



Residential Care & Assisted Living Newsletter

April 2015

**Congratulations to
these Award Winning
Facilities and Staff!**

L & C Updates

**Silver Awards - Three
or fewer Non-Core
Deficiencies & No
Repeat Deficiencies**

- Cottonwood Shelter Home - Cottonwood
Administrator:
Susan Silvers

- Pleasant Valley Shelter Home - Lewiston
Administrator: Joy Cook

- Powerline Residential Care - Nampa
Administrator:
Christy Watson



- ◆ Assisted Living Rules: The Residential Care or Assisted Living Facilities Rule, IDAPA 16.03.22, updates were approved by the 2015 Legislature. To review the upcoming rule changes, go to http://adminrules.idaho.gov/legislative_books/2015/pending/15S_HealthWelfare.pdf

- ◆ Board of Nursing (BON) rule changes took effect at the end of last year's legislative session. The rules removed the list of tasks that nurses were prohibited from delegating to Unlicensed Assistant Personnel (UAPs). We updated our Frequently Asked Questions (FAQs), based on those changes. You can find the FAQs related to the BON changes on our website: http://www.healthandwelfare.idaho.gov/Portals/0/Medical/LicensingCertification4/122914BON_FAQs.pdf.

Additionally, the Board of Nursing is developing webinars to instruct nurses on what is required when delegating. Keep an eye on our website, as the link will be added when the training becomes available.

- ◆ The Diet Manual has been updated. It can be found at this link: <http://www.eatrightidaho.org/store/products/idaho-diet-manual-download/>



Update: RALF Behavior Information

There is new informational guidance about when a Behavior Management Plan is required. A Behavior Flow Chart has been developed and is available on our web page at: <http://www.healthandwelfare.idaho.gov/Portals/0/Medical/LicensingCertification4/022015BMPFlowChart.pdf>

Please check out the flow chart and if you have any questions, you can contact our office anytime.

Also worth noting, one of the more common issues we are finding regarding behavior rules is specific behaviors are not being defined. Per IDAPA 16.03.22.320.02 KEY ELEMENTS OF THE NEGOTIATED SERVICE AGREEMENT. A resident's agreement must be based on the following: (i) Identification of specific behavior symptoms.

We commonly see generic terms, such as: "agitation," "aggression," "anxiety," "rudeness," "inappropriate interactions," etc. that are not identifying the resident's specific behavior symptoms. It is very important to identify and define what agitation (or aggression or anxiety) is for the specific resident. One resident may pace and wring their hands as a symptom of agitation, while another may yell and curse when agitated. What needs to be specifically defined is what that resident actually does when they are agitated. If a resident's specific behavior symptoms are not properly identified, evaluating the resident's behavior and developing interventions becomes nearly impossible.

The same thing also goes for developing an intervention for each behavioral symptom. We commonly see "Redirect resident" as the intervention, with no definition of what the staff is supposed to try to do to "redirect" the resident. For example, redirect the resident by first offering a snack (cookies are his favorite), if that does not work and he does not want a snack, the second intervention is redirecting the resident to a preferred activity (he prefers going for a walk with staff). Interventions must be specific so staff can "consistently implement each behavioral symptom intervention" as required in IDAPA 16.03.22.225.02.a. As always, if you have questions or want some technical assistance, please call our office or email us anytime.



"Behavior is what a man does, not what he thinks, feels, or believes."

~ Unknown



Assisted Living Nursing—Where Do I Begin?

Idaho Assisted Living Facilities require state licensure. The licensure rules, IDAPA 16.03.22, outline facility operating requirements.

Several rules in IDAPA 16.03.22 pertain to the facility's licensed nurse's responsibilities. This information is summarized in an assisted living nurse information packet found on the Idaho assisted living website under Regulatory Requirements & Guidance, Nursing in Assisted Living: <http://healthandwelfare.idaho.gov/Portals/0/Medical/LicensingCertification/RALFRulesNurses.pdf>

The IDAPA rule 16.03.22.300, documents that nursing services must be performed in accordance with IDAPA 23.01.01, which are the rules of the Idaho Board of Nursing. The assisted living rules further distinguish which responsibilities must be completed by a "Licensed Professional Nurse (RN)," as opposed to a "Licensed Nurse (LPN)."

The IDAPA rules do not use, nor define, the term, "Oversight Nurse."

The state survey process; through observation, interview and record review, is an on-site evaluation of an assisted living facility's operational procedures focused on resident care and the facility's compliance with the IDAPA licensing rules.

Unlike nurses in skilled nursing facilities, the assisted living RN typically is the only licensed professional with medical training, who has routine contact with the facility's residents. Therefore, the facility's licensed professional nurse's assessments of residents' medical and mental conditions, particularly during changes in condition, are a critical factor in residents' well-being.

Further, because the facility's RN is typically the only licensed professional with medical training, the responsibility falls on the facility RN to assess residents to determine baseline conditions, assess for and identify changes, implement appropriate interventions, recommend and educate unlicensed staff to carry out the interventions, follow-up to ensure the interventions have been implemented and monitor the interventions effectiveness. This includes medical interventions and treatments, such as the monitoring and assistance with medication. Each of these steps are outlined in IDAPA 16.03.22 and are the responsibility of the facility's RN, regardless if an outside agency RN is also involved in a resident's care, such as hospice or home health RNs.





Assisted Living Nursing—Where Do I Begin? (Continued)

The facility's adherence to the nurse's responsibilities, as outlined in the IDAPA rules, is reviewed during state surveys. Deficiencies in this area are reflected in the survey results.

All Idaho assisted living nurses should be familiar with the "Frequently Asked Questions" document, which can be located at http://healthandwelfare.idaho.gov/Portals/0/Medical/LicensingCertification/RALF_FAQs.pdf and http://www.healthandwelfare.idaho.gov/Portals/0/Medical/LicensingCertification4/122914BON_FAQs.pdf



Facility nurses are encouraged to call the Licensing & Certification, RALF team at 208-364-1962 for rule interpretation and technical assistance with the IDAPA 16.03.22 rules. Nurses are also encouraged to call the Idaho Board of Nursing (BON) at 208-577-2476 for interpretation and technical assistance regarding their scope of practice, delegation and their licensing rules.

Frequently Asked Questions Corner

Question: Would a resident with a tracheotomy be allowed in an assisted living facility?

Answer: Only if the resident cares for the tracheotomy themselves. IDAPA 16.03.22.152.b.vi, states, a resident who has a tracheotomy and is unable to care for it themselves, cannot be admitted or retained in an residential care or assisted living facility.

Question: Does the nursing assessment need to be done before the resident moves in?

Answer: If the resident takes medications, or receives any medical treatments (dressing changes, oxygen, etc.), then yes, the nurse needs to do the assessment before, or on the day of move in. The nurse must review the resident's current medication orders and/or need for treatment, and then either delegate to staff the assistance with those medications/treatments, or perform a self-administration assessment. A face to face assessment is required for each of these. If the resident does not take medications and receives no medical treatment, the nursing assessment should be done within the first 14 days, so the nurse's recommendations can be included on the NSA. The administrator is responsible to assure before the resident moves in, that the facility can meet the resident's needs.