Iowa Department of Inspections and Appeals
Health Facilities Division
Citation

Citation Number: **#8077**			**Date:** **August 12, 2020**
Facility Name: **QHC Humboldt North**		**Survey Dates:** **July 14-28, 2020**	
Facility Address/City/State/Zip **1111 11th Ave North Humboldt, IA 50548**	**MW/DC**		

Rule or Code Section	Nature of Violation	Class	Fine Amount	Correction date
58.24(4)d 58.19(1)n(8)	**481—58.24(135C) Dietary.** **58.24(4)** *Therapeutic diets and nutritional status.* *d.* The facility shall ensure that each resident maintains acceptable parameters of nutritional status, such as body weight, unless the resident's clinical condition demonstrates that this is not possible. (I, II, III) **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: **58.19(1)** *Activities of daily living.* *n.* Nutrition and meal service. (8) Sufficient fluid intake to maintain proper hydration and health; (I, II, III) **DESCRIPTION:** Based on record review and staff interview the facility failed to assure residents maintained acceptable parameters of nutritional status and sufficient fluid intake to maintain hydration for 2 of 4 residents reviewed (Resident #1 and #2). The facility reported a census of 36 residents.	**I**	**$8500.00**	**UPON RECEIPT**

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	Findings include: 1) According to the Minimum Data Set (MDS) assessment, dated 12/20/19, Resident #1 scored 13 on the Brief Interview for Mental Status (BIMS) indicating no cognitive impairment. The resident required limited assistance with eating. The resident had diagnoses including Parkinson's disease. The comprehensive Care Plan identified the resident with altered nutrition. The goal included the resident would not have a significant weight loss through the next review date. The interventions included (12/23/19) use weighted/built up utensils as recommended by therapy, the resident chose to eat and drink food and fluids that were not honey thickened consistency, allow resident to eat at own pace, diet per physicians order, observe and document food and fluid consumption 3 times a day (TID), and report to nurse if not eating or taking fluids. Observe and provide for changing needs. Offer snacks TID, offer substitutions for foods not eaten, and family member brought in foods the resident may enjoy such as bomb pops, and cereals he enjoyed at home. Supervised table with meals, provide cues as needed (prn), and assist resident with meals as needed.			

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	The Progress Notes dated 12/17/19 at 7:53 p.m. documented Speech Therapy (ST) recommendations received and changed the resident's fluids from thin to honey thickened (consistency). ST observed the resident coughing/choking on liquids. The clinical record lacked any notification of the diet change to the ARNP or the resident's representative. A Nutrition/Dietary Note dated 12/22/19 at 10:03 a.m. documented the resident had impaired swallow and assessed by ST who changed the thickness of his liquids to honey. Resident unhappy with the thickened liquids and had complaints. The Registered Dietician (RD) questioned if the resident would be a candidate for the Frazier water protocol to assist with hydration. Goal to meet nutritional needs and avoid aspiration. A form dated 12/22/19 regarding Resident #1's diet included the resident needed 1,745 cc fluid daily. The Frazier Free Water Protocol was developed with the aim of providing patients with dysphagia (difficulty swallowing) an option to consume thin (i.e. unthickened) water in-between mealtimes. A			

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	systematic review was conducted of research published in peer-reviewed journals. Allowing a patient free water decreases the risk of dehydration, increases patient compliance with swallowing precautions, improves patient quality of life. The clinical record lacked any documentation the interdisciplinary team notified of or considered implementing the Frazier water protocol to help with the resident's hydration. A Meals fluid report documented the resident had the following intakes: a. 1/1/20, 1270 cc's, b. 1/2/20, 1080 cc's, c. 1/3/20, 960 cc's, d. 1/4/20, 1640 cc's, e. 1/5/20, 1080 cc's, f. 1/6/20, 1290 cc's. All daily fluid intakes fell below the resident's estimated needs of 1,745 cc's. The resident's weight record documented the resident weighed: a. 12/13/19, 128.6# on admission. b. 12/18/19, 124.4 lbs (3.2% loss in less than 1 week). c. 12/26/19, 120.4 lbs (a 6.4% loss in 13 days). d. 1/2/20, 114.2 lbs (an 11.2% weight loss 3			

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	weeks). The record showed the resident had significant weight losses (per facility policy) with each weight after admission. The clinical record lacked documentation the facility identified the significant weight losses on 12/18/19, 12/26/19 or 1/2/20. A facsimile (fax) dated 1/2/20 notified the ARNP the resident had an order from ST for honey nectar liquids. The Power of Attorney (POA) signed a waiver stating she waved the thickened liquids. She said he lost weight and down to 114# from admit of 120. The fax returned to change to regular diet. The notification of the ST recommendation was 2 weeks after the fact. The fax failed to provide the correct admission weight and did not reflect the resident's significant weight loss. The Progress Notes dated 1/2/20 at 3:30 p.m. documented the POA stated the resident had lost weight since admission and did not need to lose anymore weight. New order received to change diet to regular. The Progress Notes dated 1/7/20 at 3:11 p.m. documented the resident had audible expiratory wheezes in bilateral (lung) lobes, and nebulizer			

