



Health Committee Meeting Minutes Tuesday, January 14, 2020

Present Board: Deborah Avakian, David Gruber, Margaret Jacobs, Jeanie Kayser-Jones, Bernie Burke, Residents' Council President

Excused Board: Tony Hanley

Present Staff: Cindy Chen, Interim Director of Nursing

Present: Dr. Miteshkumar Patel, Medical Director, Ingrid Valerio, COO of Core Continuity of Care

Staff Excused: Hanh Ta, Nursing Home Administrator and Operations

1. **Call to Order:** Chair, Dr. Jeanie Kayser-Jones, called the meeting to order at 3:40 p.m.
2. **Approval of Minutes:** The Minutes of the December 10th Health Committee Meeting were approved. Following the approval of the Minutes, Jeanie stated that the discussion of the Cognivue machine would be postponed until the February meeting due to Hanh's absence. Jeanie also mentioned the need for a list of Health Center staff indicating who is doing what. She inquired if Sandra Peret had passed her Board exam to become an RN. Cindy replied that Sandra had not taken her exam.
3. **Medical Director's Report:** In response to Jeanie's question, "How has it been?" Dr. Patel stated that he has only been here as Medical Director for two weeks, and that the Medicare Survey had occurred during that time. He also mentioned that Ingrid, is working on a Health Center flyer to be distributed to hospitals. He hopes to attract more patients to our Health Center by attending monthly meetings at CPMC, and UCSF to achieve "preferred provider status" with their case managers.

Dr. Patel will be attending the QAPI meeting on Friday and the IDT meeting on Wednesday. He will draft a letter to AI and IL residents as Dr. Moskowitz is closing his practice and his last day at Heritage on the Marina will be February 28th. Dr. Patel stated that he does not have a "set" schedule for Heritage on the Marina, however he or his nurse practitioner will be here every other week day, depending on the needs of his other communities, and one weekend day. In addition to Dr. Patel, who is a provider for Brown and Toland insurance, Dr. Fusheng Wang is still available to see our residents who are covered by Brown and Toland.

The process for AL-IL residents who want to see a doctor was clarified: they contact our LVN, Mina Seng and she contacts Dr. Patel, or another physician, if a resident needs an appointment.

Cindy Chen sets up appointments for residents in the Health Center, including intake exams for admissions to the Health Center.

Although Dr. Patel and Ingrid were briefly introduced at the last Residents' Council meeting, Margaret suggested a "Special" meeting for residents to discuss Dr. Patel's system as it differs from our previous Medical Directors.

4. Interim Director of Nursing Report:

- a) Cindy Chen reported that today's census in the Health Center is 23, with 8 Medicare patients. (**Attachment 1**)
- b) Cindy presented information on falls with and without injury in IL, AL and the Health Center for 2019. (**Attachment 2**) Over all three levels of care there were a total of 104 falls in 2019. The major injuries sustained by these falls were three hip fractures, one rib fracture, one dislocated hip and one organ injury involving a spleen.

Jeanie inquired if Cindy could determine why more falls occurred in certain months and less in others. Cindy responded that some residents had multiple falls, and some falls resulted from medications residents were taking. Jeanie stated it would be valuable to have more information and to compare our statistics with those of other similar communities in California. Jeanie would also like to have data on when falls occur: day, night, or during shift changes, as well as data on the outcome of falls (for example, if a resident falls and fractures a hip, does the resident come back to the community and at what level of care).

Jeanie inquired about interventions to prevent falls and asked if we had implemented a "fall prevention program," as Hanh said would be implemented in January 2019. To date, a fall prevention program has not been implemented. Karina Tapia and a volunteer do offer balance and exercise classes designed to help prevent falls.

Margaret stated that it is very difficult to change the behavior of residents, but again mentioned the NymbiScience Fall Prevention program which she said only has a 50% success rate.

Jeanie thanked Cindy for taking on so much responsibility, serving as the charge nurse for AL-IL and as the acting DON in the Health Center.

Jeanie asked if our staffing is adequate for our census in the Health Center. We are adequately staffed, except we do not have an RN on Saturday mornings. Cindy mentioned she is still doing a lot of the scheduling and dealing with 2-3 call-offs every day, even though this has recently become Housekeeping Supervisor, Regina Benedith's responsibility. Cindy spends a lot of time trying to find replacements when staff call in sick. Chris Vezzetti is no longer involved with scheduling, but is doing recruitment and retention full-time.

Jeanie commented that our Health Center is small to have a full-time MDS Coordinator, and asked if this person could assist with other responsibilities. Cindy replied that due to all the CMS (Medicare) requirements and regulations, and the need for accurate and timely reporting, this is a full-time position.

Cindy clarified that Sandra Peret is doing in-services, training and staff development. Cecilia Amayo is our Medical Records and Intake Coordinator, who is responsible for Health Center admissions.

5. **Residents' Representatives:** Both Margaret and Bernie mentioned that they will be switching to Dr. Patel, as Dr. Moskowitz will no longer be practicing.
6. **Old Business:** Jeanie and the Committee are still discussing an appropriate Functional/Cognitive exam for our residents. The BIMS exam is being used as a baseline assessment on all of our residents per CMS (Medicare) requirements. Another exam mentioned was the Stanford Short Portable Mental Status Questionnaire "SPMSQ". Jeanie noted that some of the available cognitive exams are old and outdated and some are now copy-righted.
7. **Adjournment and establish date of next meeting:** The meeting was adjourned at 5:10 p.m. The next meeting will be Tuesday, February 18, 2020 at 3:30 p.m. in the Garden Conference room. **The Committee decided to meet on the third Tuesday of every month.** Jeanie would like the "Culture of Excellence" to be an item on next month's Agenda, in light of all the staff turn-overs in the Health Center.

Respectfully submitted,

Patti Gallagher,
Marketing Coordinator