INSTRUCTIONS:-

survey agency, these may be investigated as a separate complaint. other issues unrelated to dementia are identified at the facility, at the discretion of the state Compliance with F309 is assessed during the focused survey by surveyor observations, interviews and record reviews for a sample of residents with dementia. If during the survey, regulations at §483.25, Appendix PP F309 Care and Services for a Resident with Dementia. The purpose of the on-site dementia care focused survey is to determine compliance with the

In general, 2 surveyors will be able to complete the focused survey of 5 residents in 2-3 days for a medium sized (e.g., 120-150 bed) facility. For larger facilities (e.g., over 150 beds), or facilities with a history of deficiency citations at F309 that relate to dementia care, state agency directors or managers may elect to expand the sample up to 10 residents.

pharmacists, LTC ombudsmen and family members as part of the survey director), surveyors will interview physicians, nurse practitioners, physician's assistants, In addition to staff who are on site (e.g., CNAs, nurses, activities professionals, dementia unit

These terms are used interchangeably in this document. manifestations of dementia, behavioral manifestations of dementia, or expressions of distress (BPSD), while newer articles and texts may refer to these behaviors or symptoms as Currently, guidance at F309 refers to behavioral or psychological symptoms of dementia Language with respect to dementia care is rapidly evolving and changes frequently

provision to be cited on the Form CMS-2567 if deficient practices are observed Citation instructions are provided throughout this instrument, indicating the applicable regulatory

resident in the sample. Parts 1, 2 and 3 will be completed once for each nursing home. Furi 4 will be completed for each

added carried and show the same of the same and the same

MDS focus ihren

Team Leader: Surveyors on Team:	Name of State Agency (please specify)

PART 1 - NURSING HOME CHARACTERISTICS	HARACTERISTICS
1. Nursing Home Name	
2a. Nursing Home Street Address/PO Box	
2b. Nursing Home State	
2c. Nursing Home Zip Code	
3. 6-digit CMS Certification Number	
4. Date(s) of site visit (MM/DD/YYYY)	То
5. What is the ownership of the facility? (SELECT only ONE)	For profit – part of a corporate chain For profit – independent owner Not for profit Public (state or county-owned)
ŧ	Other (please specify):
PART 2 DEMIENTIA CARE - I fa. Does the nursing home have a sp dementia?	PART 2 DEMIENTIA CARE - POLICIES, LEADERSHIP, TRAINING, DOCUMENTATION 6a. Does the nursing home have a specific unit or wing for residents with YES
	NO

CMS' Hand in Hand series OASIS Program University of Iowa program VA Program (STAR) Johns Hopkins DICE program Alzheimer's Association materials NHQCC or other QIO guidelines Advancing Excellence médication management tools AHCA toolkit	8c. If YES to (a) or (b), which nationally-recognized dementia care guidelines or program has the nursing home selected? (Select all that apply)
□YES	8b. Is it evident, through review of policies, procedures and/or protocols that nationally recognized dementia care guidelines are the basis of care for people with dementia in the nursing home?
□YES	8a. Is it evident, through conversations with facility leadership (e.g., the director of nursing, supervisors, unit managers, medical director or administrator) that nationally recognized dementia care guidelines are the basis of care for people with dementia in the nursing home?
□NO	7. Does the nursing home have specific policies and procedures related to dementia care (whether they have a special dementia unit or not)?
□YES	6b. If there is a special care unit, is it only for residents with a diagnosis of dementia (e.g., Alzheimer's, lewy body, vascular, other dementia)? If no, list other diagnoses as well (e.g., TBI, psychiatric disorders):

