LongTermHealthCare

South Carolina Board Of Long Term Health Care Administrators

January 2005

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2004 SC Spirit of Caring Award Recipient Saluda Nursing Center

The 2004 South Carolina Spirit of Caring hosted by the Division of Certification of the SC Department of Health and Environmental Control was held in November. This was the 7th year of the program whose mission is to encourage facility participation in implementing innovative ideas and programs that improve the quality of life and quality of care for all residents in Long Term Care Facilities. *Spirit of Caring* recognizes and rewards facilities, their employees, residents, family members and volunteers for their contributions.

The theme of the 2004 awards was "The Journey to Excellence is Never Taken Alone". One of the 2004 winners was Saluda Nursing Center for its "Rock and Roll With The Golden Oldies" program. Robert Bowles, Administrator of Saluda Nursing Center, said, "We are extremely honored to be chosen as an award recipient and encourage all the nursing homes to participate in SC Spirit of Caring. It is a great learning opportunity to hear what other facilities are doing...also involving your staff in a project in which they see results and how it affects residents is great for them."

Excerpt from the facility's report that was submitted in the 2004 SC Spirit of Caring awards program:

SPIRIT OF CARING INNOVATION

"ROCK AND ROLL WITH THE GOLDEN OLDIES" is the choice for our 2004 Spirit of Caring Journey to Excellence innovation. A resident of our center was being assisted to his unit after a fun activity and was asked, "Where would you like to go?" The

Continued on page 2

From the Board Administrator

Happy New Year! If one of your professional resolutions for 2005 is to increase the safety of your employees and earn your continuing education hours as cheaply as possible, then the Board has a deal for you! See the back cover about an upcoming training being cosponsored by the Board and the OSHA Office of Voluntary Programs (OVP) in April 2005.

Other exciting work being done by the Board in 2005 is developing and implementing the Administrator-in-Training Program for Community Residential Care Facility Administration. The Long Term Health Care Administrators Practice Act was amended in 2004 to include an AIT program for this profession. The Board's Nursing Home AIT Program has been operating since 1998 with success, and we look forward to offering a second program for CRCF Administration! When the new AIT program is ready for implementation, information will be on the Board's website and a mailing will go out to licensed CRCFAs.

If you have questions about these or other Board matters, feel free to contact the Board office.

Saluda Nursing Center Continued from page 1

resident replied jokingly, "Take me to my cell, so I can rock for a while!" The assistant laughed and stated, "We're not a jailhouse, but we are a center that **can rock and roll**, can't we?" The activity assistant thought – WHY NOT – Why not have a nursing center that can "ROCK" and "ROLL"... and make residents feel young at heart as they enjoy their days at our facility. Why not reminisce on the good old days with the residents and their families in a positive setting. Our **Journey to Excellence** is a path we desired to take to

lift spirits and allow residents to find happiness and fun in their daily lives. A happy memory makes a better tomorrow. The journey we took let them know that we really cared and gave time to them. We chose **Rock and Roll with the Golden Oldies** for a week of emphasis for the residents, along with family and staff to share those good old days. We decorated the assembly room with the theme from the fifties. To enhance our special program each unit decorated with their own creativity from the twenties to the sixties. A special sock hop and an antique car show were held. The residents were so excited as we began to plan for the special week, and immediately began to reminisce of things they had done during their younger years, when their bones and feet could truly rock and roll!

TARGET GROUP

Our target group was all residents of our center. The idea of rolling back in time had the possibility of reaching these residents in some sensory skills area. Passing through the units they could see the golden oldies decorations that could flash a memory within them. They could participate in reminiscing with their good old day stories. They could enjoy the hands on of the articles from the twenties through the sixties that staff, families or volunteers brought for the week. The antique car show was a time when they could actually see and touch a part of their past, and the sock hop was a time when they could revive those movements that had been "stored up" for years!

INVOLVEMENT

The staff in the activity department began the planning of our special week of entertainment. Each unit of our center was asked to get involved with the decorating of their units with any theme they chose from the twenties to the sixties. Most of the units chose the rock and roll era. The creativity of the staff brought excitement as they began planning their unit decorations and costumes. They jumped in with their ideas and this excitement spread among the residents. The center was brought to life with all the Golden Oldies decorations supplied by the staff, families, volunteers and residents. We reached out to the public and families, through our invitation in the paper, inviting them to join us and share in the fun.

Some family members brought items of interest in for the residents to enjoy. A team of about 12 people brought their antique cars to display in the parking lot and allowed us to take pictures of the residents by their favorite vehicle. For our special program and sock hop, we invited community friends to come and join our "family" with good shagging and other dancing demonstrations. Every unit of our facility had a special part in the program. Residents read poems and gave welcomes. Family members of staff performed and staff members from units did skits or performed special songs from the era they chose. Our journey involved staff from nursing, personnel, housekeeping, dietary, activities along with families, residents and volunteers. This innovation brought fun to all.

OUTCOMES

ROCK AND ROLL WITH THE GOLDEN OLDIES accomplished just what we knew it could. We rolled back in time and allowed our residents, staff, families, visitors and volunteers to catch a glimpse of days gone by, where sweet memories and happiness lay. Our program brought memories to the present and gave joy and hope that would carry into the future. This activity and theme revived spirits and brought many smiles as families and residents united in love. The past melted into a happy present with the fun shared, and it linked families together for the future. Family members assisted their love ones through the units allowing the resident to observe all the decorations. They loved it!