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	treatment given. Vital signs included blood pressure 142/80, pulse 88, respirations 32, and temperature 99.2 degrees. The resident stated he felt crappy again. The Primary Care Provider (PCP) would like the resident seen in the emergency room (ER) for evaluation due to wheezing. The Progress Notes dated 1/7/20 at 11:53 p.m. documented the resident admitted to acute level of care with a high sodium at 167. The resident had a chest x-ray, but unsure of the results. The resident received antibiotics, fluids, and nebulizer treatments. The resident's oxygen (O2) saturation (sat) held steady around 94% on 2 Liters per nasal cannula (NC) while remaining tachycardic (rapid pulse) and tachypneic (rapid respirations). An Emergency Department note dated 1/7/20 identified the resident's diagnoses included hypernatremia (elevated sodium), pneumonia bilaterally, hypokalemia (low potassium), weight loss, and acute kidney injury. The resident weighed 109# (down and additional 5# from 1/2/20). The emergency department (ED) course included intravenous (IV) antibiotics and IV fluids. A fax dated 1/8/20 (while the resident remained hospitalized) notified the ARNP the resident had a significant weight loss from admission, down			

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	11.2%. The Progress Notes dated 1/9/20 at 7:48 a.m. documented the resident had a significant weight loss since admission. The December weight recorded at 128.6 lbs. The January weight 114.2# down 11.2%. The resident's Power of Attorney (POA) felt the weight loss related to thickened liquids that were ordered. The diet changed to regular with regular liquids as requested by POA 1/2/20. The resident remained in acute care. They would continue to monitor. During an interview on 7/14/20 at 1:35 p.m. the resident's representative stated the facility did not notify her of the diet change thickened liquids. The resident did not like the thickened liquids and lost weight. The facility did not even know how much weight the resident lost, and did not offer any supplements related to the weight loss. During an interview on 7/15/20 at 1:50 p.m. Staff A, Certified Nursing Assistant (CNA) stated the resident snacked on foods the family brought in. She said he picked at meals. She thought the resident used to graze all day when at home. She said the resident needed assistance if not finger foods and opening things. During an interview on 7/15/20 at 3:45 p.m. the			

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	Director of Nursing (DON) stated she put out information on the Frazier water protocol. On subsequent interview on 7/16/20 at 10:31 a.m. the DON stated she found no documentation they discussed implementing the water protocol for the resident. During an interview on 7/16/20 at 9:38 a.m. the ST stated she did not recall anyone asking her about the Frazier water protocol and had nothing in her notes about it. During an interview on 7/16/20 at 10:31 a.m. the Administrator stated the Dietician should have identified the weight loss. The Dietician told her she didn't think the computer calculated weight loss accurately. The Administrator stated she calculated the weight loss at the same loss as the computer. During an interview on 7/27/20 at 8:40 a.m. the Emergency Room physician stated the resident had dehydration on admit to the hospital and had lost a significant amount of weight. The Facility Weight Policy and Procedure provided by the facility dated 11/12/18 documented resident's weight information was recorded and calculated in Point Click Care (PCC), with significant changes reported to the			

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	physician. For resident's with body mass index (BMI) of >19 (normal range), 3% in 14 days, 5% in 30 days, 7.5% in 90 days, and 10% in 180 days. The Registered Dietician (RD) would assess each resident with a significant weight change, make appropriate recommendations to physicians and update the resident's plan of care 2) According to the MDS assessment, dated 6/17/20, Resident #2 scored 2 on the BIMS indicating severe cognitive impairment. The resident required supervision with eating.The resident had diagnoses including hip fracture. The Care Plan, revised 6/19/20, identified the resident had a nutritional problem related to variable intakes at meals and nutritional needs not always being met with her lack of appetite. The interventions included monitor/record/report to physician as needed signs and symptoms of malnutrition significant weight loss of 3# in 1 week, >5% in 1 month, >7.5% in 3 months, >10% in 6 months. Provide power pudding at PM snack and ice cream shake at bedtime (HS). RD to evaluate and make diet change recommendations PRN. The Progress Notes dated 6/16/20 at 2:57 p.m.			