A. If YES, Is this person a: Select only ONE	t t e ified
YES, Is this person a: y only ONE) Nursing home employee Contractor or consultant n average, how many hours per does this person spend in the g home directing dementia	9. Has the nursing home designated a licensed professional qualified through dementia YES care training to coordinate dementia care in the nursing home? NOTE! This is not currently a requirement for participation; CMS is collecting this as informational only. Select only ONE) Dursing home employee (Select only ONE) Contractor or consultant Hours per week does this person spend in the nursing home directing dementia Care?
person a:	9. Has the nursing home designated a licensed professional qualified through dementia YES care training to coordinate dementia care in the nursing home? NOTE! This is not currently a requirement for participation; CMS is collecting this as informational only. 9a. If YES, Is this person a: Nursing home employee Contractor or consultant Contractor or consultant
	9. Has the nursing home designated a licensed professional qualified through dementia YES care training to coordinate dementia care in the nursing home?
VOTE! This is not currently a requirement for participation; CMS is collecting this as informational only.	
1 11 1	
	Other (please specify)

10b. Which staff members receive dementia training?		`, ST, dietary,
	Other (please specify)	
10d. Indicate frequency of staff dementia training (Select all that apply)	Upon hire (circle all that apply: CNA, other nursing, other non-nsg) Annually (circle all that apply: CNA, other nursing, other non-nsg) Periodically / as needed (circle all that apply: CNA, other nursing, other non-nsg)	other non-nsg)
	Other (please specify):	
10e. How many hours of training do staff receive each year?	nursi	Hours for CNAs; Hours for other ing; Hours for non-nsg
10f. Is there documentation confirnstaff listed above?	10f. Is there documentation confirming that training is provided to all categories of Staff listed above?	YES
Please list topics within dementia t	Please list topics within dementia training (or attach copies of program/s):	
NOTE: If training is not provided to C CNA competency and skills in dementi absent, consider QAA citation at F490 nursing home's observed practices do	NOTE: If training is not provided to CNA staff upon hire with periodic refresher training thereafter, look for evidence of CNA competency and skills in dementia care. If absent, cite F498. If evidence of training, skills and competency testing are absent, consider QAA citation at F490 or F520, in addition to F498, in relation to 42 CFR 483.25, particularly if the nursing home's observed practices do not reflect accepted dementia care guidelines.	look for evidence of competency testing an orticularly if the

PART 3 - QUALITY ASSESSMENT AND ASSURANCE (QAA)

Please refer to F520 Quality Assessment and Assurance for guidance regarding the information that may be obtained from the QAA committee.	rding the information that may
If N/A is <i>selected</i> , please explain why there is no associated observation, or why the question is not applicable, in the COMMENTS box at the end of each section.	hy the question is not applicable, in
Surveyors should consider one or more "no" responses in this QAA section potentially indicative of non-compliance in relation to 42 CFR 483.25, F309 as well.	y indicative of non-compliance in
Practices to be Assessed	Was Practice Performed?
11. Does evidence support that the nursing home has a QAA committee consisting of the director of nursing, a physician designated by the facility and at least three other staff members that meet at least quarterly?	□ YES □ N/A
If NO, Cite F520	
If YES, identify the person who coordinates the QAA committee and interview that person to answer questions I la-c in this section:	Coordinator of QAA:
I la. Do resident care policies and procedures clearly outline a systematic process for the care of residents with dementia?	□NO N/A
Does the nursing home look systematically at ways to structure the care processes around the residents' individual needs and not around staff needs or routines?	N/A
The state of the s	The same of the sa

Comments:	llc. Has the related to the	11b. Dees th policies and	Are no demen	dementia-r expectatior behaviors?
	I I c. Has the QAA Committee corrected any identified quality deficiencies related to the care of residents with dementia?	1 lb. Does the QAA Committee monitor for consistent implementation of the policies and procedures for the care of residents with dementia?	Are non-nursing staff (particularly recreational therapy staff) trained in dementia care practices?	dementia-related behaviors as a form of communication and is there an expectation that all staff strives to understand the meaning behind these behaviors?
	UNO YES	UNO N/A	YES NO N/A	UNO N/A

Part 4

resident in the sample. Parts 1, 2 and 3 will be completed once for each nursing home. Part 4 will be completed for each

