff bacteria release toxins that attack the lining of the intestines which can cause serious consequences.

Consider the following scenario:

Bob is a resident at your facility. He develops pneumonia and goes to the hospital and is prescribed an antibiotic, which destroys the normal bacterial flora of his intestines and causes him to be at risk for C-Diff for several months. A week later, Bob is still feeling weak from the pneumonia, so he has a fall in which he breaks his leg and has to return to the hospital. A healthcare worker then spreads C-Diff to Bob, because the health care worker forgot to wash his/her hands after treating a C-Diff infected patient on the same unit. The C-Diff flourishes within Bob's intestines (since the antibiotics killed off his good bacteria) and Bob develops symptoms of C-Diff.

What are the symptoms of C-Diff?

- ◆ Frequent, watery diarrhea
- ◆ Abdominal pain or tenderness
- ◆ Decreased appetite
- ◆ Low-grade fever
- ◆ Blood or pus in the stool



If these symptoms are not caught early, death or other serious consequences may occur. C-Diff can lead to an infection that spreads to the blood (sepsis) or can cause a hole in the intestines (perforation). C-Diff infections contribute to 14,000 deaths each year. More than 90% of those deaths occur in people 65 or over. Additionally, deaths have increased from 2000 to 2007, due to a stronger germ strain.





C-Diff continued..

Many of your residents may be at risk, as **risk factors include:**

- ◆ Antibiotic use
- ◆ Being 65 or over
- ◆ Living in a residential care/assisted living center
- ◆ Hospitalization
- ◆ Weakened immune system
- ◆ Colon problems or prior gastrointestinal tract surgery

What should a facility do if a resident is diagnosed with C-Diff?

The doctor may prescribe an antibiotic specially used to treat C-Diff, such as metronidazole or Vancomycin and may suggest certain probiotics or “good bacteria.” The facility staff should monitor that the resident’s symptoms are improving, as in some cases a second round of antibiotics is necessary. Additionally, the facility staff should remind the resident to drink plenty of fluids and offer foods that contain live bacteria, such as live culture yogurt.

Most importantly, staff should follow **strict infection control techniques** to prevent the spread of C-Diff.



The CDC (Centers for Disease Control) recommends the following:

- ◆ Isolate C-Diff residents.
- ◆ Wear gloves and gowns when treating C-Diff residents, even if the visit is intended to be short (C-Diff spores can survive in bedding, on tables, on door knobs etc.)
- ◆ Clean room surfaces frequently with bleach or another approved spore killing disinfectant.
- ◆ Ensure strict hand-washing procedures are implemented. Alcohol sanitizers are not effective against C-Diff.
- ◆ Ensure patient care equipment is either not shared between residents or disinfected between residents (blood pressure cuffs etc.).

Steps should also be taken to prevent the resident from feelings of isolation. Residents can be allowed to leave rooms, but they should have their hands cleaned (staff should provide assistance or remind the resident if necessary) and they should wear clean clothes.

If you have a resident with C-Diff, consider developing a temporary care-plan with input from the facility nurse, to guide caregivers on the appropriate care of your resident.

While a C-Diff infection can cause serious consequences, it can be prevented.

Hand-washing is the most effective strategy to prevent the spread of C-Diff!

For further information visit:



<http://www.cdc.gov/vitalsigns/HAI/index.html>

<http://www.cdc.gov/HAI/organisms/cdiff/>

http://familydoctor.org/familydoctor/en/diseases-conditions/clostridium-difficile-infection.htmlCdiff_infect.html



Frequently Asked Questions Corner

Over the years, we have collected a list of frequently asked questions or what we call “FAQs.” The FAQ document is available on our website. These questions and answers help to clarify the assisted living rules, IDAPA 16.03.22. They contain a wide array of information and have grown to be quite extensive. You can locate the full FAQ document on our website, under Frequently Asked Questions. http://healthandwelfare.idaho.gov/Portals/0/Medical/LicensingCertification/RALF_FAQs.pdf

Question: Can a farmer donate lamb to a facility?

Answer: No. IDAPA16.03.22.004.03 states, according to Idaho Food Safety and Sanitation Standards the farmer cannot because meats must be USDA approved to be served in assisted living facilities. Home canned fruits and veggies are not allowed because they are not pasteurized and may pose a risk for food poisoning. (8/06/07)

Question: Are pets allowed in food preparation areas?

Answer: No. Pets are not allowed in the food preparation area. They are also not allowed in common dining areas when meals are being served. See the Idaho Food Code

One kind word
can warm
three winter
months.

~ Japanese
proverb

