

Iowa Department of Inspections and Appeals
Health Facilities Division
Citation

Citation Number: 6640		Date: September 8, 2017		
Facility Name: Bethany Lutheran Home		Survey Dates: August 21-24, 2017		
Facility Address/City/State/Zip 7 Elliott Street Council Bluffs, Iowa 51503				
DS				
Rule or Code Section	Nature of Violation	Class	Fine Amount	Correction date
58.19(2)j	<p>481-58.19(135c) Required nursing services for residents. The resident shall receive and the facility shall provide, as appropriate, the following required nursing services under the 24 hour direction of qualified nurses with ancillary coverage as set forth in these rules:</p> <p>58.19(2) Medications and treatment</p> <p>j. Provision of accurate assessment and timely intervention for all residents who have an onset of adverse symptoms which represent a change in mental, emotional, or physical condition (I, II, III).</p> <p>DESCRIPTION:</p> <p>Based on record review and physician and staff interviews, the facility failed to perform ongoing thorough assessments and timely intervention for a resident with a change in condition after a fall (Resident #21). The sample consisted of 20 residents and the facility reported a census of 115 residents.</p> <p>Findings included:</p> <ol style="list-style-type: none"> 1. Resident #21 had an admission Minimum Data Set (MDS) assessment with a reference date of 3/29/17. The MDS identified the resident had diagnoses of anemia, hypertension (elevated blood pressure), gastroesophageal reflux disease (GERD), benign hypertrophic prostate (enlarged 	I	\$3,000 (held in suspension)	Upon Receipt

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	<p>prostate), neurogenic bladder (neurological disorder of the bladder), urinary tract infection, non-Alzheimer's disease, macular degeneration (incurable eye disease that causes blindness), dementia without behavioral disturbances, metabolic encephalopathy, generalized muscle weakness, dysphagia (difficulty swallowing) and lack of coordination. The MDS documented a Brief Mental Status (BIMS) score of 4. A score of 4 identified the resident had a severe cognitive impairment. The assessment documented the resident required extensive assistance of 2 or more people with bed mobility, walking in the room and corridor, toileting. The resident required limited assistance of 3 people with transferring between surfaces. The MDS also documented the resident as unsteady and able to stabilize only with staff assistance.</p> <p>Review of a Care Plan dated 4/10/17, identified a problem with pain affecting the activities of daily living (ADLs) due to impaired mobility and a compression fracture with pain usually in the back. The Care Plan instructed the staff to administer pain medication as ordered for pain relief. The same Care Plan identified a problem due to recent hospitalization for Clostridium Difficile, weakness, GERD, HLD, neurogenic bladder, anemia, dementia and compression fracture. The Care Plan instructed the staff to</p>			

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	<p>ambulate the resident in the room and to/from meals with a front wheeled walker (FWW) and wheelchair to follow (1 person to assist and 1 person to push the wheelchair. The Care Plan instructed to give the resident verbal cues to complete tasks, keep the foot plates on when in the wheelchair and always recline when in the recliner. The Care Plan also identified the resident with a history of falls due to impaired mobility and balance, weakness, poor vision and decreased safety. The Care Plan documented the resident had a fall 4/10/17 and sustained a skin tear from this fall. The Care Plan documented the resident fell out of bed trying to cough up something stuck in his/her mouth.</p> <p>Review of the a physical therapy (PT) Progress Notes identified the following:</p> <p>Review of a PT Daily Treatment Note dated 3/22/17 indicated the resident ambulated with a FWW and CGA (caregiver assistance) with wheelchair to follow for safety to include short bouts in therapy room of 10 feet and then a longer walk of 300 feet.</p> <p>The therapy notes dated 4/4/17 indicated the resident was able to safely transfer from the bed to the wheelchair requiring caregiver assist (CGA) to stand-by assist (SBA) with moderate verbal</p>			

