

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

Citation Number: #10072		Date: October 19, 2023		
Facility Name: Aspire of Sutherland		Survey Dates: October 5-12, 2023		
Facility Address/City/State/Zip 506 East 4th Street Sutherland, IA 51058				
		DC		
Rule or Code Section	Nature of Violation	Class	Fine Amount	Correction date

58.24(4)d	<p>481—58.24(135C) Dietary. 58.24(4) Therapeutic diets and nutritional status. <i>d.</i> 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)</p> <p>Description: Based on observation, record review and staff interview, the facility failed to identify significant weight loss and implement interventions to maintain or gain weight for 1 resident reviewed (Resident #10). The facility reported a census of 22 residents.</p> <p>Findings include:</p> <p>According to the Minimum Data Set (MDS) assessment dated 8/30/23 Resident #10 scored 15 on the Brief Interview for Mental Status (BIMS) indicating no cognitive impairment. The resident fed herself with setup help only. The resident had diagnoses of cerebral palsy, scoliosis, and contractures of the right thigh, ankle and foot, and left thigh. The MDS documented the resident weighed 104# and had a significant weight loss.</p>	I	\$7,250 (Held in Suspension)	Upon Receipt
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Facility Administrator

Date

If, within thirty (30) days of the receipt of the citation, you (1) do not request a formal hearing or; (2) withdraw your request for formal hearing, and (3) pay the penalty; the assessed penalty will be reduced by thirty-five percent (35%) pursuant to Iowa Code section 135C.43A (2013).

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	<p>The current Care Plan identified the resident had an unplanned, unexpected weight loss. Interventions included giving the resident supplements as ordered and alerting the nurse or dietician if not consuming on a routine basis. If weight decline persisted to contact the physician and dietician immediately, monitor and evaluate any weight loss, determine percentage of weight lost and follow the facility protocol for weight lost.</p> <p>The Clinical Physician's Orders showed the resident had orders for:</p> <ul style="list-style-type: none"> a. Mighty shakes 2 times a day (BID) initiated 5/17/23. b. Weekly vital signs and weight every Wednesday initiated 5/24/23. <p>The Weight Summary showed the resident weighed:</p> <ul style="list-style-type: none"> a. On 5/17/23 114.2# on admission. b. On 6/7/23 she weighed 108# checked twice, a 5.43% significant weight loss. c. On 6/21/23 104# (2 weeks after last weight), d. On 6/28/23 103#, e. On 7/5/23 102.6#, a 10.16% loss in 2 months (a 10% loss in 6 months is significant), f. On 7/12/23 102.2#, g. On 7/19/23 102#, h. On 7/26/23 102.6#, i. On 8/9/23 102.4# (2 weeks after the last 			
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	<p>weight), j. On 8/16/23 103.6#, k. On 8/30/23 103.6# (2 weeks after the last weight), l. On 9/20/23 104# (3 weeks after the last weight), m. On 10/4/23 95.5# checked twice, an 8.17% loss in 2 weeks, and a 16.37% loss in less than 5 months.</p> <p>A fax dated 7/6/23 notified the physician the resident lost 11# between 5/17/23 and 7/5/23, and the resident took Mighty Shakes 2 times a day. The physician responded to continue the same.</p> <p>The fax did not notify the physician of the resident's actual weights, the percentage of weight lost or the significance of the weight lost. The clinical record lacked documentation the facility notified the dietician of the weight loss.</p> <p>The Progress Notes dated 8/21/23 at 3:37 p.m. documented the Dietician quarterly assessment. The resident's weight 104#, up 2% in 30 days and down 8.7% since admit 5/23 which was a significant weight loss. She consumed a regular diet, mechanical soft ground meat consistency and fed self with supervision, intakes = 25-75% at meals. She did not like the ground meat. Noted some behaviors at times and then would not eat</p>			
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	<p>thus weight loss had occurred. Took snacks as she desired. Encouraged intakes >50% at most meals. Had mighty shake BID for weight management. Skin healed just red, ok to DC arginaid supplement BID as she usually refused it. Would monitor weight and intakes ongoing as she adjusted to the new facility.</p> <p>The Interdisciplinary Care Conference Record dated 8/31/23 documented the resident's weight at 103.6# but no documentation of any other discussion of weight loss status.</p> <p>On 10/9/23 at 11:55 a.m. the resident sat sideways at the dining room table, with 2 bowls of corn flakes on the table and feeding herself. She looked very thin, wearing a dress with thin straps.</p> <p>On 10/10/23 at 8:15 a.m. the resident sat drinking a Mighty shake out of the carton.</p> <p>On 10/11/23 at 9:30 a.m. the resident came out late and didn't want breakfast. Staff filled her mug with pop per request. At 2:30 p.m. the resident sat at the dining room table for the activity including soft pretzels and the resident was eating one.</p> <p>On 10/12/23 at 8:10 a.m. the resident out for breakfast. Dietary staff brought cereal and told her she put 2 sugars on it.</p>			
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	<p>On 10/12/23 at 8:34 a.m. the Dietician stated they should have called immediately when they noted the resident had additional weight loss, and that was another significant loss. They needed to identify interventions to maintain her weight and gain if possible. They were doing therapy to help with her contractures and thought she may feel better and eat more.</p> <p>The facility policy Nutrition and Weight Management revised October 2023 included weights were to be obtained as ordered by the physician. The physician and resident's responsible party would be notified of any weight change of = or > 5%.</p> <p>Facility Response:</p>			
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