



AANHR

Arkansas Advocates for Nursing Home Residents

PROTECTING NURSING HOME RESIDENTS

June 2012

Conway (501) 450-9619

AANHR's Mission Statement:

"To protect and improve the quality of care and life for residents in Arkansas nursing homes."

Next Meeting

June 11

MEETING PLACE:

First Assembly of God Church

4501 Burrow Road

North Little Rock

Directions to church on back of Newsletter.



June 11 AANHR Meeting Topic:

How Hospice Interfaces with the Nursing Home:

Why do I need two services caring for Mom?

Speaker: Dr. Kimberly Curseen, UAMS

10:00 A.M.

Meeting for members, family and friends of residents. Closed to persons representing the nursing home industry.

11:00 A.M. Public Meeting

(see article at right)

Career Nursing Assistants' Day

Thursday

June 14th, 2012



Please join us at 11:00 a.m. on June 11 as we learn about the benefits of engaging Hospice personnel in the care of our nursing home resident family members. Readers may ask why do we need the services of Hospice if nursing home staff are caring for our loved ones? Well, hospice members are extra ears and eyes to look after the well-being of family members. Hospice is also one-on-one whereas nursing home staff are responsible for every resident on the hall.

Most of you probably cringe at the word "hospice," thinking it means the end of life is near. But

that is not necessarily the case. Many clients are on hospice for months and years. It can be a great help to both clients and their families experiencing this phase of life.

Hospice has volunteers in addition to paid staff members. These caring individuals can "walk" one through the aspects of end of life issues. They also follow-up with grief counseling for family members. We hope to see you on June 11 as we learn valuable information for our personal use and also to pass along to others in the community we serve.

Complimentary Lunch

The Wilkes McHugh Law Firm has graciously offered those who attend AANHR monthly meetings a complimentary catered lunch at noon

following the meetings. Please feel free to stay for this time of fellowship after our meetings. AANHR thanks Wilkes McHugh for their many years of support for our organization.



From the President's Desk Martha Deaver

On behalf of AANHR I have recently been involved in several investigations involving Arkansas nursing homes. Searcy Healthcare, Hillcrest Care and Rehab in Prescott, along with the AR Veterans Homes in Fayetteville and Little Rock have recently made negative headlines. AANHR has advocated in all of these cases. Our organization is here to speak up for those who can no longer speak for themselves. If we can help readers in any way please feel free to contact one of our members using the numbers printed on page seven of this newsletter. You can also go to our website aanhr.org for more information. We are here for you.

I am sad to report to our readers that Arkansas has the highest percent of violations (according to CMS's latest data) for failure to prevent and treat bedsores. **Forty-seven percent** of AR nursing homes were cited. The national average is 19.43%.

If your family member is immobilized in bed or sits for long periods of time, he/she is at risk for bedsores (sometimes called pressure sores or decubitus ulcers). Bedsores can be prevented or successfully treated if caught early, but frequently lead to death from infection if allowed to develop.

A family member should **regularly** check the pressure points of heels, elbows, ears, and especially buttocks, which are areas where the weight of the body tends to exert enough pressure to cut off the blood flow to skin and underlying tissues. Bedsores start out as reddened areas that do not blanch when pressed but will progress to ugly open wounds if blood continues to be cut off to the underlying muscle due to pressure. This is no time to worry about privacy or embarrassment -- it is vitally important to monitor the condition of the skin over the entire body and to notify the Director of Nursing at the first sign of trouble and insist on a plan of correction for healing and prevention. Look under all bandages to see that care is given and healing is taking place. *(This paragraph reprinted from Good Care in Nursing Homes: Everyone's Basic Right, pg 8 AANHR).*

Readers can read about a case where bedsores were fatal in Mike Masterson's column in the AR Democrat-Gazette reprinted with permission on pages four and five.

