

**Iowa Department of Inspections and Appeals
Health Facilities Division
Citation**

Citation Number: 6940					Date: April 3, 2019
Facility Name: Northcrest Specialty Care		Survey Dates: March 10 to March 14, 2019			
Facility Address/City/State/Zip: 2001 Health Street Waterloo, Iowa 50703					
		MW/ML			
Rule or Code Section	Nature of Violation	Class	Fine Amount	Correction date	

58.19(2)b	58.19(2) Medication and treatment. <i>b. Provision of the appropriate care and treatment of wounds, including pressure sores, to promote healing, prevent infection, and prevent new sores from developing; (I, II)</i> DESCRIPTION: Based on observation, staff interview and clinical record review the facility failed to prevent the development of pressure ulcers for 1 of 2 residents reviewed. The resident developed 3 pressure ulcers areas after returning from the hospital with surgery for a fractured hip. (Resident #68) The facility identified a census of 89 residents. Findings include: 1. The Minimum Data Set (MDS) assessment for Resident #68 dated 1/3/19 documented admission after an acute hospital stay and included diagnoses of diabetes, muscle weakness and dementia. The MDS documented the resident required limited staff assistance with transfers, bed mobility and ambulation with no skin concerns for pressure ulcers or injuries. The MDS documented a weight of 120 pounds. A Skin Evaluation for Non-Pressure form dated 1/6/19 showed no skin concerns except for the incision to the left closed fractured hip.	1	\$4250.00	Upon Receipt	
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	A Progress Note dated 1/6/19 upon return to the facility documented the resident had no pressure areas. The Braden Scale for Predicting Pressure Sore Risks dated 1/6/19 documented the resident scored a 17 (at risk for developing pressure sores). The MDS assessment dated 2/7/19 included diagnoses of diabetes, dementia, hip fracture, schizophrenia, muscle wasting and atrophy of the left thigh. The MDS documented the resident required extensive assistance of two for bed mobility and extensive assistance of one for transfer, and had a Brief Interview for Mental Status score of 3 (severe memory loss). The assessment showed the resident had weight loss of 5% or more not prescribed by the physician and had 3 unstageable pressure ulcers. The MDS identified the following descriptions of pressure ulcers: -Stage I is an intact skin with non-blanchable redness of a localized area usually over a bony prominence. Darkly pigmented skin may not have a visible blanching; in dark skin tones only it may appear with persistent blue or purple hues. -Stage II is partial thickness loss of dermis presenting as a shallow open ulcer with a red or pink wound bed, without slough. May also present as an intact or open/ruptured blister.			
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	-Stage III Full thickness tissue loss. Subcutaneous fat may be visible but bone, tendon or muscle is not exposed. Slough may be present but does not obscure the depth of tissue loss. May include undermining and tunneling. -Stage IV is full thickness tissue loss with exposed bone, tendon or muscle. Slough or eschar may be present on some parts of the wound bed. Often includes undermining and tunneling. The Care Plan updated 1/10/19 (after the findings of the pressure ulcers) included a focus area of increased potential for pressure ulcers and other skin breakdown related to diabetes, incontinence and impaired mobility, with pressure injuries to the coccyx and bilateral heels on 1/10/19. The problem included the following interventions: - gel overlay mattress on bed (11/08/2018). - pressure reducing cushion in wheelchair (1/09/2019). - keep heels elevated when in bed (1/10/2019). - Prafo boots to bilateral feet at all times (1/10/2019). - Treatments per physician orders (1/10/2019). A Non-Pressure Skin Evaluation dated 1/10/19 showed a new injury on the right big toe which had fluid serous intact blister to the front and bottom. The			
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	measurement showed 3.3 centimeters (cm) in length and 2.5 cm in width. A Pressure Injury Evaluation dated 1/10/19 showed a pressure ulcer to the lower coccyx with the wound bed clean. The measurements showed 0.5 cm in length x 0.5 cm in width and no depth, documenting the area as a stage II pressure ulcer. The report showed the resident's mattress upgraded to an air mattress and a gel cushioned to the wheelchair. The report also showed the resident had not experienced pain related to the pressure injury. A Pressure Injury Evaluation dated 1/10/19 showed a pressure ulcer to the resident's upper coccyx, showing 50 percent (%) with eschar and 50% with white and gray tissue to the wound bed. The measurements showed 0.8 cm in length x 0.5 cm in width and 0.1 cm in depth, documented as unstageable. The report also showed the resident had not experienced pain related to the pressure injury. A Pressure Injury Evaluation dated 1/10/19 showed a pressure ulcer to the resident's left heel described as an intact blood blister present. The measurements showed 6.5 cm in length x 4.5 cm in width and 0 depth, documented as unstageable. Staff initiated Prafo boot (heel protectors) and a pillow under both legs. The report also showed the resident had experienced pain related to the pressure injury. A Pressure Injury Evaluation dated 1/10/19 showed a pressure ulcer to the resident's right heel described as			
