

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

FC#5340		Date Sent: January 14, 2014		
Good Samaritan Society- Newell		Survey Dates: December 16-19, 2013		
415 West Highway: PO Box 395	Surveyors: Annette Devereaux RN, Vicki Johnson RN			
Newell, Iowa 50568	Ds/pg/mw			
		Class	Fine Amount	Correction date
56.12 +  58.19(1)h +  58.20(6)	<p><b>481—56.12 (135C) Class I violation as a result of multiple lesser violations.</b> The director of the department of inspections and appeals may issue a citation for a class I violation when a physical condition or one or more practices exist in a facility which are a result of multiple lesser violations of the statutes or rules, but which taken as a whole constitute an imminent danger or a substantial probability of resultant death or physical harm to the residents of the facility.</p> <p><b>481-58.19(135C) Required Nursing services for residents.</b> The program plan for nursing facilities shall have 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> h. Daily routine range of motion; (II,III)</p> <p><b>481-58.20(135C) Duties of health service supervisor.</b> Every nursing facility shall have a health service supervisor who shall:</p> <p><b>58.20(6) Supervise health services personnel to ensure they perform the following restorative measures in their daily care of residents:</b> e. Assisting residents with routine range of motion exercises; (III)</p> <p><b>DESCRIPTION:</b> Based on record review, observation and staff interviews, the facility failed to assure staff assisted residents with range of motion exercise for 6 of 9 residents reviewed. (Residents #1, #4, #5, #7, #8, #9). The facility reported a census of 35 residents.</p> <p>Findings included:</p> <p>1. The Cumulative Diagnosis List documented Resident</p>	I	\$2,000	Upon Receipt

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	<p>#9 had diagnoses including but not limited to Alzheimer's Dementia and degenerative joint disease. The resident's 10/22/13 MDS documented the resident had impairment of short and long term memory and severely impaired decision making ability. The resident required assistance with transfers and did not ambulate. The Resident's 3/5/13 and 8/6/13 MDSs documented the resident had no impairment in functional range of motion. The resident's 10/22/13 MDS documented the resident had impairment in range of motion of both lower extremities.</p> <p>The resident's 11/1/13 Care Plan directed staff to assist the resident with a FMP (Functional Maintenance Program) 3x/wk. (three times a week) for gentle passive range of motion to the upper and lower extremities. On 5/29/13, staff documented in the Interdisciplinary Assessments and Summary Reviews the resident continued with a functional maintenance program which was appropriate. On 10/29/13 staff documented the resident continued with FMP and the resident was unable to bend his/her knees.</p> <p>Staff documented in the Restorative Plans/Approaches flow sheets assistance provided as follows:</p> <ul style="list-style-type: none"> <li>In December 2012 staff assisted the resident with the exercises 12 times</li> <li>In January 2013 staff assisted the resident with the exercises 14 times and documented one refusal.</li> <li>In February 2013 staff assisted the resident with the exercises 13 times.</li> <li>In March 2013 staff assisted the resident with the exercises 11 times and documented twice rehab unavailable.</li> <li>In April 2013 staff assisted the resident with the exercises 13 times.</li> <li>In May 2013 staff assisted the resident with the exercises 15 times.</li> <li>In June 2013 staff assisted the resident with the</li> </ul>			

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	<p>exercises 12 times.</p> <p>In July 2013 staff assisted the resident with the exercises 14 times.</p> <p>In August 2013 staff assisted the resident with the exercises only 3 times.</p> <p>In September 2013 staff assisted the resident with the exercises only 5 times. On 9/5/13 staff documented in the Documentation Notes the resident had minimal range (ability) to flex his/her knees with the range of motion program. The record lacked documentation prior to this indicating the resident had limitations in range of motion to the knees.</p> <p>In October 2013 staff assisted the resident with the exercises 10 times. On 10/7/13 staff documented in the Documentation Notes the resident's knees are stiff and his/her ability to flex them during range of motion is minimal. On 10/14/13 staff wrote the resident's shoulder abduction/adduction was poor and he/she seemed to not be able to relax. Also, his/her knee flexion was poor. Staff G documented she couldn't bend his/her knees at all.</p> <p>In November 2013 staff assisted the resident with the exercises 9 times.</p> <p>By December 18, 2013 staff had assisted the resident with the exercises only one time.</p> <p>During observation on 12/19/13 at 9:12 a.m. Staff G, Certified Nursing Assistant, Restorative Aide assisted the resident with Range of Motion exercises and demonstrated the resident could not bend the knees nor fully straighten them.</p> <p>During interview on 12/17/13 at 9:58 a.m. the Director of Nursing stated the Restorative Aide had been on vacation since 12/7/13 and she had no one else to do the Restorative programs. She stated the facility did not do any assessment/measurement of resident range of motion to determine the effectiveness of functional maintenance programs. At 12:56 p.m. the DON provided</p>			