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	<p>cuing (VC) for coordination and safety. The PT Progress Note documented the patient and caregiver education on safety recommendations of CGA-SBA for transfers and mobility informing the family that this means to have a staff member ambulating with the resident due to unsteadiness and need for VC for safety. On 4/7/17, the note indicated the resident performed 4 sit to stand transfers from the wheelchair with CGA and minimal assistance with verbal cues for hand placement prior to sit/stand.</p> <p>Review of the Resident Progress Notes, indicated on 4/10/17 at 2:01 AM, when checking on residents, the staff reported the resident on the floor next to his/her bed. The note documented the staff assessed the resident and found to have full range of motion (ROM) without pain and then lifted the resident to bed with a Hoyer lift (mechanical full body lift). The resident obtained a 2 centimeter (cm) by 2 cm skin tear to the left elbow. The note documented the nurse cleansed the tear and placed Steri-Strips (tape to hold wound in place) to the wound, covered with Telfa (non-stick wound covering) and gauze. The staff started cranial checks due to this being an unwitnessed fall. The note documented the resident was further assessed for any other injury and none was found (except neurological assessment). The staff facsimile (faxed) and</p>			

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	<p>notified the physician. The fax identified the physician replied on 4/10/17 at 1:34 p.m. A physician telephone order dated 4/10/17 at 2:45 PM indicated the physician ordered steri-strips to the left elbow, change as needed, cover with Telfa and gauze, change every day and as needed until healed. The physician ordered a chest x-ray.</p> <p>Review of a PT Daily Treatment Note dated 4/10/17 at 12:14 PM, revealed the resident performed seated bilateral lower extremity exercises active range of motion (AROM) to improve strength and functional mobility. The resident required maximum VC and encouragement to perform. The resident performed long arc quad (LAQ), heel/toe raises and marched approximate 5-10 times each. The note documented the resident not agreeable to participation throughout the treatment. Staff reported the resident fell in the morning and complained of pain in the left ankle and bilateral groin area.</p> <p>The Resident Progress Note dated 4/11/17 at 3:31 AM indicated the resident continued on fall monitoring. The note documented the resident was restless and pain medication was administered because the resident reported being uncomfortable. The staff repositioned the</p>			

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	<p>resident as well.</p> <p>The Medication Administration Record (MAR) indicated the nurse administered Tramadol (narcotic analgesic for moderate to intensive pain) on 4/11/17 at 8:26 AM.</p> <p>Review of an Observation Detail List report dated 4/11/17 at 10:33 AM revealed the resident required assistance of 2 staff persons with transfer and did not ambulate in the room or corridor on that shift. The nursing assessment on this date also documented the resident complained of neck pain and required a pain medication. The note documented the resident required one person for transfer assistance in the morning but after breakfast, the resident required 2 person assistance.</p> <p>Review of an Observation Detail List report dated 4/11/17 at 5:15 PM, revealed a nursing assessment that the resident complained of neck, shoulder and hip pain. The nurse administered pain medication. The MAR identified the nurse administered Tramadol 50 milligrams (mg) on 4/11/17 at 9:00 PM.</p> <p>On 4/12/17 at 1:38 PM the physician ordered to have Hospice to talk with the family. The resident had bilateral ribs, right shoulder, left hip and left</p>			

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	<p>knee series of x-rays and ordered Norco (narcotic pain medication) 5/325 1 to 2 tablets orally every 4 hours as needed. The MAR indicated the nurse administered Tramadol 50 milligrams on 4/12/17 at 1:53 PM.</p> <p>Review of a PT Daily Treatment Note dated 4/12/17 at 2:27 PM, identified the resident reported pain when PT lifted his/her legs to help don [put on] pants. The PT changed the patient to assist of 2 nursing staff for transfers and bed mobility with a Hoyer lift as needed for safety.</p> <p>A MAR identified the nurse administered Ibuprofen (non-steroidal anti-inflammatory medication) 400 mg on 4/12/17 at 5:47 PM.</p> <p>The MAR dated 4/2017 indicated the nurse administered hydrocodone/acetaminophen (Norco) 5-325 milligrams (mg) one tablet administered on 4/12/17 at 8:52 PM for pain.</p> <p>Review of a Resident Progress Note dated 4/12/17 at 10:54 PM indicated at 9:00 PM the resident complained of pain. The staff administered pain medication (see note above). The notes documented the staff assessed the right and left legs. The note documented a large round swelling on the inside of the left knee with bruising noted to both knees. The left knee</p>			

