

CENTRAL CARE PLAN OF CARE: PHYSICAL HEALTH

SUBJECT:	<u>PLAN OF CARE: PHYSICAL HEALTH</u>
ANNUAL REVIEW MONTH:	<u>June</u>
RESPONSIBLE FOR REVIEW:	<u>Director of Central Care</u>
LAST REVISION DATE:	<u>August 2010</u>

Definitions:

Medical protection device/adaptive support device: Devices that may restrain movement but are applied for protection from injury or to support or correct the body alignment of the person, are required for the treatment of the person's physical condition, and may be used only as treatment interventions.

Standard Precautions: Activities designed to reduce the risk of transmission of microorganisms from both recognized and unrecognized sources of infection. Standard precautions apply to: blood; all body fluids, secretions, and excretions, except sweat, regardless of whether they contain visible blood; skin that is not intact; and mucous membranes.

Supports, care or treatment: Specific services or supports that are provided to the consumer in the Central Care Community Homes which are coordinated by the administrator as consumer's needs dictate, or reasonably requested by the consumer that include but is not limited to: mental health services, habilitation, rehabilitation, social services, medical, dental and other related health services, education, financial management, legal services, vocational services, transportation, recreational and leisure activities, and other services required to meet a consumer's needs.

Policy: The purpose of this policy is to establish guidelines and procedures to maintain optimum consumer's physical health to include routine health care needs and emergency medical treatment.

1. Standard Precautions:

- Standard precautions that include blood and body fluid precautions are implemented in Central Care. All blood and body fluids are considered potentially infectious.
- All Central Care Employees are trained on the procedures for the risk of infection and that training documented.
- Hand washing is the single most effective procedure for the prevention of the spread of disease. Staff is encouraged to wash their hands frequently and thoroughly using and antibacterial soap.

- Gloves are used when coming in contact with blood and body fluids.
2. Medical Emergencies
Lifesaving first aid and CPR shall be provided to consumers who as a result of accident, injury, or illness are determined to need such care.
 3. Routine Health Care
Consumers will be afforded routine health care to include:
 - Medical Evaluations at least annually with follow-up medical services as recommended by the primary physician.
 - Specialty evaluations such as dermatology, neurology, gastroenterology, etc. as referred by the primary physician.
 - Dental evaluation at least annually with follow-up dental services as recommended by primary dentist.
 - Visual/hearing evaluations as needed.
 - Routine immunizations as recommended by Public Health Department or primary physician.
 - Assistance and supervision of self-administration of medication.
 - Assistance and supervision of home health care needs.
 - Special diets as prescribed.

Reference: Rules and Regulations for Personal Care Homes and Community Living Arrangements
Standards for Community Mental Health, Mental Retardation and Substance Abuse Services

If the use of Medical protections devices and adaptive support devices are used, the following requirements will be in place:

1. Medical protections devices and adaptive support devices will be used only to facilitate and assist the consumer in participation of usual activities of daily living. They shall be used appropriately as treatment interventions only where less restrictive methods and devices have been evaluated and determined to be inappropriate and so documented.
2. An appropriate health care professional will conduct an assessment (a copy of which shall be kept in the resident's file) that describes and supports the specific needs for the device(s).
3. An order shall be written by a physician for the use of the device and shall be filed in the consumer's record. The order shall be for no longer than 180 days or six calendar months. The order shall include the type of device, the rationale for its use, the duration of its use, a plan for reduction in its use, and appropriate instructions

for the release and monitoring of its use. Re-ordering the device shall be preceded by the physician's physical examination of the resident.

4. The proposed use of the device is discussed in advance with the consumer and his or her legally authorized representative or legal guardian
5. The use of the device shall be specifically authorized in the individual service plan (ISP).
6. The staff shall be trained in the application of the device and the care of the consumers to whom they are applied. That training will be documented in the staff's competency folder. The training must be updated annually if the device is in use.
7. A registered nurse or other appropriate health care professional shall personally assess the consumer once a quarter or more frequently as ordered by a physician, and shall document his or her findings in the file of the resident, including the resident's response to the use of the device.
 - Inspected for cleanliness, and used in ways which cause no physical harm to the consumer
 - Free from tears or protrusions that might cause injury
 - Discontinued when no longer needed as a treatment intervention
 - Monitored to ensure the physician's order is being followed and devices are used appropriately.

Procedure:

Responsible Person(s)	Action
Medical Emergencies On-Site Manager Staff from consumer home Team Leader	<ol style="list-style-type: none"> 1. Will call 911 and follow 911 Operator's basic instructions until help arrives. 2. Will notify Team Leader as soon as possible so that coverage can be arranged for the home. 3. Will accompany consumer to hospital along with consumer's identifying information. 4. Will notify Service Director and CEO. 5. Will check consumer information for notification of Family/Guardian. 6. Will notify Family/Guardian/ Department and document actions in the consumer's file.
Routine Health Care Nurse	<ol style="list-style-type: none"> 1. Will provide annual nursing assessment to include the items listed in Policy statement #2. 2. Will schedule and monitor compliance with the routine health care requirements. 3. Will provide documentation in consumer's file of services provided.

APPROVED:

_____ TITLE: Director Central Care DATE: _____
 George Harris, LCSW