

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

<b>Citation Number:</b> 6878		<b>Date:</b> December 27, 2018		
<b>Facility Name:</b> Morningside Care Center		<b>Survey Dates:</b> December 10 to December 13, 2018		
<b>Facility Address/City/State/Zip:</b> 600 Morningside Avenue Ida Grove, IA 51445		MW/SS		
<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(1)n(1)&amp;(5)</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(1) Activities of daily living.</b>  <i>n.</i> Nutrition and meal service.          (1) Regular, therapeutic, modified diets, and snacks; (I, II, III)</p> <p>and</p> <p>(5) Assistance with food preparation and meal assistance including total assistance if needed; (II,III)</p> <p><b>DESCRIPTION:</b></p> <p>Based on clinical record review, observation, staff interview and facility policy review, the facility failed to implement nutritional recommendations for two of two residents reviewed with weight loss (Residents #6 and #13). The facility reported a census of 28 residents.</p> <p>Findings include:</p> <p>1. According to the Minimum Data Set (MDS) assessment dated 9/29/18, Resident #6 scored 7 on the Brief Interview for Mental Status (BIMS) test indicating severe cognitive and memory impairment. The resident required limited assistance with eating.</p>	I	<b>\$2750.00 Held in Suspension</b>	<b>Upon Receipt</b>
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	<p>Her diagnoses included diabetes and Alzheimer's disease. The MDS indicated the resident weighed 113 pounds and had no weight loss in the past month or past 6 months.</p> <p>The Care Plan revised 4/15/18 identified Resident #6 would consume her foods in the dining room. The interventions included:</p> <ul style="list-style-type: none"> <li>a. Resident #6 would consume foods in the dining room where staff supervised her and she could have a room tray as needed with staff supervision.</li> <li>b. Staff to weigh her per facility policy and report significant changes to dietary staff, family, nursing and her physician,</li> <li>c. Staff would provide her diet as ordered and record the foods and foods consumed daily, and monitor for changes in normal intakes.</li> </ul> <p>A Nutrition Assessment by the Consultant Dietitian dated 10/4/18 documented the resident's weight at 113 pounds which showed a significant weight loss from 1, 3 and 6 months. Resident #6 remained on a regular diet with regular liquids and had no chewing or swallowing difficulties on her current diet. Meal intakes remained per the resident's usual, averaging 27 - 50% with 163 cc (cubic centimeters) per meal fluid intake. Her weight had been relatively stable since mid-July with the exception of one weight in September of 119#. Resident #6 started on 120 cc Boost Breeze back in July due to the weight loss history and her weight stabilized. The assessment documented no new nutritional concerns noted and</p>			
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	<p>no new recommendations. The dietitian expected Resident #6 to be able to maintain her weight with continued usual meal acceptance and continued acceptance of her nutritional supplement. She planned to continue with current plan of care and follow up as necessary/requested.</p> <p>A Weight Change Note dated 11/29/18 documented the resident triggered for a significant weight loss of 13 pounds (10.5%) from 6/4/18 weight of 124 pounds. Weight recently went down 5 pounds in the past two weeks; request re-weigh to ensure accuracy. Her weight since mid-July has ranged from 111 - 119 pounds with fluctuations over that time frame. Her meal intakes this past week averaged 26 - 50% per her usual. The resident occasionally took a PM or HS snack. She is provided with 120 cc Boost Breeze 3 times a day (TID) due to previous weight loss and it is documented as accepted 100%. Resident #6 had dementia and would act out at times. The Dietician would monitor for her re-weigh and continue with current plan of care.</p> <p>A Nutrition Update dated 12/6/18 documented Resident #6 with decreased meal acceptance, down this past week, averaging 17 - 38% overall. She continued to receive 120 cc Boost Breeze TID to help with weight maintenance. Staff obtained no new weight from the previous weight on 11/21/18 of 111 pounds which was down significantly. The Dietitian suggested offer of a magic cup (a supplement) or ice cream at the end of meals to</p>			