Team Leader	
Surveyors on Team	
Survey Date	
Facility Name and ID	

CONSIDER BELOW) PART 4 - DEMIENTIA CARE & RELATED PRACTICES (SEE SPECIFIC PRACTICES TO

INSTRUCTIONS:

- Please select ONE bubble for each "Was Practice Performed?" question, unless otherwise noted
- applicable, in the COMMENTS box at the end of each section. If N/A is selected, please explain why there is no associated observation, or why the question is not
- additional evidence for what the surveyor has observed or gleaned from the record review; but may in observations in the nursing home throughout the survey. Interviews are used primarily to provide some cases substitute for direct observation to support a citation of deficient practice. Dementia care should be observed not only during the cases being followed, but also while making other

Specific Practices to Consider

some common practices (positive and negative) are listed below. Overall, these address the issue of meeting the resident where he/she is and entering that world, as opposed to requiring them to conform dementia care special survey. It is not possible to provide examples of all of these scenarios. However, to nursing home routines. Some specific practices that surveyors may consider include: There are many possible situations and relationships that surveyors will want to evaluate during the

- Observe for language or routines that could have an impact on dignity and/or function, e.g.:
- Use of bibs, crescent 'feeding' tables
- surveyors should investigate further) does not try to re-approach residents or find ways to enable them to accept needed care/grooming: with hair not combed or brushed (a high percentage of these observations may indicate that staff their own clothes and shoes; high percentage of residents with soiled hands or nails, unshaven or High percentage of residents wearing socks/non-skid socks and institutional gowns instead of
- centered language Staff use of terms such as "feeders" "total care residents" etc. in communication versus person-
- needs versus attention to preventing escalation of distress Failure to respond to residents' communication/behavioral manifestations of distress/emotional
- talk with residents who appear distressed Attempts to keep residents "quiet" or prevent them from moving around versus efforts to walk or
- engaging residents in conversation or speaking to them even if they are unable to respond Lack of social interaction or communication between staff and residents during direct care versus

- Observe for social dining atmosphere or individualized dining setting (if appropriate) with staff sharing the dining experience with residents (not standing over them). Observe for staff talking with residents, not talking only with other staff or ignoring residents. Observe for culturally appropriate
- Observe for whether or not staff assesses the environment regularly for too much or too little noise, staff about how they address environmental issues for individuals with dementia). light and stimulation. (Since this may be difficult to ascertain during observations alone, speak with
- Observe for other basic dementia care approaches such as:
- using soft, low voice and speaking where resident may read lips/see face clearly
- not approaching resident from behind
- providing adequate time during resident care and meals (not rushing)
- perform him/herself if given adequate time and task segmentation, cues) encouraging maximal independence (r/st performing activities/care routines that resident could
- encouraging time outdoors
- encouraging physical activity
- redirecting resident away from high stress environment
- allowing a resident to remain in preferred location/environment (e.g., to remain in bed) if safe, and (staff recognizing this as preference/choice, even in someone who has dementia) re-approaching that resident later on if they express a desire/choose to remain where they are
- all shifts, on W/E's providing stimulation (to avoid boredom); ensuring an adequate number and type of activities on
- addressing loneliness/isolation
- appropriately limiting choices to avoid frustration/confusion.
- 'n Assess for adequate sleep and individualized sleep hygiene in care plan (sleep facilitators, such as reducing interruptions for continence care or pressure relief through use of appropriate continence products and mattresses); sleep log or diary if indicated. Assess for residents sleeping often during
- Evaluate for adequate pain assessment in all residents with particular attention to those with difficulty communicating about pain.
- Assess for sensory deficits and how these definits may impact cognition. Is there an assessment for use of adaptive equipment, and is it used appropriately and consistently?

