

## Appendix A

### INTERPRETATION, COMPONENTS AND ILLUSTRATIVE SERVICES FOR LONG-TERM CARE SKILLED NURSING CARE

#### INTERPRETATION:

Skilled nursing care includes physical, emotional, social and other restorative services for a patient. This patient no longer needs the type of care and treatment provided in a hospital but does require frequent medical supervision and continuous skilled nursing observations. The program of care is directed toward the restoration of personal and social independence and health. Available resources, family and community, may be utilized to plan and reach realistic goals.

The facility is staffed and equipped to continue the care plan initiated in a hospital with appropriate modifications as the patient condition changes, thus helping him to progress toward his highest level of functioning.

Services are also provided to a chronically ill patient who may have been cared for at home or in a facility offering basic and/or personal assistance during the periods when his condition was stabilized but who now, because of a change in condition or because of continued instability, needs skilled care.

While the emphasis is on the provision of skilled nursing and related care, a wide range of specialized medical and allied services, direct and consultant, should be provided and used appropriately to support the patient in his treatment.

#### COMPONENTS:

In addition to the need for frequent medical supervision and continuous skilled nursing observations, other important components of skilled nursing care are:

A restorative approach to all aspects of the patient care program so that services may be directed to maintaining or restoring the highest level of functioning.

Complete or nearly complete assistance for most physical or hygienic activities. Some ambulatory patients can require nearly complete assistance.

Relatively complex, and frequently time consuming, medications and/or treatments.

Occasional or limited special tests.

Frequent and sometimes continuous emotional support in connection with moderately severe or periodic emotional disturbances and guided by a care plan that reflects meaningful follow-through.

Necessary teaching and continuous supervision as a part of restorative care and in preparation for discharge or transfer.

#### ILLUSTRATIVE SERVICES:

The following are illustrative services which are characteristic of the level or intensity of skilled nursing care:

Administration of potent and dangerous injectable medications and intravenous medications and solutions on a regular and continuing basis.

Restorative nursing procedures such as gait training and bowel and bladder training for patients who have restorative potential and can benefit from the training.

Nasopharyngeal aspiration required for the maintenance of a clear airway.

Maintenance of tracheotomy, gastrostomy and tubes indwelling in body cavities. The mere presence of a urethral catheter, particularly one placed for the convenience or the control of incontinence, does not justify a need for skilled nursing care. On the other hand, the insertion and maintenance of a urethral catheter as an adjunct to the active treatment of disease of the urinary tract may justify a need for skilled nursing care. Colostomy may require skilled nursing care during early postoperative period or when complications are present.

Administration of tube feeding.

Administration of oxygen or other medicinal gases on a regular or continuing basis in the presence of an unstable medical condition.

Assisting patients to participate in prescribed individual and group activities.

Other specified and individually required services, including skilled nursing observation of unstable medical conditions, needed on a regular and continuing basis, which can only be provided by, or under the supervision of, trained medical and licensed professional nursing personnel. The need for these services must be documented in the patient record.

Providing physical care and spiritual and emotional support to the patient and his family in the terminal phases of illness.

### INTERMEDIATE NURSING CARE

#### INTERPRETATION:

Intermediate nursing care means basic care including physical, emotional, social and other restorative services under periodic medical supervision. This nursing care requires the skill of the registered nurse in administration, including observation and recording of reactions and symptoms, and supervision of nursing care. Most of the patients have long-term illnesses or disabilities which may have reached a relatively stable plateau. Other patients whose conditions are stabilized may need medical and nursing services to maintain stability. Essential supportive consultant services are provided.

#### COMPONENTS:

The following services characterize basic nursing care:

Observations of a routine which can be accomplished on general nursing rounds or while procedures such as temperature, pulse and respiration are being done.

Relatively simple routine medications and/or simple treatments and/or occasional p.r.n. medications or treatments.

Necessary physical care, such as giving baths or assisting with or supervising baths, oral hygiene, etc. This care should be restorative in nature with the goal of fostering independence in activities of daily living.

