

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

Citation Number: #6112				
		Date: May 25, 2023		
Facility Name: Countryside Health Care Center		Survey Dates: April 27 – May 11, 2023		
Facility Address/City/State/Zip  6120 Morningside Ave. Sioux City, IA 51106		JS		
<b>Rule or Code Section</b>	<b>Nature of Violation</b>	<b>Class</b>	<b>Fine Amount</b>	<b>Correction date</b>

<b>58.19(2)j</b>	<p><b>481—58.19(135C) Required nursing services for residents.</b> 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><b>58.19(2) Medication and treatment.</b>  <i>j.</i> 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><b>Description:</b></p> <p>Based on observations, interview, and record review the facility failed to accurately assess and provide timely intervention for 2 of 3 residents reviewed (Resident #3 and #4). Staff failed to contact the physician when Resident #3 had low urine output and failed to complete all vital signs when Resident #4 had a change in status. The facility reported a census of 54 residents.</p> <p>Findings include:</p> <p>1) According to the Minimum Data Set (MDS) dated 4/29/23 Resident #3 had a Brief Interview for Mental</p>	<b>I</b>	<b>\$30,000 (10,000x3)</b>  <b>Trebled</b>  <b>Held in Suspension</b>	<b>Upon Receipt</b>
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	<p>Status (BIMS) score of 14 (intact cognitive ability). The resident required extensive assistance with the help of 2 staff for bed mobility, transfers, dressing, and toilet use. The resident had diagnoses of acute osteomyelitis, urine retention, pressure ulcers, sarcoidosis (inflammatory disease), and an indwelling urinary catheter. The resident did not have shortness of breath upon admission on 4/24/23.</p> <p>The care plan updated on 4/24/23 showed that Resident #3 had the potential for infection related to diagnosis of urinary retention. Staff were directed to assess, record, and report to the physician of signs and symptoms of urinary tract infection such as no urine output for 8 hours, cloudy or foul-smelling urine, small amounts of voiding, and bladder distention.</p> <p>On 5/2/23 at 3:58 PM, Resident #3 was in a wheel chair in her room. She was slumped over, and an unidentified staff member was crouched down next to her with cup of pills and a glass of water. The staff member was trying to rouse the resident enough to take the medications and sip through a straw. The resident did not open her eyes and took a couple of drinks.</p> <p>A Nursing Note dated 5/2/23 at 11:16 PM showed that Resident #3 was having a difficult time opening her eyes and was not following commands. Staff then took her vital signs and found that she had a blood pressure</p>			
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	<p>of 86/40. She was cold to the touch and the doctor was called and she was sent to the hospital.</p> <p>A hospital report dated 5/3/23 at 2:34 PM indicated that the resident presented with the following diagnosis: acute encephalopathy, acute kidney injury with oliguria (low urine output) and hypernatremia (high sodium level, likely secondary to dehydration). Oliguria in adults is usually less than 500 milliliters (ml) in a 24 hour period. Retrieved on 5/10/23 from: Urine Output (cdc.gov)</p> <p>A nursing note on 5/7/23 at 4:06 PM showed that the resident had passed away at the hospital.</p> <p>A review of the clinical record documentation of the daily urine output from the catheter was as follows:</p> <ul style="list-style-type: none"> <li>a. On 4/26/23, 250 ml</li> <li>b. On 4/27/23, 250 ml</li> <li>c. On 4/29/23, 400 ml</li> <li>d. On 4/30/23, 200 ml</li> <li>e. On 5/1/23, 350 ml</li> <li>f. On 5/2/23, 0 ml</li> </ul> <p>The chart lacked documentation that the physician had been contacted about the low urine output.</p> <p>On 5/3/23 at 2:07 Certified Nurse Aide (CNA) Staff A said that she had noticed that Resident #3 had a distended belly in the days leading up to the hospitalization.</p>			
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	<p>On 5/8/23 at 3:41 PM CNA Staff J said that she had emptied the catheter bag for Resident #3 a couple of times and she had very little urine and it was cloudy. She said she reported this to nursing staff.</p> <p>On 5/8/23 at 3:20 PM CNA Staff H said that she would report to nursing if urine in the catheter bag had a dark color or if it wasn't draining. If the urine output was less than 50 cc she said she would report to nursing.</p> <p>On 5/9/23 at 6:42 AM, RN Staff F said that she thought that a urine output of less than 30 cc an hour would be concerning. She hadn't had any staff come and tell her recently about low output concerns.</p> <p>According to the "Order" tab in the electronic chart, Resident #3 had the following order for a medication to regulate hypotension (low blood pressure): Dated 4/28/23 at 3:52 PM, Midodrine 5 milligrams (mg) Give 3 tablets before meals for hypotension (low blood pressure). Give only if systolic (top BP number) was less than 90.</p> <p>According to the order, the Blood Pressure (BP) was to be taken three times a day before administration of the medication. The electronic chart showed that from 4/28/23 - 5/1/23 the BP had only been taken once a day.</p>			
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	<p>The Medication Administration Record (MAR) showed the following administration of Midodrine;</p> <p>a. May 1st Midodrine 5 mg 3 tabs given at 6:00 AM and 11:00 AM and not at 4:00 PM because the BP was out of the parameters.</p> <p>b. May 2nd given at 6:00 AM and 11:00 AM and not at 4:00 PM because the BP was out of parameters.</p> <p>On 5/9/23 at 10:37 AM LPN Staff G said that she had been charting at the end of her shift when the RN that was coming on told her that the resident was non-responsive with a low blood pressure. She said she held the Midodrine on 5/2/23 at 4:00 PM because the BP had been above 90. She said she charted that in the MAR.</p> <p>On 5/9/23 at 12:10 PM, a physician for Resident #3 said that the low blood pressure many have been caused by an infection and she wasn't sure if a dose of Midodrine before she went to the emergency room would have made a difference in the outcome. She did not have any communication from the facility regarding low urine output. The doctor said that output numbers were somewhat concerning, and certainly an output of 0 would have caused her to have her sent in for an evaluation. She said that documenting doesn't make a difference if the staff didn't follow up with the doctor. She would have instructed staff to push fluids,</p>			