"You really outdid yourself!" was the response of one resident. "I had a ball", said another resident when being interviewed. A nurse responded, "I wish we would do this every day. It was so much fun!" One male resident responded, "I feel 10 years younger"! One volunteer, who had come to demonstrate dancing stated, "You all are always doing such good things to make our residents feel better. I had so much fun". An elderly lady visiting said laughingly, "This activity made me feel young at heart".

We consider it a successful innovation. Residents smiled and raised their arms in dancing and really got into the "groove"! The residents thanked us repeatedly for this special week.

ADVICE

Our activity staff would recommend this program for any facility. There's no limit to the creativity and fun you can have. The decorations and costumes really enhanced the program and got the residents excited. The residents enjoyed dressing up too, for the special program. Take the time to involve them, because it makes them feel very special. We involved some of the residents in giving welcomes and prayers, and in performing during the main program. They loved practicing their part weeks in advance. Spend the time in preparing early and you won't regret the results. Make sure to invite family and outsiders to participate. Their ideas are great! Allow time ahead for the making of costumes and decorations and inviting participants. It will

Continued on page 3

Saluda Nursing Center Continued from page 2

definitely cut out some of the last minute stress. Just roll back in time and let the past lead to a journey of excellence!

COST

We made our decorations from boxes, so there was no expense there. Staff members and outsiders shared their treasures with us for decorations. We bought some black paper amounting to \$6.00. We chose to serve coke floats at our rock n' roll bar and this expense was \$60.00. Centerpieces for our tables and tablecloths were \$50.00. The total was approximately \$116.00. (We did choose to buy candy for all the units for their support and spirit. This amounted to \$20.00, but was an optional cost.) This cost was paid for out of the activity fund.

Activity Director Certification

The National Certification Council for Activity Professionals (NCCAP) is one of the certifying bodies recognized by Federal law. Certification is also one of the qualifiers for employment as an Activity Director in a licensed skilled care facility. NCCAP is the only national organization that exclusively certifies Activity Professionals who work with the elderly.

When a Certified Activity Professional is hired, an Administrator can be sure he/she has met certain professional standards. Each qualifying track to certification includes: a minimum of two years experience in activities, specific academic educational requirements, and additional continuing education hours from NCCAP's body of knowledge. Hiring a Certified Activity Professional assures the employer that the person should be qualified to provide appropriate activity services for each of the varied resident needs in a geriatric setting.

Depending upon the standards achieved, on receipt of their certification approval, Activity Professionals are entitled to use the appropriate professional initials behind their names – ADC (Activity Director Certified) or ACC (Activity Consultant Certified). It is illegal for a person to use these initials if he/she is not certified, or has not maintained his/her certification (must be renewed every two years with a required 30/40 approved education clock hours).

Our organization wants to make sure Administrators are aware of the documentation and verification that is available to them. The Certified Activity Professional should be able to provide Administrators with a copy of their NCCAP certification certificate, which has an expiration date. If this is not available, Administrators may contact NCCAP at 757-552-0653 or www.nccap.org to verify certification. If Administrators have staff who state they are certified, or who are using the initials ADC/ACC behind their names, we would recommend having the proper documentation in their personnel files to assure no future legal actions. If anyone is unknowingly or illegally using these initials, please ask them to stop the practice immediately. NCCAP has and will take legal action should they become aware. If you have any questions about certification, please feel free to contact me at 803-736-3586 or <u>dbouknight2@sc.rr.com</u>.

Debbie Bouknight, ACC, President S.C. Activity Professionals Association

Nursing Home AIT Program Update

Since the update in the July 2004 issue, another AIT program has been completed and an additional Nursing Home Administrator has been certified to participate in the program as a Preceptor:

AIT

• Elizabeth (Libby) Kinney, AIT, trained at NHC Healthcare in Anderson with Brad Moorhouse, Preceptor for nine months. Libby completed her training in July 2004 and has since become a S.C. licensed NHA.

NEW PRECEPTOR

• Edward Burton at Fairfield Healthcare Center in Ridgeway

If you are licensed as a nursing home administrator and are interested in being an AIT preceptor, feel free to call the Board office at (803) 896-4544 for more information or go to the Board Web site at www.llr.state.sc.us/POL/LongTermHealthCare. The AIT Preceptor Application is available on the Web site under the "publications" heading.

Disciplinary Update

The following Orders were approved by the Board at the December 1, 2004, meeting:

• A Community Residential Care Facility Administrator signed a Consent Order that includes a \$500 fine. The CRCF Administrator was charged with practicing without a license for a period of approximately three months in 2003.

• A Community Residential Care Facility Administrator signed a Consent Order that includes 2 1/2 years of probation, a \$1500 fine and random visits by the board investigator during the period of probation. The CRCF Administrator was charged with subjecting a resident to abuse and for keeping a resident at the CRCF who needed a higher level of care.

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Points of Interest:	2005 Board Meeting Calendar
Saluda Nursing Center1 Activity Therapist Certifica- tion3 Board Updates3	March 2-3, 2005 June 8-9, 2005 September 7-8, 2005 December 7-8, 2005 All scheduled meetings will be held at the Department of Labor, Licensing and Regulation, 110 Centerview Drive, Columbia, SC 29210.

Upcoming OSHA TrainingFree to participants!!

In 2001, the Board worked with the Office of Voluntary Programs at the South Carolina Department of Labor, Licensing and Regulation to present several free OSHA trainings to nursing home administrators, community residential care facility administrators and their staff. If you attended, you already know what a great program it was and the invaluable information you received directly from the South Carolina OSHA office staff.

The training is back with updated and timely information for long term health care administrators. It will be **free of charge** and there will be **Board-approved CE hours**.

Mark your calendars for **April 28, 2005**...more information will follow soon on the Board's website and by mail to Administrators.