		A	Prac	Obs adm if th comp and/ symp if No suffic in au	I C	
. 50%	B. During admission interviews, are the resident and family asked about previous life patterns, choices, cultural patterns, preferences with respect to: daily routines such as awakening and going to bed at night, dining preferences, food choices, mobility/exercise, time outdoors, reading, hobbies or activities, bathing or use of the bathroom and any other relevant information related to the resident's comfort, well-being and rituals? (e.g., use of instrument such as Preferences for Everyday Living	A. Is there a pre-admission or admission screening process to identify the specific care YES needs of residents with dementia?	Practices to be Assessed Perfo	Observations in this section are to focus on staff directly involved in the admission process (e.g., admission coordinator, social worker, nurses, CNAs, therapists, etc.). If the condition or risks were present at the time of the required comprehensive assessment, did the nursing home comprehensively assess the physical, mental and psychosocial needs of the resident with dementia to identify the risks and/or to determine underlying causes (to the extent possible) of the resident's behavioral and/or mental psychosocial symptoms, and needed adaptations, and the impact upon the resident's function, mood and cognition? If No, cite F272. For newly admitted residents, before the 14-day assessment is complete, did the nursing home provide sufficient care planning to meet the resident's needs? If No, cite F281. In addition, surveyors should consider one one or more "no" responses in this section potentially indicative of non-compliance in relation to 42 CFR 483.25, F3(9) as well.	L Comprehensive Dvalinskop of Vach-Te-sident sin Admission by the hiteraty-dydpinary. Form (to seeding for step adjudation assistants in the surgice, or how for plantaments assistant as a north	8. Assess for issues during care transitions. For example, was there a unit or room change? What prompted this change? How was information transferred effectively among care providers ("warm handover")? Consider issues related to accepting residents back after a hospital transfer (communication with state Ombudsman Program may be helpful).
	A O ES	OES	Was Practice Performed?	ne e risks ssocial provide		varm

					ı		
<u>.</u>		Ħ.	G.	Ŧ.	Ė	D.	Ü
Has therapy staff (OT, PT and/or SLP) and/or restorative nursing staff screened the resident soon after admission to determine if services would enable resident to attain or maintain his or her highest practicable level of functioning?	Are preferences and usual patterns related to dining integrated into meal, snack and beverage planning for the resident?	Is evidence present that supports activities are implemented for the resident that are based on information gathered during the admission process (i.e., based on known hobbies, routines and life patterns)?	Does admission staff communicate verbally and/or in writing to CNAs and other staff about these preferences and patterns in a timely manner?	Is staff able to demonstrate that they know where information is located and when/how to access it?	Did staff document preferences and patterns (above) in the clinical record in a place easily accessible to all staff?	Does staff know, based on the admission process, what approaches calm or scothe a resident with dementia once resident becomes distressed (including evaluation of environmental factors that could be triggering or exacerbating behaviors)?*	During the admission process, did staff ask specific questions about usual cognitive patterns, mood and any behavioral distress associated with dementia? (This should include: when behaviors have occurred, possible underlying causes; how resident typically communicates a need such as pain, discomfort, hunger or frustration; responses to triggers such as stress, anxiety or fatigue; expectations for how nursing home will work with resident to prevent and reduce any distress).
N/A N/A	LNO NA	NO E	NO	NO]YES	LINO SEC	JNO YES

	K. Comments:
	ğ
	륁
	뭆

- approaches to soothe or calm an individual, as well as those approaches that served well in the past/prior to admission. to a new setting and environment, and staff may need to explore additional and/or alternative preferences, etc. Some triggers and resident responses may vary based on the individual's adjustment admission process. The admission process focuses primarily on previous life patterns, approaches, * Note: Staff may not always know the most effective current intervention based solely on the
- obtaining legal representation (e.g. guardianship or other processes). care planning. However, in those cases, the facility should indicate how social services is involved in efforts, minimal or no information may be available for certain residents for initial assessment and ways of obtaining information and whether they documented those efforts. In some cases, despite available/involved and therefore N/A is checked, note whether facility made efforts to find alternative **Note: In any sections of this worksheet, if resident is non-interviewable and there is no family