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	<p>but it was difficult to say what else she may have ordered if she had known about the low output.</p> <p>2) According to the MDS dated 4/8/23 Resident #4 had a BIMS score of 3 (severe cognitive deficits). The resident was admitted on 3/16/23 with diagnoses that included fracture of the right shoulder, anemia, seizure disorder, blindness in the right eye, and respiratory failure. The resident required extensive assistance with the help of one staff for bed mobility, transfers, dressing and toilet use. Limited assistance with help of one staff for eating. The resident was not on a trial toilet use or scheduled bladder training, occasionally incontinent of urine, and frequently incontinent of bowel.</p> <p>The Care Plan updated on 3/28/23 showed that Resident #4 was at nutritional risk related to respiratory failure and anemia. The resident had edema and was at risk for shortness of breath. Staff were directed to encourage the resident to elevate her feet and legs daily and to administer medications as ordered. Staff were to notify the physician promptly of breathing changes, chest pain, signs and symptoms of dehydration, and concentrated urine. Monitor and document signs and symptoms of long term effects of renal failure.</p> <p>A nursing note 4/24/2023 at 4:40 PM showed that Resident #4 was sitting in a recliner in the common</p>			
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	<p>area by nurses station and the CNA attempted to take her to the bathroom, but the resident was not responding. They tried to sit her up and wake her when she slumped over in chair. They then tested her oxygen level and it was 85% on room air. They applied supplemental oxygen and it improved but the resident was still lethargic. She was transferred to the hospital.</p> <p>A hospital report dated 4/25/23 at 3:37 PM showed diagnoses of acute respiratory distress, sepsis (infection in the bloodstream), and severe lactic acidosis (acid in the blood stream).</p> <p>Nursing note on 4/26/23 at 9:29 AM showed that the resident was readmitted to the facility on Hospice comfort measures only and she passed away at 12:07 on 4/26/23.</p> <p>The following is a list of vitals that had been taken leading up to the hospitalization:</p> <ul style="list-style-type: none"> <li>a. 4/23 at 9:00 AM BP 144/88 and Pulse (P) 70 Beats Per Minute (BPM), no Oxygen (O) Respirations (R) or Temperature (T).</li> <li>b. 4/23 at 5:16 PM BP 136/80 and P 66 no O, R or T</li> <li>c. 4/24 vitals at 7:42 AM 130/78 P 58 no O, R or T</li> <li>d. On 4/24/23 at 4:40 PM a Nurse found the resident slumped over in her chair, 911 called with oxygen level of 85%.</li> </ul>				
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	<p>On 5/3/23 at 10:28 AM An Emergency Medical Technician (EMT) said that he was the lead provider on 4/24/23 when they got the call to come to the facility for Resident #4. They found her unresponsive with very slight response to pain stimuli. The staff told them that she had a change in condition the previous night and wasn't getting out of bed. The EMT staff provided airway management while she was in the ambulance and she was intubated (inserted tube into the trachea for ventilation) at the hospital.</p> <p>On 5/3/23 at 4:12 PM, Registered Nurse (RN) Staff Q said that when she came on shift at 2:00 PM on 4/24/23, Resident #4 was in the recliner near the nurses' station and appeared to be resting which was not unusual. The Aide decided to offer toilet use and tried to wake the resident but she wasn't responding. She said that in shift report, the staff had mentioned that she hadn't eaten her lunch and kept dosing off and that was not normal for her. The CNA mentioned that the resident had been lethargic the day before.</p> <p>On 5/3/23 at 4:14 PM Certified Medication Aide (CMA) Staff R was in the recliner out by the nurse station when she came on shift at 2:00. When the resident would not arouse, they took her to the bedroom and laid her down. She did not remember if someone took vitals at that time or what her last vitals were. The day before around bedtime she had been</p>			
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	<p>more lethargic. She notified the nurse and she called the doctor.</p> <p>On 5/3/23 at 2:07 CNA Staff A said that she had worked with the resident a couple of times and had noticed in the days leading up to the hospitalization that the resident was leaning more. About 1 week before the hospitalization, she noticed the resident was more lethargic and she told the nurses. She did not know if there was a follow up assessment completed.</p> <p>On 5/4/23 at 11:46 AM the doctor's office said that the cause of death was chronic pulmonary disease.</p> <p>On 5/10/23 at 7:12 PM the DON said that she was not aware that Resident #4 had a change in condition the day before she went to the hospital. She said she would expect that staff take all the vitals if a resident had a change, not just the BP and pulse.</p> <p>On 5/10/23 at 7:12 PM the DON said that she could not say for sure when a low urine output should be reported because it would depend on the resident and their diagnosis and if they had some leaking or history of low output. In a healthy resident 30cc an hour was the standard.</p> <p>According to facility policy titled: Output Measuring and Recording last reviewed in May of 2022 the purpose of the policy is to accurately determine the</p>			
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	<p>amount of urine a resident excretes in a 24 hour period and staff were directed to report information in accordance with professional standards.</p> <p>A facility policy titled: Comprehensive Assessments last revised in August of 2022 indicated that the residents would receive an accurate assessment that is reflective of the resident's status at the time of assessment.</p> <p><b>Facility Response:</b></p>			
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