Limited or occasional special tests.

Frequent and sometimes continuous emotional support in connection with moderately severe or periodic emotional disturbances as guided by a care plan that reflects meaningful follow-through.

Teaching and/or supervised practice as a necessary part of restorative care.

Range of motion exercises as part of routine maintenance and restorative nursing care.

Assisting patients to participate in prescribed individual and group activities.

Administration of topical, oral and selected injectable medications.

Administration of oxygen on an emergency or short-term basis.

Administration of prescribed treatments, such as catheterizations, irrigations and application of dressings and bandages.

Routine care of patients with casts, braces, splints or other appliances requiring nursing care or supervision.

Use of protective restraints, bedrails, binders and supports as ordered by a physician and in accordance with written patient care policies and

Arrangements for obtaining clinical, laboratory, x-ray or other diagnostic services.

#### ILLUSTRATIVE SERVICES:

The following services are illustrative of the level of intensity of basic nursing care:

Proper positioning of patients in bed, wheelchair or other accommodation.

Bed baths.

Prevention and treatment of skin irritations and decubiti.

Observation of vital signs and detailed recordings of findings in patient record.

Assistance and training in self-care as required for feeding, grooming, ambulation, toilet activities and other activities of daily living.

Assistance and training in patient transfer techniques.

### PERSONAL CARE

#### INTERPRETATION:

Personal care means personal assistance, supervision and a suitable activities program. Provisions are made for periodic medical supervision and other medical services as needed. Such facilities are for individuals who do not need nursing care but do need the services provided by this type of facility in meeting their needs. Examples of such individuals are referrals from institutions for the mentally handicapped; those disabled from aging; the chronically ill whose conditions have become stabilized.

#### COMPONENT:

The services provided are chiefly characterized by the fact that they can be provided by personnel other than those trained in medical or allied fields. The services are directed toward personal care, supervision and protection.

The medical service emphasizes a preventive approach of periodic medical supervision by the patient physician as part of a formal medical program that will provide required consultation services and also cover emergencies.

The dietary needs of patients are met by the provision of an adequate general diet or by therapeutic, medically prescribed diets.

Activity programs, embracing a wide variety of activities to meet individual needs, receive a major emphasis.

**ILLUSTRATIVE SERVICES:**

The following services are illustrative of personal care:

Assistance with activities of daily living, such as bathing, dressing and eating.

Administration of simple medications.

Supervision of a patient on a prescribed diet.

Taking the patient to his physician for necessary professional services.

Assisting the patient to procure necessary therapeutic and diagnostic treatments on an outpatient basis.

Assisting the patient to participate in prescribed individual and group activities.

**PERSONAL HYGIENE REQUIREMENTS**

(For All Levels of Nursing Care)

**REFERENCE:**

"H 32.10 Patient care. (1) NURSING CARE. Every patient shall receive nursing care and supervision based on individual needs. Each patient shall show evidence of good personal hygiene."

Patients shall bathe or be bathed or assisted with their baths as necessary.

1. Bed patients shall have a complete bath every second day and more often if needed.

2. Ambulatory patients shall have a minimum of one complete bath per week.

3. Baths and patient care shall be given in such a manner as to provide privacy for the patient.

4. Clean linen and clothing shall be provided.

Special nursing procedures shall be established for incontinent patients as follows:

1. There shall be evidence of an active program for the prevention or reduction of incontinence.

2. Incontinent patients shall be washed with soap and water or appropriate substitute after each episode of incontinency and provided with clean linens and clothing.

3. Rubber or plastic diapers shall not come in direct contact with the patient.

4. Soothing and healing lotions or cream shall be applied where skin may become irritated; careful skin care shall be given to prevent decubiti.

5. Clothing and bedding shall be changed immediately after being soiled, and kept clean and free of odors. Soiled linen and clothing must be removed immediately from the patient areas. Rubber and plastic sheets shall be cleaned as often as necessary to prevent offensive odors. Newspapers and thin plastic film are not acceptable.