



Oregon

John A. Kitzhaber, M.D., Governor

Department of Human Services

Office of Licensing & Regulatory Oversight

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Nursing Facilities

Information Memorandum

Policy, Updates, and Rule Clarifications

IM-14-1-2014



Date: January 31, 2014
To: Nursing Facility Providers
From: Nursing Facility Licensing Unit
Subject: Notes January 22, 2014 News Hour
Contact: NF.Licensing@state.or.us

Memo Summary:

On January 22, 2014, the Nursing Facility Licensing Unit held the first NF News Hours of 2014. We want to thank all the attendees for participating. One of the key presentations was on flu precautions presented by Deborah Cateora, RN, BSN of the Office of Licensing and Regulatory Oversight. Deborah's information is included below with a brief outline of the other topics presented.

Next Nursing Facility News Hour is April 23, 2014. We look forward to speaking with you then. Please submit any questions or suggested subjects to the NF team email address:
NF.Licensing@state.or.us

Nursing Facility News Hour

**January 22, 2014
10:00 to 11:00 am**



 DHS | Safety, health and independence for all Oregonians

**Computer or phone access:
Link to download ATT connect
software:**

<https://connect9.uc.att.com/service32/meet/?ExEventID=84127699>

Conference Number: 1-877-848-7030

Participant Code: 4127699#

Office of Licensing & Regulatory Oversight (OLRO) Participants

Dave Allm, Nursing Facility Licensing Unit Manager
Ann Birch, Compliance Coordinator
Joanne (Jo) Birney, Nursing Assistant Policy Analyst
Mary Borts, RAI Coordinator
Cathy Elizondo, Survey Trainer
Kathy Giddens, Compliance Coordinator
Keith Ramey, Survey Manager
Renee Shearer, Operations and Policy Analyst
Celeste Symonette, Survey Manager
Marcia Thompson, Operations and Policy Analyst
Mark Tsujimura, Survey Trainer
Guest Speaker: Deborah Cateora, BSN, RN, OLRO and
Cindy Susee, Nursing Facility Reimbursement Policy Analyst

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Welcome & Introductions

Dave Allm, Manager
Nursing Facility Licensing



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New Office Location

Office of Licensing & Regulatory Oversight

3406 Cherry Ave NE, Salem, OR 97303

PO Box 14530, Salem, OR 97309



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Fax: 503.378.8966

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Flu Precautions

Deborah Cateora, BSN, RN, Office of
Licensing & Regulatory Oversight

Spd.hsu@state.or.us



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2013 – 2014 Flu Season

- H1N1 appeared in Oregon late December;
- Vaccines since '09 contain 2 strains of H1N1;
- The emergence of this year's H1N1:
 - Symptoms are more severe;
 - Course lasting longer;
 - Increased number of healthy adults (24-49) being hospitalized or have died from complications.
- The characteristics are more in line with what we thought would happen in 2009.

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2013 – 2014 Flu Season

- Oregon H1N1 is widespread:
 - 289 hospitalizations 80% younger than 65;
 - 9 deaths statewide;
 - Over 100,000 ER visits in the Tri-County area.
- Why is this important to know?
 - Increased risk of health care workers becoming ill in addition to the population you serve;
 - May have serious impact on staffing:
 - Employees may be out for several weeks.

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FLU FACTS

- Individuals exposed to the virus are:
 - Contagious 1 – 3 days before symptoms;
 - Contagious ~7 days after symptoms resolve;
 - Individuals with compromised/underdeveloped immune systems can be contagious longer;
 - Some individuals may be infectious but not experience any symptoms.
- Even vaccinated individuals may still be infected, however, generally they have milder symptoms.

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FLU FACTS

- Initially spread via coughing, sneezing or talking. Subsequently it is spread:
 - Human to Human;
 - Human to surface; and
 - Surface to Human.
- Flu vaccine *cannot* give someone the flu
 - Some strains of the flu are hard to distinguish from a serious cold;
 - Norovirus is frequently mistaken for the flu.

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Prevention

- Prevention works – sadly when it does folks believe it was just hype.
- Seasonal flu vaccine is a good first defense.
- Religious hand washing at work and at home.
- Make sure residents and staff fully understand how to cough properly – vampire style.
- More frequent surface cleaning – don't forget light switches, handles on all appliances, door knobs, remote controls etc.

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Prevention

- If a resident is ill with flu like symptoms have staff use masks while providing direct care.
- Make sure there is plenty of hand sanitizer available in all areas including the med room.
- In addition to routine standard precautions:
 - Avoid touching your nose, mouth or eyes;
 - Avoid shaking hands;
 - Avoid using other staff's phones, desks etc.;
 - Limit unnecessary visitors.

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Prevention

- Annually, review with staff sick leave policies:
 - When employees need to stay home:
 - Food handlers are not allowed to work if they have a communicable disease.
 - When employees become ill at work they should go home promptly.
- An annual planning process before flu season.
- Review the Business Flu Toolkit:
 - <http://www.cdc.gov/flu/business/>
 - Website has numerous brochures check lists etc.

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Facility Considerations

- Reduce large group activities;
- Try to space residents a little further apart;
- Make sure to have a business plan if staff become ill – in advance! Get in-put from staff.
- Help keep staff healthy – good hydration, good nutrition; taking breaks and support in practicing good prevention measures;
- Extra shifts? Assess staff for fatigue.

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Norovirus

- Norovirus has hit the tri-county area hard again;
- Similar to the novel strain last year:
 - Found in the general population instead of the classic settings i.e. cruise ships; NFs; prisons etc.
- No vaccine or treatment available;
- No acquired immunity – believe there is some during the current season but zero from a previous season.
- Hand washing is most effective followed by hand sanitizer and must use products effective against Noro Virus.

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Questions and Answers



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RAI Coordinator



**Mary Borts, RAI Coordinator –
Scheduling update.**



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Regulatory Update

**Nurse aide staffing program updates
Joanne Birney, Operations and Policy Analyst**



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Administrator Packets

**Marcia Thompson,
Licensing and Operations
Policy Analyst**

**Administrator
Packet**

Working With the Office of
Licensing and Regulatory
Oversight

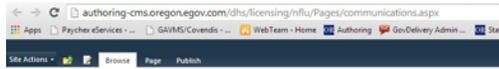


Program Updates

**Closure Rule - Renee Shearer, Policy Analyst,
503.373.2164 / renee.m.shearer@state.or.us**



NF Website Revisions in Progress



Survey

- **Surveyor staffing updates and Client Care Surveyor openings. It is anticipated that Client Care Surveyor (open competitive) position information will be available on the Internet in February 2014 at:**
<http://agency.governmentjobs.com/oregon/>



**Celeste Symonette &
Keith Ramey,
Survey Managers**



Quality and Efficiency Incentive Program / APD Rule Update

**Cindy Susee, Nursing Facility
Reimbursement Policy Analyst
503.945.6448**



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Questions and Answers Summary

**Save the Date! Upcoming
News NF Quarterly News**

Hour Dates:

- **April 23, 2014**
- **July 23, 2014**
- **October 22, 2014**



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