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	an area with purple discoloration, soft and boggy to the touch with depth unknown but skin intact. The measurements showed 4.3 cm in length x 2 cm in width and 0 depth (unknown), documented as suspected deep tissue injury. Staff initiated Prafo boot and a pillow under both legs. The report also showed the resident had not experienced pain related to the pressure injury. On 03/11/19 at 8:35 a.m., staff toileted the resident. Observation revealed a small intact dry Mepilex dressing covering the resident's coccyx. During observation on 3/11/19 at 10:49 a.m. Staff D, Licensed Practical Nurse (LPN) performed the prescribed treatment to the resident's heels. The right heel showed dark brown eschar on the bottom toward the outer side of the foot. The area appeared to be the size of a nickel touching into another eschar which appeared the size of a dime. The left foot had a large dark brown area on the entire bottom of the heel. Staff D stated they thought the pressure sores started from shoes. Staff O, Registered Nurse (RN) also observing, stated they showed as blisters in the beginning. Staff O then stated the resident's coccyx was nearly healed with the dressing change due for change on the evening shift. Progress Notes revealed the following: - 1/6/19 at 9:47 p.m.: the resident returned to the facility, resting in bed.			
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	- 1/7/19 at 2:17 a.m.: no concerns at the night shift. - 1/8/19 at 8:44 a.m.: the resident came out for breakfast, lost another pound and remains extremely passive. - 1/8/19 at 8:47 p.m.: the resident stayed in bed and refused to come out for supper, seems very weak and will continue to monitor. - 1/9/19 at 8:20 p.m.: resting quietly tonight. - 1/10/19 at 9:07 a.m.: the resident rested in bed and got ready for breakfast when Staff noted 2 open areas to the resident's coccyx and placed a Mepilex dressing at the site. -1/10/19 at 11:39 a.m.: Nurse was called to room this a.m., noted 2 small openings on the coccyx. Areas are present over coccyx (upper aspect is unstageable and lower aspect is stage 2). Area cleansed and Mepilex border applied. Assistant Director of Nursing (ADON)/RN manager were notified. Further assessment completed. Resident was checked for other skin alterations and noted blister to left heel and deep tissue injury to right heel. Resident also has serous fluid filled blister to top of right great toe. Resident had complained of pain to left heel when asked, but unable to rate. Had eyes closed and relaxed posture while lying in bed. Mepilex border applied. Gel mattress overlay replaced with air mattress. Prafo boots applied to bilateral feet and pillow underneath lower legs. Also upgraded resident			
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	wheel chair cushion to an equi-gel cushion. See pressure ulcer and skin evaluation. IMPACT was notified and requested consult for further wound management On 3/12/19 at 9:20 a.m. Staff D, Licensed Practical Nurse (LPN), stated they usually work the residents hall. Staff D reported the nurse doing a re-admission should make sure to check the resident's skin, especially their heels when coming back from the hospital. They have had problems with resident's developing pressure ulcers when returning from the hospital. Staff D stated she did not re-admit this resident and did not remember if the resident had an air mattress on the bed before the residents went to the hospital. Staff D stated she would not automatically put on heel protectors either. She reported being acutely aware of the necessity to check resident's heels when returning to the facility. She noted if the heels are soft and spongy that is a problem starting and would place preventative measures right away. If the resident's heels are intact and firm then there probably isn't a concern at that time. On 3/12/19 at 2:10 p.m. the Director of Nursing (DON), the Consultant RN, and the ADON discussed the situation during an interview. The ADON stated staff reported an opening on the resident's coccyx on 1/10/19 and she went to assess the resident. While doing that she felt the need to also assess the resident's heels. The ADON found pressure areas on the resident's heels. The DON remarked the resident had been on a repositioning schedule for the nurse			
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	aides. They all agreed the care plan showed interventions added after the pressure ulcers were identified. They did not know if the resident had the heels floated while bed, prior findings to the pressure areas, but probably didn't, as no documentation found including this prevention. The RN Consultant commented floating the resident's heels should have been implemented, if anything, right after returning from the hospital. They all verified the resident had diabetes, a small build, limited mobility after surgery and at risk to develop pressure areas. The ADON noted the area on the big toe founded as a vascular injury, as it did not display signs of a pressure area as the resident had not ambulated and did not wear shoes. The facility's policy dated 1/2015 for Prevention of Pressure Ulcers documented the purpose: to promote good skin integrity, to relieve pressure, restore circulation and promote skin protection in the affected area. The guidelines in this Policy included the following: - reposition the resident routinely and potion with pads and pillows to protect bony prominences and maintain proper alignment. - use elbow and/or heel foot protectors if needed. NOTE: any reddened area that remains red longer than 30 minutes after pressure is relieved is at high risk for a pressure sore to develop.				
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	Facility Response:			
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