Hillcrest Care and Rehab of Prescott was cited for several infractions:

1. Actual harm for failure to treat and prevent a resident's bedsore.
2. Actual harm for failure to notify her doctor when her bedsore became worse.
3. Failure to obtain the proper treatment orders from the doctor.
4. Failure to call and notify her legal representative, family.
5. Actual harm for failure to provide proper nutrition to prevent bedsores, protein drinks.
6. Failed as required, to contact the doctor within 24 hours when her condition worsened but they waited 13 days!
7. Actual harm for failing to give her the required nutritional support to prevent three bedsores over a period of five months, a bedsore on buttocks, bedsore on top of foot & bedsore on ninety-five percent of her heel!!
8. Cited for failing to follow doctors orders to prevent a deadly UTI for her.
9. Cited for actual harm for failing, as federal law requires, to maintain a ***Quality Assurance & Assessment Committee*** consisting of the DON, physician and at least 3 other members of the nursing home's staff. This committee is in place to implement plans and procedures for quality of care to develop and implement plan of action to correct and identify quality of care violations....They did not have this committee! All these violations not only harmed the resident but numerous other residents who reside at Hillcrest Care and Rehab in Prescott, AR. The affect of these violations on this resident were the most severe.....She died.

*35th Annual National Nursing Assistants Week
June 14-21, 2012
Career Nursing Assistants' Day
June 14, 2012*

*“Nursing Assistants
@ the Heart of Caring” ©*



To honor and thank

* Nursing Assistants * Direct Care Workers * Care Assistants *
* Home Care Assistants * Personal Care Workers *
* Geriatric Aide/Assistants * * Resident Assistants * Restorative Aides *
In nursing homes, home care, hospice, hospitals, correctional institutions,
schools and other long term care settings

Founder and Sponsor since 1977
The National Network Career Nursing Assistants and Direct Care Workers
3577 Easton Road
Norton, Ohio 44203
cnajeni@aol.com www.cna-network.org

~Celebrating 35 years as a professional organization for nursing assistants~

AANHR wishes to thank the caring Certified Nurse Assistants who provide the minute to minute hands on care for our beloved senior citizens who depend on this loving, conscientious care which adds life and health to their time spent in a nursing home.

Our Fatally Infected System

By Mike Masterson; used with permission, © 2012 Arkansas-Democrat Gazette.

Due to this article having a copyright, we are not able to publish this article on our website. You can view the article at this link:

</news/2012/may/01/our-fatally-infected-system-20120501/>

(Continued on page 5)

(Continued from page 4)

*“Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.”
Proverbs 31:8 NIV*



On a lighter note . . .



Dr. LaVonna Traywick: Humor, Laughter, and Aging

Dr. Traywick challenged everyone with the questions “What makes you laugh? When do you laugh? Where do you laugh the most? And with whom do you laugh the most. She said most of us don’t take humor seriously enough and need to learn to use it effectively making it part of our life.

She asks “why should senior adults be concerned about humor”? Because there are physical benefits, mental benefits and social benefits of laughter. A good laugh gives the same benefit as deep breathing, cleansing the air in your lungs. It lowers blood pressure and causes the release of endorphins that reduce pain. Laughter improves mental health by stimulating both sides of the brain and is a natural connectivity, laughing together and bonding. Dr. Traywick points out that senior adults tend to laugh at other people and themselves in shared predicaments and embarrassments. The things seniors find funny seem to be related to the stressors experienced during this time.

We are told to seek out and take advantage of opportunities to laugh every day, remind yourself to have fun by spending time with people who make you laugh. Look for humor everyday by paying attention to activities around you. Put humor into your surroundings. And take a “fun break” every day to laugh. You will bring joy to yourself and those around you. **Figure out what makes you laugh, then do it.**



Choice of long-term care setting and day-to-day decisions

Accountability of facilities and regulators to residents

Rights respected and care directed by residents

Empowered residents, families, advocates, and staff

Reprinted from CARE Matters to Residents, A Collection of Essays and Poems (compiled by NCCNHR, 2006 in honor of Residents' Rights Week).