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	<p>bruise measured 2.4 cm (centimeters) by 1.8 cm. The right knee bruise measured 2.1 cm by 1.4 cm. The left hip measured 4.3 cm by 3.5 cm. The note documented the resident had no ROM to the left leg. At 3 PM on 4/12/17, the resident was able to bend his/her knee during the x-ray but unable at this time. The staff took the resident's vital signs and oxygen saturation at this time was 80% on room air. The staff applied oxygen per nasal cannula at 2 liters per minute and called the physician who ordered the resident to the emergency room. The Resident Progress Note indicated the resident went to the hospital via ambulance at 10:30 p.m.</p> <p>Review of a fax dated 4/12/17 notified the physician of bruising to the left knee measuring 2.4 cm by 1.8 cm; right knee measuring 2.1 by .4 cm and left hip 4.3 cm by 3.5 cm. The fax included a request to monitor until healed. The fax did not identify the date and time of the fax and when received.</p> <p>Review of an Observation Detail List report dated 4/12/17 at 11:08 PM, identified a nursing assessment that by the end of the shift there was no ROM (range of motion) to the left lower extremity, the resident refused to move related to pain and discomfort. The nurse documented the resident did not transfer or ambulate during the</p>			

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	<p>shift. The staff transferred the resident via slide from the bed to the gurney.</p> <p>Review of a radiology report dated 4/12/17 identified an acute displaced intertrochanteric fracture of the left hip.</p> <p>The Resident Progress Notes dated 4/13/17 at 8:30 AM indicated the facility placed a call to the hospital Intensive Care Unit nurse to inform the resident's x-ray results identified an acute displaced intertrochanteric fracture of the left hip.</p> <p>On 8/23/17 at 12:30 PM Staff A (registered nurse) was interviewed and stated on 4/12/17, the resident held up his/her legs when the certified nursing assistants (CNAs) tried to transfer him. Staff A stated she saw a decline in the resident on 4/12/17 but did not remember faxing or calling the physician about it. Staff A recalled giving the resident pain medication for back or neck pain. Staff A stated the resident had been SBA (stand by assistance) and doing pretty well, and then had a decline. She stated she didn't recall if the resident walked to the dining room but was propelled by staff in a wheelchair.</p> <p>On 8/23/17 at 3:35 PM, Staff B (licensed practical nurse-LPN) was interviewed and stated she remembered on 4/12/17, she gave the resident</p>			

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	<p>pain medication for shoulder, hip and knee pain. She stated she was training; mostly was administering medication that day. She stated the resident wasn't walking on 4/12/17. Staff B stated before she was an LPN, she had worked with the resident as a CNA. She stated the resident was walking then. Staff B recalled she was working with Staff C, LPN and they assessed the resident's hip and knee. She stated the knee and hip looked dark and swollen so they asked for an x-ray. Staff B stated if a resident has a change of condition, the nurse should call the physician.</p> <p>On 8/23/17 at 3:47 PM, Staff C (licensed practical nurse-LPN) was interviewed and stated she remembered the resident had a fractured hip. Before he fractured his/her hip, he was able to ambulate in his/her room and used Tramadol for pain. Staff C stated when there is a change in condition; you notify the physician or therapy if it's minor.</p> <p>On 8/24/17 at 7:50 AM, Staff E (licensed practical nurse-LPN) was interviewed and stated the facility no longer used any body-alarms but did use one-three motion sensors she thinks. The resident usually used a walker or wheelchair to ambulate.</p>			

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	On 8/24/17 at 8:15 AM, the physician was interviewed and stated he came to the facility 2 days after the resident's fall and suspected the resident had a fracture. He ordered x-rays and additional pain medication. The physician stated he would expect the facility to notify him if a resident had increased pain and decreased function after a fall.			
	FACILITY RESPONSE:			

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