

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