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	<p>the August schedule for the Restorative Aide and confirmed she had been scheduled to do restorative treatments only 7 days that month. The DON agreed residents scheduled for 3x/week would amount to 12x/month which couldn't possibly be accomplished with the Restorative Aide scheduled only 7 days.</p> <p>During interview on 12/18/13 at 2:54 p.m. the Administrator stated in August they had lost 3-4 full time staff and several students went back to school and that was why the Restorative programs were not being done as planned.</p> <p>During interview on 12/19/13 at 9:12 a.m. Staff G, Restorative Aide, stated she couldn't complete the residents' exercise programs as planned because she had not been scheduled enough days to get them done.</p> <p>During interview on 12/17/13 at 12:49 p.m. when asked if the facility did any Quality Assurance reviews to assure residents received their exercise programs as planned the DON replied, "There will be now."</p> <p>2. According to the Cumulative Diagnosis List, Resident #1 had diagnoses that included Alzheimer's Dementia and osteoporosis. The MDS with a reference date of 11/19/13, identified the resident had short and long term memory impairment and severely impaired decision making ability. The resident required extensive assistance of two staff for transfers and did not ambulate. A 10/28/13 Occupational Plan of Care documented the resident's left hand severely contracted. The resident's 12/5/13 Care Plan identified the resident had impaired physical mobility related to a history of bilateral hip fractures and left wrist fracture. The Care Plan directed staff to provide a functional maintenance program 3x/wk. [3 times per week] for passive range of motion to the upper and lower extremities.</p>			

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	<p>During observation on 12/16/13 at 2:02 p.m. the resident sat in a chair in his/her room. The resident had a piece of gauze between the left thumb and first finger. The thumb appeared to be contracted toward the palm of the resident's hand.</p> <p>On 7/1/13, staff documented in the Interdisciplinary Assessments and Summary Reviews the resident continued with a functional maintenance program 3x/wk., the program was appropriate and the resident cooperative. On 9/18/13 staff documented the resident continued with a functional maintenance program which remained appropriate. On 11/24/13 staff documented the resident continued with a functional maintenance program.</p> <p>Staff documented on the Restorative Plans/Approaches flow sheet that staff assisted the resident with the exercises 3 times in August 2013. Staff assisted the resident with the exercises 5 times with one refusal documented in September 2013. Staff assisted the resident with the exercises 8 times in October 2013. Staff documented the resident somewhat resistant at times. Staff assisted the resident with the exercises 9 times in November 2013 and documented the resident resistive at times. On December 18, 2013 staff had assisted the resident with the exercises only twice.</p> <p>During an interview on 12/17/13 at 9:58 a.m. the Director of Nursing stated the resident's hand splint had been discontinued due to pressure on the hand. The Director of Nursing stated staff administered Tylenol to the resident prior to the exercises to minimize any discomfort with the exercises. Review of restorative participation and PRN medication administration sheets revealed the following:</p> <p>In August 2013 staff documented once the resident had refused his/her medications. The record lacked</p>			

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	<p>documentation which indicated staff administered Tylenol in conjunction with any of the other days staff assisted with the exercises.</p> <p>In September 2013 staff documented Tylenol administered on 2 of the 6 days staff assisted the resident with the exercises.</p> <p>In October 2013 staff administered Tylenol 1 of the 8 days staff assisted the resident with the exercises.</p> <p>In November 2013 staff administered Tylenol on 5 of the 9 days staff assisted the resident with the exercises.</p> <p>In December 2013 staff documented 1 of 2 days staff assisted the resident with exercises the resident had refused his/her medication.</p> <p>During an interview on 12/17/13 at 9:58 a.m. the Director of Nursing reported the Restorative Aide to be on vacation since 12/7/13 and she had no one else to do the Restorative programs. She stated the facility did not do any assessment/measurement of resident range of motion to determine the effectiveness of functional maintenance programs. At 12:56 p.m. the DON provided the August schedule for the Restorative Aide and confirmed she had been scheduled to do restorative treatments only 7 days that month. The DON agreed residents scheduled for 3 times per week would amount to 12 times per month which couldn't possibly be accomplished with the Restorative Aide scheduled only 7 days.</p> <p>During an interview on 12/18/13 at 2:54 p.m. the Administrator stated in August they had lost 3 to 4 full time staff and several students that went back to school and this was why the restorative programs were not being done as planned.</p> <p>During an interview on 12/19/13 at 9:12 a.m. Staff G, Restorative Aide, stated she couldn't complete the residents' exercise programs as planned because she</p>			