II. Recognition, Assessment and Cause Mantification of Balance of Panticulations of Lengths
Observations are to focus on staff directly involved in patient care (e.g., nurses, CNAs, therapists, etc.). Dementia care should be observed not only during the cases being followed, but also while making other observations in the nursing home throughout the survey.
If the condition or risks were present at the time of the required comprehensive assessment or change in condition assessment, did the nursing home comprehensively assess the physical, mental and psychosocial needs of the resident with dementia to identify the risks and/or to determine underlying causes (to the extent possible) of the resident's behavioral

In addition, surveyors skipuld considerione or inore "no" responses in this section (B-K) potentially indicative of non-compliance in relation to 42 CFR-485.25, F309 as well. If No, cite-F272 and/or mental psychosocial symptoms, and needed adaptations, and the impact upon the resident's function, mood and cognition?

-	actic	ractices to be Assessed	Was Practice Performed?
	>	A. Has the resident experienced any manifestations of distress or behavioral symptoms while residing in the nursing home? (If no, skip to section III).	□YES □NO
	œ	B. Did staff describe specific behavior (onset, duration, intensity, possible precipitating events or environmental triggers, etc.)?	□N/A □NO □YES
	Ü	C. Did staff describe related factors (appearance, alertness, environmental triggers, external events, etc.), with enough specific detail of the actual situation to permit underlying cause identification to the extent possible (including assessment of environmental factors)?	□NO □N/A
	D.	D. If the behaviors represent a sudden change or worsening from baseline, did staff contact the attending physician/practitioner immediately for medical evaluation, as appropriate?	UNO YES

Comments:	Were adverse consequences related to the resident's current medications considered and ruled out?	• Specifically, was delirium considered and ruled out?	H (Ruling out medical or psychiatric illness.) Did staff, in collaboration with the practitioner and/or pharmacist, identify risk and causal/contributing factors for manifestations of distress, such as: • Presence of co-existing medical or psychiatric conditions, or decline in cognitive function?	G. Did staff evaluate whether the cognitive patterns, mood or behavior present a risk to the resident or others?	F. As part of comprehensive assessment, did staff evaluate the resident's usual and current cognitive patterns, mood and behavior (baseline and/or with a change in condition)?	E. If medical causes are ruled out, did staff attempt to establish other root causes of the behavior using individualized knowledge about the person and when possible, information from the resident, previous or current family or unpaid caregivers and/or direct care staff?
	YES NO N/A	YES NO N/A	N/A N/A	N/A	N/A	N/A

to a new setting and environment, and staff may need to explore additional and/or alternative preferences, etc. Some triggers and resident responses may vary based on the individual's adjustment admission process. The admission process focuses primarily on previous life patterns, approaches, * Note: Staff may not always know the most effective current intervention based solely on the

approaches to soothe or calm an individual, as well as those approaches that served well in the past/prior to admission.

in	D.	Ç	В.	P	P	Di Di
Does the care plan include a description of target behaviors, potential underlying causes and how to prevent distress?	Does the care plan reflect an individualized approach with measurable goals, timetables and specific approaches for the management of behavioral and psychological manifestations of distress?	Consistent with the resident's wishes, was the person and/or family/representative involved in determining the goals of care (see also J and K)?	Was involvement documented in the medical record (nursing notes, care plan, CNA care plan)?	Was the resident and/or family/representative involved (to the extent possible and in accordance with the resident's wishes) in discussions about the potential use of any specific approaches to his/her care?	Practices to be Assessed	Did the facility develop a plan of care with measurable goals and approaches to address the care and treatment for a resident with dementia related to the behavioral manifestations of distress and/or mental/psychosocial symptoms, in accordance with the assessment, resident's wishes and current standards of practice? If no, cite F279. In addition, surveyors should consider one or none "no" regionses in this section potentially indicative of non-compliance in relativist to 42 CFR 483.25, F309 as wall:
□NO NA	□N/A	□□□YES	□YES □NO □N/A	□N/A NO YES	Was Practice Performed?	ment for a ptoms, in non-compliance

