

F 0325 Make sure that each resident gets a nutritional and well balanced diet, unless it is not possible to do so.

Level of harm - Actual harm

Residents Affected - Few

Based on interview and record review, the facility failed to provide interventions to prevent an 11% significant weight loss for 1 (#4) of 16 sampled residents.

Findings

include:

1. Review of resident #4's care plan, with a last review date of 9/5/17, showed the resident was to receive a regular diet and needed to be weighed weekly. Review of the facility's weights and vitals summary sheet, printed on 9/26/17, showed resident #4 was being weighed one time per month. The weights for the six months were as follows:

- 4/4/17: 138 lbs.
- 5/8/17: 137 lbs.
- 6/16/17: 134 lbs.
- 7/6/17: 130 lbs.
- 8/18/17: 126 lbs.
- 9/26/17: 123 lbs. (this weight was taken after the survey had begun and was requested by the survey team)

The weights listed showed an 11% weight loss in six months.

Review of resident #4's most recent Nutritional Assessment Update, dated 7/31/17, showed resident #4 was 130 lbs. There was no indication of a weight loss, but it did show a potential problem because of inadequate oral intake related to low weight for height. The nutritional intervention was that the diet and a supplement were to be followed per doctor order, and follow the appetite, weight and skin per facility routines. The nutritional note also showed that the resident could select meals and alternate choices should be provided at each meal per his desires.

Review of resident #4's care plan did not show any of interventions listed on the Nutritional Assessment.

The doctor order recap report was requested on 9/25/17 and was not provided. The document the facility provided was an order recap report that showed, no data found.

No additional documentation was provided by the facility to show they were addressing how the weight loss was being managed.

During an interview on 9/26/17 at 12:40, staff member I stated that there was not a September 2017 weight for resident #4 at the time of the interview, but that she would have one of the aides weigh him as soon as possible.

During an interview on 9/26/17 at 1:45 p.m., staff member H stated resident #4 would not eat at all at some meals. She stated that he will eat cheese burgers and fries at every

meal if he was able. She stated that resident #4 goes through phases with his appetite, but she struggles because she could not force him to eat. Staff member H stated that she thought that the resident had been stressed with his family situation.

During an interview on 9/26/17, at 2:00 p.m., resident #4 stated he had not met with NF2 since he had started losing weight. The resident stated he was unsure of the individualized interventions on his care plan to help him maintain his weight. He stated he did not recall being asked food preferences, and did not recall anyone meeting with him to discuss the weight loss. He stated he had been stressed with his family and was unable to eat when he felt stressed or depressed. He stated he would eat burritos at meals and for snacks if he could, but that he did not like the boost that he had an order for [REDACTED].

>During an interview on 9/26/17 at 2:15 p.m., staff member B stated she was unsure about the nutrition plan for resident #4. She acknowledged that there were no individualized interventions for the resident in relation to his weight loss or nutritional needs. She stated she was not aware he was feeling depressed and did acknowledge that his depression symptoms, and not eating when he was having increased depression symptoms, was not on his care plan.

During an interview on 9/28/17 at 9:00 a.m., staff member G stated he was not sure resident #4 was losing weight. He stated that he did have many alternatives and individualized interventions he does with the resident. He stated he had come up with the interventions himself because he had not had a lot of support from NF2.