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	<p>had not been scheduled enough days to get them done.</p> <p>During an interview on 12/17/13 at 12:49 p.m. when asked if the facility did any Quality Assurance reviews to assure residents received their exercise programs as planned, the DON replied, "There will be now."</p> <p>3. Resident #4's December 2013 Medication Administration Record (MAR) documented diagnoses including but not limited to osteoarthritis and spinal stenosis. The resident's 11/12/13 Minimum Data Set (MDS) documented the resident had impairment of short and long term memory and severely impaired decision making ability. The resident required extensive assistance of two staff for transfers and did not ambulate.</p> <p>The resident's 11/22/13 Care Plan directed staff to assist the resident with a Functional Maintenance Program (FMP) three times per week for Active Assisted Range of Motion to the Upper and Lower extremities.</p> <p>Staff documented on a 6/17/14 Interdisciplinary Assessment and Summary Review the resident "Is on a functional maintenance program - program is appropriate et resident does cooperate." On 9/3/13 staff wrote, "Is on a functional maintenance program; program appropriate." On 11/14/13 staff documented, "Continues with FMP 3x/wk. [3 times a week]. Resident participates."</p> <p>On the resident's Restorative Plans/Approaches flow sheet staff documented in August 2013 staff assisted the resident with the exercises only three times. In September 2013, staff assisted the resident with the exercises only 5 times. In October 2013 staff assisted the resident with the exercises 8 times. In November 2013 staff assisted the resident with the exercises 9 times. On December 18, 2013 staff had assisted the resident with the exercises only two times.</p>			

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	<p>Staff documented at times the resident resisted exercises to the right upper extremity, but lacked documentation indicating the resident refused participation outright.</p> <p>4. Resident #7's Cumulative Diagnosis List documented diagnoses including but not limited to a hemorrhagic stroke in March 2012, osteoarthritis and an intracranial hemorrhage (bleeding in brain) on 3/5/13 resulting in right hemiparesis (paralysis). The resident's 10/29/13 MDS documented the resident had no impairment of cognitive function, required assistance with transfers and ambulation and had functional limitations in range of motion of one upper extremity and one lower extremity.</p> <p>The resident's 11/8/13 Care Plan directed staff to assist the resident with a Functional Maintenance Program 3x/wk. [three times a week]. The program consisted of standing exercises in parallel bars; using 1# [pound] ankle weights, heel and toe raises; alternation hip abduction; alternation hip extension; mini squats; marching; side stepping; backwards walking and Nustep [exercise machine].</p> <p>Staff documented on an 11/5/13 Interdisciplinary Assessment and Summary Review the resident continues with FMP.</p> <p>On the resident's Restorative Plans/Approaches flow sheet staff documented in August 2013 staff assisted with the exercise program only 3 times. In September, staff assisted with the exercises 5 times. In October, staff assisted with the exercises 11 times. In November, staff assisted with the exercises ten times. On December 18, 2013, staff had assisted the resident with the exercises only 3 times.</p> <p>The record lacked any documentation reflecting the resident had declined to participate in the exercises.</p>			

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	<p>During an interview on 12/18/13 at 1:47 p.m. the resident confirmed he/she had not had the exercises for a while and thought the staff that assisted with them had went to school.</p> <p>5. The MDS assessment tools dated 2/19/13 and 4/30/13 documented Resident #5 with moderately impaired cognition, required extensive assistance of one staff physical assistance to walk in the room and corridor, not steady and required assistance of one staff to balance during transitions and walking, without range of motion impairment, and used a walker and wheel chair for mobility. The MDS documented the resident's diagnoses included non-Alzheimer's dementia, depression, and osteoporosis.</p> <p>The MDS assessment tool dated 7/16/13 documented Resident #5 with moderately impaired cognition, had not walked in the room and hall, balance remained the same, no longer used a walker for mobility, used a wheel chair for mobility, and remained without range of motion impairment.</p> <p>The MDS assessment tool dated 10/8/13 documented resident #5 with moderately impaired cognition, required extensive assistance of two to walk in the corridor, had not walked in the room, required assistance of one staff to balance during transitions and walking, used a wheel chair for mobility, and remained without range of motion impairment.</p> <p>The resident's 11/30/12 Comprehensive Care Plan documented the resident had a self- care deficit with activities of daily living and potential for injury due to falls related to history of falls. The plans and approaches included to ambulate the resident one time daily with a forward wheeled walker and gait belt with a wheel chair pulled behind the resident, distance as tolerated, and the</p>			