ı			
	TH	Does the care plan include why behaviors should be prevented or otherwise addressed (e.g., severely distressing to the individual or risk to other residents)?	□□NO NA
	G.	Does the care plan include: strategies and approaches based on information about the person's previously stated goals and preferences and knowledge about what calms or soothes the resident if/when they become distressed?	□□YES
	Ħ	H. Does the care plan include monitoring of the effectiveness of any/all approaches?	□YES
	·	If the individual lacks decisional capacity and lacks effective family/representative support, was the facility social worker contacted to determine what type of social services or referrals are indicated?	□□N/A VES
	:-	Were these social services or referrals implemented?	UNO NA
	~	Comments:	

yors should focus on observations of staff interactions with residents who have dement mine whether staff consistently applies basic dementia care principles in the care of tho duals. (care? If No, cite F282 care in the care of the provided by qualified persons in accordance with the residents 42. CFR 483.23; \$300 as well! (then to 42. CFR 483.23; \$300 as well!) (ites to be Assessed Did staff communicate specific target behaviors and expressions of distress that are of concern as well as desired outcomes to be monitored among disciplines, across shifts and to direct caregivers? Did staff implement individualized, person-centered approaches to care plan with/for the resident? Did staff communicate and consistently implement the care plan, over time and across various shifts (D/E/N), weekday/weekend)?	resident's written Was Practice Performed? PAS NO NIA YES NO NIA YES YES YES YES YES
E. If there was a sudden change in the resident's condition and medical causes of behavior or other symptoms (e.g., delirium or infection) are suspected, was the physician contacted immediately?	UNA VES

Ľ	7.	j	F	H.	G.	F.
Is there evidence that unit level supervisory staff (e.g., charge nurses) have the skills to assist staff in caring for this or other residents with dementia?	K. Can staff articulate what they would do to obtain additional support/skills if they did not know how to approach a particular issue with this or other residents?	Is there a sufficient number of staff to consistently implement the care plan?	Are CNAs able to describe care approaches such as task segmentation (e.g., breaking up tasks into each step) and others that are used as part of a comprehensive dementia care program?	Was treatment initiated in a timely manner?	What non-pharmacological approaches were/are used for this resident with dementia (list all that are documented):	Were alternatives other than psychopharmacological medications discussed with staff and resident or family, with respect to addressing behavioral manifestations of distress and this resident's emotional needs?
□NO NA NA	ONA SEX	□NO NO NO	□NO N/A	□□□ NO NA		UNA YES
			*		*	

THE PERSON NAMED IN						-	 	
B. When concerns related to the effectiveness or adverse consequences of a resident's treatment regimen and staff approaches are identified by staff, resident or family: Does staff modify the care plan?	A. Does staff, in collaboration with the practitioner, adjust the approaches (care plan) based on the effectiveness in treating/modifying manifestations of distress as well as any adverse consequences related to treatment?	Practices to be Assessed	If N/A is selected, please clarify in the comments box below why it was not applicable or not observed. In addition, surveyors should consider one or more "no" responses in this section potentially indicative of non-compliance in relation to 42 CFR 483.25, F309 as well.	Did the nursing home reassess the effectiveness of the intervention and review and revise the plan of care (with input from the resident or representative, to the extent possible), if necessary, to meet the needs of the resident with dementia? If no, cite F280.	Observations are to be made of staff identifying behaviors and making adjustments/updates to the care plan based on this monitoring function.			Comments:
□NO □NO N/A	□YES □NO □N/A	Was Practice Performed ?	m-compliance	ith input from entia? If no,	o the care			

Comments:	actitioner respond and initiate a change to the resident's orders in a timely	If appropriate, does staff notify the practitioner?
	UNA YES	□□VES

Res
id
ent
×
a
ie/
lde
2
Ė
7
9
ממ
E
ber
1
1

Facility Name or Provider #_

Did the nursing home provide the necessary care and services for a resident with dementia to support his or her highest practicable level of physical, mental and psychosocial well-being in accordance with the comprehensive assessment and plan bf care? If No, cite F309.

FOR MORE INFORMATION, SEE REVISED GUIDANCE AT F309.