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	<p>boost her calorie offering and obtain a new weight as able.</p> <p>Facility staff documented the task of receiving supplement with meals as not applicable from 12/6 to 12/11/18.</p> <p>The clinical record lacked any additional weights of the resident since 11/21/18.</p> <p>During an observation on 12/11/18 at 8:31 a.m. Resident #6 sat at the dining room table. A Certified Nursing Assistant (CNA) asked the resident if she was finished and she said yes, and removed the resident from the table. The resident did not receive ice cream or magic cup.</p> <p>During an observation on 12/12/18 at 8:10 a.m. the resident received breakfast which included a waffle, bacon, and ice cream. Staff cut up the waffle. The resident fed herself several bites of the waffle and the bacon then picked up the ice cream cup and attempted to drink then sat it back down. Staff did not intervene. While not eating, staff at the table assisting another resident asked if Resident #6 was done, then asked another staff member to get her a washcloth. The resident then took another bite of food. Staff brought medication for the resident and after that, she stated she felt full. The staff member who gave her the medication told her she had ice cream and the resident said no.</p>			
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	<p>During an interview on 12/12/18 at 7:16 a.m. the Director of Nursing (DON) checked and stated the resident was scheduled to have a weight taken 12/19/18, but they could weigh her today.</p> <p>The Weights and Vitals summary showed the resident weighed 106 pounds on 12/12/8 at 10:04 a.m., an additional 5 pound weight loss or a 14.5% loss from 6/4/18.</p> <p>During an interview on 12/12/18 at 11:05 a.m. Staff B Cook stated they counted ice cream as a liquid. She said there would be no way to know if the resident ate the ice cream in their documentation. She said she did not consider the ice cream a supplement and the resident did not eat any today.</p> <p>During an interview on 12/12/18 at 11:10 a.m. the DON stated she did not know why they had not re-weighed the resident since 11/21/18. She said staff may need some re-education on providing encouragement to the resident with her meals.</p> <p>During an interview on 12/12/18 at 11:15 a.m. the Dietary Supervisor stated they should be documenting the ice cream as a supplement to the resident's diet and documenting how much she consumed. She said they had weekly meetings with the dietician and a nurse. She did not know why the resident did not get re-weighed as the Dietician requested.</p>				
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	<p>During an interview on 12/12/18 at 11:39 a.m. the Dietician stated she thought they would reweigh the resident and thought staff weighed residents every two weeks. She said she didn't think they documented the ice cream or magic cup at meals; she relied on the staff telling her if the resident took it or not. She thought it would be great if they did document it. She said the resident should receive the ice cream or magic cup at the end of each meal.</p> <p>The facility Weight Policy revised March 2016 documented the multidisciplinary team would strive to prevent, monitor, and intervene for undesirable weight loss for our residents. The procedure included the nursing staff would measure the resident's weights on admission and per registered dietician recommendation thereafter but at least monthly. Any weight discrepancy would be reviewed by the nurse/nurse manager to determine if a re-weight was needed. The Dietician would review the unit weight record and follow individual trends over time. Negative trends would be evaluated by the treatment team whether the criteria for significant weight change had been met. The threshold for significant unplanned and undesired weight loss would be based on the following criteria: 1 month 5% loss significant; greater than 5% severe, 3 months 7.5% significant; greater than 7.5% severe, 6 months 10% weight loss significant, greater than 10% severe. Care Planning for weight loss or impaired nutrition would be a multidisciplinary effort. Individual care plans should address to the extent</p>			
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	<p>possible the identified cause of weight loss, goals and benchmarks for improvement, and time frames and parameters for monitoring and reassessment.</p> <p>2. According to an Order Summary Report form dated November 28, 2018, Resident #13's diagnoses included dementia, delusional disorder and abnormal weight loss.</p> <p>The MDS assessment of 10/25/18 identified a BIMS score of 0, indicative of severely impaired cognition. The MDS revealed the resident depended on staff on order to eat.</p> <p>According to a Progress Note dated 2/23/18, revealed the resident admitted to Hospice Services 2/23/18 due to late stage dementia and a post polio diagnosis.</p> <p>A Physician Order Form dated 7/13/18 recorded the resident had been discharged from Hospice Services.</p> <p>According to a Physician's Orders Initial Plan Of Care dated 11/28/18, the resident required re-admission to Hospice services due to dysphasia (difficulty swallowing) and end stage periventricular leukomalacia (brain damage that involves white matter of the brain). The same order sheet included a diet order for pureed food with pudding thickened liquids.</p>			