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	<p>resident independent with wheel chair mobility. The resident's 3/1/13 Comprehensive Care Plan documented the plans and approaches for ambulation with a walker and gait belt discontinued 3/22/13. An intervention dated 5/1/13 directed staff to ambulate the resident with a walker per resident request.</p> <p>The resident's 10/18/13 Comprehensive Care Plan documented the resident no longer used a walker, staff to assist with transfers, and the resident non- compliant at times and independently transferred self.</p> <p>Record review revealed a Physical Therapy (PT) Evaluation and Plan of Treatment documented the resident received services from 7/6/12 to 8/3/12 after a right pubic ramus fracture and decreased gait ability. The Therapy Daily/Weekly Documentation sheet dated 8/2/12 documented the resident walked 46 feet, 54 feet, and 78 feet.</p> <p>A Therapy Documentation Notes sheet dated 8/2/12 recommended the resident receive a functional maintenance program for ambulation with a front wheel walker, distance as tolerated, one person assist, and follow with a wheel chair.</p> <p>Restorative Plans/Approaches sheets directed staff to ambulate the resident once daily with a front wheeled walker, gait belt, distance as tolerated and follow with a wheel chair. The sheets documented the resident received the functional maintenance plan as follows:</p> <p>a. During December 2012 staff assisted the resident with ambulation 18 to 60 feet (ft.) 18 out of 31 days, refused one day, and ambulated from one to three minutes.</p> <p>b. During January 2013 staff assisted the resident with ambulation 15 to 72 ft. 25 out of 31 days, no refusals documented, ambulated from one to four minutes, and</p>			

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	<p>the resident not asked one day.</p> <p>c. During February 2013 staff assisted the resident with ambulation 15 to 67 ft. 19 of 28 days, no refusals documented, ambulated one to two minutes, and the resident not asked one day due to influenza.</p> <p>d. The March 2013 restorative sheet requested and not found by facility staff.</p> <p>A 3/22/13 at 12:00 p.m. Interdisciplinary Progress Notes sheet (nursing notes) documented the resident's ambulation program discontinued due to increased resident agitation when walked. The notes dated 1/5/13 to 3/22/13 lacked documentation the resident had increased agitation when walked.</p> <p>During an interview on 12/17/13 at 11:15 a.m., Staff L, CNA (Certified Nurse's Aide) stated the resident no longer walked.</p> <p>During an interview on 12/17/13 at 12:15 p.m., Staff D, CNA, stated the resident no longer walked.</p> <p>During an interview on 12/18/13 at 7:30 a.m., the DON (Director of Nursing) stated the resident without a walking program since March 2013, needed to talk to Staff F, LPN (Licensed Practical Nurse), to find out why the program discontinued, and a range of motion program not started because the resident able to move own arms and legs when sat in recliner.</p> <p>During an interview 12/18/13 at 10:10 a.m., Staff F stated the resident's functional maintenance stopped in March 2013 because the resident no longer wanted to walk and yelled out to stop walking. Staff F stated sometime after that time, staff attempted to walk the resident, the resident remembered why he/she no longer wanted to</p>			

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	<p>walk, and said to stop. Staff F stated the resident had good range of motion, moved extremities well.</p> <p>During an interview 12/18/13 at approximately 1:00 p.m., the MDS Coordinator stated she checked nursing documentation and talked to staff before coding a resident's ambulation status on the MDS. The MDS Coordinator stated the resident needed to walk three times during the seven day assessment period to document a three (resident walked with extensive staff assistance) instead of an eight (resident had not walked).</p> <p>During an interview 12/18/13 at 1:52 p.m., the MDS Coordinator stated talked to a night nurse and that nurse ambulated the resident to the bathroom about a month ago.</p> <p>6. The MDS assessment tool dated 11/11/13 documented Resident #8 with intact cognition, independent with ambulation in the room and corridor, and required limited staff assistance when toileted.</p> <p>An Occupational Therapist Therapy Daily/PRN (as needed) Documentation Notes sheet dated 11/20/13 directed staff to provide the resident with a restorative nursing program beginning 11/25/13. The program included bilateral upper extremity exercises with a one pound cuff weight.</p> <p>The November 2013 Restorative Nursing Program sheet (sheet not dated) documented the resident had the program one time the week of Monday, 11/25/13. The December 2013 sheet documented the resident received the program two times the week of 12/1/13 to 12/7/13 and had not received the program this month after 12/6/13.</p> <p>A Physical Therapist Therapy Daily/PRN Documentation Notes sheet dated 11/21/13 directed staff to provide a</p>			

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	<p>maintenance therapy program with the Nu-Step three times weekly for 10 to 15 minutes as the resident tolerated.</p> <p>The November 2013 Restorative Nursing Program sheet (sheet not dated) documented the resident had not used the Nu-Step and refused the Nu-Step one time because had company. The December 2013 Restorative Nursing Program sheet documented the resident used the Nu-Step three times the week of 12/1/13 to 12/7/13 and had not used the Nu-Step since 12/6/13.</p> <p>During an interview 12/17/13 at 8:20 a.m., the DON verified restorative/functional maintenance programs not completed since the restorative CNA left for vacation on 12/6/13 and remained on vacation this week. The DON stated no staff available to provide residents their program.</p> <p><b>FACILITY RESPONSE:</b></p>			

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