AANHR Special Thanks

We extend our heartfelt thanks to the following people and groups who make our outreach possible:

Bob Edwards of Wilkes and McHugh for its financial assistance in the printing and mailing of AANHR's newsletter and other publications as well as financing the attendance of two board members to the annual NCCCHR conference.

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AANHR Officers and Board Members

President - Martha Deaver, Conway (501-450-9619)

Vice President - Gary Melton, Searcy (501-230-2846)

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Newsletter Editors: Ernie and Martha Blount, Searcy.

Honorary Board Members: Faye Sandstrum, Searcy.

Helpful/Important Numbers

The Office of Long Term Care (OLTC)

has a toll-free number for information, assistance and complaints for residents and family members:
1 - 800 - LTC - 4887 between 8 a.m. and 4:30 p.m. on weekdays.

You may also write to: Office of Long Term Care (OLTC) P.O. Box 8059, Slot 400 Little Rock, AR
72203-8059

OLTC website:

[Http://humanservices.arkansas.gov/dms/Pages/oltcHome.aspx](http://humanservices.arkansas.gov/dms/Pages/oltcHome.aspx)

You should also report complaints to the Arkansas Attorney General

Toll Free: 1 - 866 - 810 - 0016

Little Rock Local: 682 - 7760

For additional assistance or a listening ear, call AANHR at

(501) 450 - 9619 in Conway;

(501) 884 - 6728 in Fairfield Bay;

Visit our website at www.aanhr.org or e-mail us at Info@aanhr.org

Your local Ombudsman's number should be posted in a prominent place in the nursing home, preferably near the front entrance. You may also call your local Area Agency on Aging to secure the name and phone number of the Ombudsman.

The UALR Senior Justice Center can be reached at: **501 - 683 - 7153.**

www.ualr.edu/senior_justice



Arkansas Advocates for Nursing Home Residents

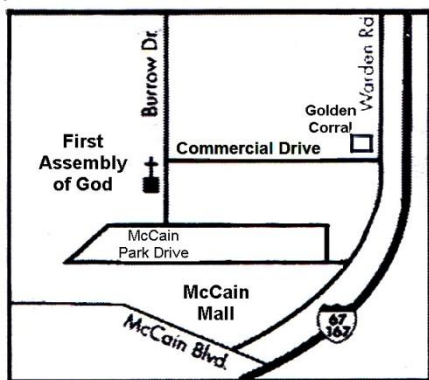
AANHR

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www.aanhr.org

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Strength in Numbers, AANHR Needs You!!

AANHR is a nonprofit organization run by non-paid volunteers dedicated to protecting and improving the quality of care and life for Arkansas residents in long term care facilities.

Won't you please lend your support to us by joining our organization? Your membership dues help to pay for our activities that support our mission statement. Memberships are available on a calendar year basis. Join now and you will be a member through December 31, 2012.

Today's Date _____

Name _____

Mailing address _____

City/State/Zip _____

Phone _____

Email _____

- I wish to receive the AANHR newsletter.
- \$15 per individual membership enclosed.
- \$20 per family or corporate membership.
- \$4 per student or CNA membership.
- Waive dues because of financial hardship.

Please make checks payable to: AANHR and mail to PO 2336 Riverview Circle, Benton AR 72019

Driving directions to First Assembly of God Church, 4501 Burrow Road, North Little Rock

Coming from the North:

When driving South on Highway 67/167, take exit #1A onto Warden Road. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Coming from East, West or South:

If you are on either I-30 or I-40, take Highway 67/167 North. Take exit #2 onto Landers Road. Stay in the left-hand lane, as you will be turning left and going under Highway 67/167 and enter Warden Road going southbound. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Commercial Drive terminates at the church. Proceed straight across Burrow Road into the church's parking lot and turn right at the far side of the building into the narrow alley-like drive.

The entry door is located about half-way down this side of the church and the meeting room (#113) is immediately inside the entrance door.