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	<p>According to a Weights and Vitals Summary form dated 12/12/18, staff documented the following weights for Resident #13:              8/28/18 - 91 pounds (lb)              9/13/18- 90 lbs              9/25/18 - 90 lbs              10/9/18 - 94.2 lbs              10/23/18- 92 lbs              11/6/18 - 90 lbs              11/20/18- 85 lbs              11/28/18- 91 lbs              12/4/18 - 88 lbs</p> <p>Review of RD (Registered Dietitian) Nutritional Assessment Updated forms included the following:</p> <p>a. Effective date 10/30/18 - Quarterly Nutrition Assessment- Resident #13 remained on a pureed diet. Her meal intakes remained good with resident accepting 76- 100 % of most meals fed to her. Resident #13 is offered magic cup at meals to aid in weight maintenance.</p> <p>b. Effective date 12/6/18 - Resident #13 recently returned from the hospital due to hypernatremia (high blood sodium levels), pneumonitis and chronic kidney disease. The resident is now on Hospice cares. During hospitalization, the resident had difficulty with swallowing and tolerated her diet fairly well with intakes averaging 60 -84% at meals. Her current weight of 88 pounds is down 3 pounds from the re-admission weight and trending down. The</p>			
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	<p>resident had the risk for continued nutritional declines.</p> <p>A Care Plan with a print date of 12/11/18 included a focus area (with a date initiated date of 4/3/17 and revision date of 12/10/18) that Resident #13 had a terminal diagnosis of dysphasia and significant weight changes would not be unexplained or unexpected due to the need for Hospice care. The care plan lacked any direction for the provision of magic cup supplement.</p> <p>Observation on 12/10/18 at 12:30 P.M. revealed Resident #13 sat at a dining room table in a wheelchair (w/c) being fed by staff. The resident took bites when offered. According to an amount eaten form, the resident ate 50-75 % at the noon meal. The observation revealed no magic cup offered at the same noon meal.</p> <p>Observation on 12/11/18 at 8:38 A.M., revealed Resident #13 in a dining room, being fed by Staff A, Certified Nurse Aid (CNA) no offer of a magic cup supplement. According to an amount eaten form, the resident ate 76 - 100% at the breakfast meal.</p> <p>During interview on 12/11/18 at 8:39 A.M., Staff B, confirmed Resident #13 did not receive magic cup regularly and only received magic cup when ice cream had been on the menu.</p> <p>During a phone interview on 12/11/18 at 9:36 A.M.,</p>			
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	<p>the facility Dietitian confirmed she expected staff to offer magic cups to residents per her recommendations. She stated she communicates her recommendations to the facility by giving the facility Dietary Supervisor a copy of her notes and/or assessments. She stated, more than likely, Resident #13 would consume the magic cups if offered.</p> <p>Observation on 12/11/18 at 12:30 P.M., revealed the resident being fed by staff in a dining room and received no Magic Cup with her meal.</p> <p>Observation on 12/11/18 at 12:45 P.M. revealed the resident remained at the same dining room table and no Magic Cup offered. According to an amount eaten form, the resident ate 50 -75% of the noon meal.</p> <p>During interview on 12/12/18 7:12 A.M., the Director of Nursing (DON) stated there had been no recommendation from the Dietitian for Resident #13 to have a Magic Cup with meals. The DON confirmed not being aware of the Dietitians note 10/2018 in regards to a Magic Cup with meals.</p> <p>During interview on 12/12/18 at 7:15 A.M., the DON identified Dietary staff as being responsible for the administration of and to monitor those residents who are to receive a Magic Cup.</p> <p>During interview on 12/12/18 at 8:07 A.M., the Dietary Supervisor stated the facility had regular weight meetings with herself, the DON, Dietitian and</p>			
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	<p>various staff members. She stated she recalled the discussion in regards to Resident #13's Magic Cup on or about 10/2018. She stated it had not been her responsibility to get physician's orders for dietary supplements and she had just been made aware yesterday that Magic Cup had not required a physician's order. The Dietary Supervisor confirmed Resident #13 had not regularly received a Magic Cup with her meals, but only when ice cream had been on the menu.</p> <p><b>Facility Response:</b></p>			
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