

Introduction

This volume of Special Care Topics for Long Term Care provides information and essential forms to develop comprehensive facility programs for Restraint Reduction, Fall Prevention, and Pain Care Management.

Guidelines are given for policy and procedure, documentation, assessment, and care-planning. Numerous forms are included for care plans, quality assurance audits, risk assessment, and monitoring.

All of the information in this manual is based on the latest regulations, guidelines, and updates from the Center for Medicare and Medicaid Services (CMS). Terminology is based on MDS language and nursing diagnosis definitions and classifications as outlined by the North American Nursing Diagnosis Association (NANDA). The care plan format follows the care plan standards from the American Nurses Association.

Members of the Nursing, MDS, Quality Assurance, Restorative Nursing, and Staff Education departments will find this manual helpful for improving existing programs or developing new programs.

Care plans and forms have been updated to ensure compliance with the change to MDS version 3.0 and with all of the federal regulations and guidelines updated during the past year.

All of the forms and care plans in the book are included on the CD so they can be saved to a computer whenever needed. By adding or deleting entries, the forms and care plans can be made resident specific.

Forms on the CD are not numbered. Forms in the manual are numbered for the sake of convenience.