MDS 3.0 - Beyond the Form: Maximizing MDS 3.0 to Catalyze High Quality Individualized Care

Pioneer Network National Learning Collaborative

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It’s All About Expectations:
Residents – it’s okay to be awake at night
CNAs – critical observations and communication

Maine General Rehabilitation and Nursing Centers
at Glenridge and Gray Birch
When someone first comes in

• Gathering and Sharing Information about someone prior to their moving in
• Getting to know each new person – no assumptions about schedule
• Asking and observing
  – Schedule and Preferences
  – Personality, Mood
  – History
  – Physical abilities, safety, risks and opportunities
Getting to Know Each Resident’s Individualized Night-time Routines

• Hourly rounding
• Diary-ing
• Access to food, activities, bathing, whatever is needed
• Meds or…. Ice cream??
• Safety – note gait, needs for mobility and physical environment alterations
Communication

• Shift Huddles
• Shift-to-shift Hand-offs
• Everyone participates (CNAs, Nurses, SW, Activities, Therapy, Housekeeping, Food Service, Maintenance)
Critical Thinking:
Catch It Early - Fix it Fast

Morningside House Nursing Home
Bronx, NY
Just-in-time

- Mood and Behavior Sheets
- ADL Sheets
- Morning Report
- Twenty-four hour report
- Adjustments to assignment sheet
- Immediate interdisciplinary interventions
- Turn on a dime – catch it early, fix it fast
Alarms – A False Sense of Security

• Expensive
• Don’t prevent falls
• Confusing to residents
• Annoys roommates and other residents
• Alarm fatigue
Eliminating Alarms

• Critical Thinking
  – Asked staff to make the case how an alarm would prevent falls and how you’d respond to alarms

• Individualized Preventive Care
  – Anticipate needs
  – Know routines
  – Communicate with co-workers
Knowing and Then Honoring Each Individual’s Routines and Preferences

Cobble Hill Nursing Home
Brooklyn, NY
Getting to know new residents

• Ten page packet prior to or day resident moves in
• Get to know new residents through huddles as needed
• Scheduling toileting for when they routinely need help to the bathroom, not putting them on a “toileting schedule”
• Getting to know their dining routines and pace, and helping them maintain this rhythm of life
Neighborhood Teamwork

• Morning huddle – everyone comes, no exceptions
• Special risk? Just-in-time mini in-service
• Stand-up problem-solving
  – What time did he fall?
  – What could we do to prevent his falling again?
  – Everyone contributes suggestions and group decides on course of action
• Mini in-service for staff who float to know resident’s normal schedule and routines
Common Essentials

• Consistent Assignment
• Communication within team
• Documentation that supports knowing residents
• Information about routines prior to or upon moving in
• Problem-solving together in neighborhood
• Food available 24/7