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	documented the resident took medication crushed in pudding, had a shower, and refused lunch. The resident very sleepy and rested quietly in the recliner in the afternoon. A Nutrition/Dietary note dated 6/19/20 at 9:10 a.m. documented serving the resident a regular diet with cut up meat. The resident had nutritional risk with Alzheimer's disease, right femur fracture with an incision, and hypothyroid. The resident had Calcium 600 with vitamin D in place and appropriate for healing. The resident's appetite and fluid intake variable at meals. Planned daily snack of power pudding in the p.m. and ice cream shake at bedtime (HS) for extra nutrition. The resident refused meals 5 times since admission, proceed to care plan for nutrition to avoid significant weight change. At 9:13 a.m. the Dietician documented the resident's estimated needs of 1865 kcal, 75 g protein and 2,240 cc's fluid per day. A Snack record showed the resident received no p.m. or HS snacks from 6/19/20 through 6/24/20. The resident's fluid intake records at meals, with snacks, and between meals and snacks showed the following daily totals: a. 6/15/20, 720 cc's, b. 6/16/20, 360 cc's,			

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	c. 6/17/20, 940 cc's, d. 6/18/20, 420 cc's, e. 6/19/20, 340 cc's, f. 6/20/20, 360 cc's, g. 6/21/20, 540 cc's, h. 6/22/20, 170 cc's, i. 6/23/20, 515 cc's. All totals well below the resident's estimated daily fluid needs of 2,240 cc's. The resident's weight record documented the resident weighed: a. 6/11/2020 14:30 165.4 lbs b. 6/12/2020 10:12 164.6 lbs c. 6/17/2020 14:05 163.8 lbs d. 6/20/2020 09:11 158.6 lbs (a 5.2# weight loss in less than 1 week) e. 6/23/2020 13:19 155.8 lbs (a 5.8% loss in 2 weeks). The Progress Notes dated 6/22/20 at 1:25 p.m. documented the resident continued with skilled nursing, pleasantly forgetful, and pleasant with staff and therapies. The resident up for meals and appetite continued poor. The resident spent a lot of time sleeping in the recliner or bed. The Progress Notes dated 6/22/20 at 4:18 p.m. documented a return fax received from the ARNP with new orders to obtain blood for a complete			

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	metabolic panel (CMP), complete blood count (CBC), thyroid stimulating hormone (TSH), and Lipid panel on 6/24/20. The clinical record lacked a fax to the ARNP on 6/22/20. The Progress Notes dated 6/24/20 at 1:38 p.m. documented the ARNP called results from lab work with noted abnormality and stated the resident needed to go to the emergency room (ER) for evaluation and treatment. At 3:00 p.m. the ambulance transported the resident to the ER. At 6:47 p.m. the ER reported the resident admitted with a compression fracture of the lumbar vertebrae. An Emergency Medicine report dated 6/24/20 documented the resident's diagnoses included acute retention of urine, compression fracture of L1 vertebrae, adult failure to thrive, hypernatremia, hypokalemia, and normocytic anemia, During an interview on 7/15/20 at 11:15 a.m. the ARNP in the ER 6/24/20 stated the resident had an acute kidney injury due to dehydration. Her electrolytes were off. They gave her IV fluids overnight and assisted with eating and drinking due to weakness. She had significant weight loss			

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	from not eating. During an interview on 7/15/20 at 12:45 p.m. Staff B, Licensed Practical Nurse (LPN) stated she thought the resident ate and drank well when assisted by staff. During an interview on 7/15/20 at 1:40 p.m. Staff A, CNA stated the resident didn't want to eat. Sometimes she fed herself, other times she needed assist. During an interview on 7/15/20 at 1:55 p.m. Staff C, CNA stated the resident a picky eater, but enjoyed her coffee. She said the kitchen documented fluids with meals, and CNA's documented fluids with snacks and between meals including water. During an interview on 7/15/20 at 3:06 p.m. Staff D, CNA stated they fed the resident if needed, but she didn't eat or drink much. During an interview on 7/16/20 at 9:58 a.m. the Administrator stated at this time the Dietician worked remotely. They had a new Dietary Supervisor and she was not yet doing all the paper work the Dietician used to do. She is in the process of getting her to do the initial intakes. She said each resident had a diet card in the kitchen			

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	with likes and dislikes, but when discharged they were wiped down with no record of it. She said they did have an e-mail from the Dietician about the resident getting a power pudding in the p.m. and an ice cream shake at HS. They do not have documentation she received the supplements. She said the Dietary Supervisor said they went out, but not documented given. She said they would be documented under snacks. She said she fed the resident 6/22/20 for breakfast and she didn't eat well but she drank coffee and juice which were not documented on the intake record. She stated they had documentation issues. During an interview on 7/27/20 at 8:12 a.m. the resident's ARNP provider stated she ordered the lab work on 6/22/20 (for 6/24/20) because the resident had recent surgery. She said it was not due to a notification (fax) from the facility. **FACILITY RESPONSE:**			

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