

## Nursing Home Web Resource Guide

This web resource is designed with healthcare providers in mind in order to assist them in every day quality improvement within their facilities. It is easy to navigate and each link provides a brief description of what the website/organization/agency has to offer.

Featured categories include:

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We encourage you to check the link to the KFMC website often for updates and please let us know if there is anything we can add to assist you better.

### [Healthcare Advocacy](#)

#### [Kansas Advocates for Better Care \(KABC\)](#)

[www.kabc.org](http://www.kabc.org)

Founded in 1975 as Kansans for Improvement of Nursing Homes, the mission continues to be “promoting quality long-term care for residents of licensed adult care homes.” KABC is a 501 (c) (3) non-profit organization, funded by members, contributors and grants for special purposes.

- [To Contact KABC \(Phone: 785-842-3088\):](#)
  - Mitzi McFatrach, Executive Director  
[mitzim@kabc.org](mailto:mitzim@kabc.org)

#### [Kansas Foundation for Medical Care \(KFMC\)](#)

[www.kfmc.org](http://www.kfmc.org)

A not-for-profit Quality Improvement Organization (QIO) for Kansas, dedicated to the improvement of healthcare in Kansas through educating consumers, providers and aiding Medicare and Medicaid patients in receiving the highest quality healthcare available. Our vision is to serve as the primary agent in focusing the statewide healthcare community to achieve significant and continuing improvement in the quality of healthcare.

- [To Contact KFMC \(Phone: 785-273-2552\):](#)
  - Darlene Smikahl, Nursing Home Project Manager  
[dsmikahl@ksqio.sdps.org](mailto:dsmikahl@ksqio.sdps.org)

## Living Initiatives for End of Life Care

[www.lifeproject.org/home.htm](http://www.lifeproject.org/home.htm)

The LIFE project is a collaborative effort of many organizations whose mission is to help all Kansans with advanced chronic and terminal illnesses live with dignity comfort and peace through advance directives.

## Long-Term Care Ombudsman

<http://www.kansasombudsman.ks.gov/>

The office coordinates the work of long-term care ombudsmen, who act as advocates for residents of long-term care facilities across the state. They also aid administrators with resident right concerns.

Main Email: [LTCO@da.ks.gov](mailto:LTCO@da.ks.gov)

Belinda Vierthaler, MSW, State Long-Term Care Ombudsman Email: <a href="mailto:Belinda.Vierthaler@da.ks.gov">Belinda.Vierthaler@da.ks.gov</a> • (785) 296-3017 • (877) 662-8362			
Lori Myers	Region 1	Hutchinson	(620) 728-0180
Cynthia Bailey	Region 2	Topeka	(785) 296-2962
Phylis Toumberlin	Region 3	Overland Park	(913) 236-9385
Gloria Simpson	Region 4	Wichita	(316) 347-1429
Jan Scoggins	Region 5	Dodge City	(620) 225-2439
Velvet Johnson	Region 6	Hays	(785) 628-3121
James Grooms	Region 7	Topeka	(785) 296-6017
Gina Johnston	Region 8	Pittsburg	(620) 230-0743
Mary Blake	Region 9	Wichita	(316) 640-3710

## The National Consumer Voice for Quality Long-Term Care

[www.nccnhr.org](http://www.nccnhr.org)

Formerly the National Citizens' Coalition for Nursing Home Reform, the NCCNHR is the national voice to improve the quality of care for the nation's long-term care consumers. The NCCNHR is the source for long-term care education, advocacy and policy analysis at both the state and federal level.

## Federal Government Agencies

### Centers for Medicare and Medicaid Services (CMS)

- 5 STAR Quality Rating System

[http://www.cms.gov/CertificationandCompliance/13\\_FSQRS.asp](http://www.cms.gov/CertificationandCompliance/13_FSQRS.asp)

CMS created the Five-Star Quality Rating System to help consumers, their families, and caregivers compare nursing homes more easily and to help identify areas about which you may want to ask questions.

- **Advancing Excellence in America's Nursing Homes**

<http://www.nhqualitycampaign.org/>

The Mission of the Advancing Excellence in America's Nursing Homes Campaign is to help nursing homes achieve excellence in the quality of care and quality of life for the more than 1.5 million residents of America's nursing homes by:

- Establishing and supporting an infrastructure of Local Area Networks for Excellence (LANEs),
- Strengthening the workforce, and
- Improving clinical and organizational outcomes

The campaign's unprecedented coalition includes long-term care providers, caregivers, medical and quality improvement experts, government agencies, consumers and others.

- **The American Health Quality Association (AHQA)**

[www.ahqa.org](http://www.ahqa.org)

The American Health Quality Association represents Quality Improvement Organizations (QIOs) and professionals working to improve the quality of health care in communities across America. QIOs share information about best practices with physicians, hospitals, and nursing homes. Working together with health care providers, QIOs identify opportunities and provide assistance for improvement.

- **Nursing Home Compare**

[www.medicare.gov/NHCompare/home.asp](http://www.medicare.gov/NHCompare/home.asp)

A site designed by CMS that provides detailed information about every Medicare and Medicaid certified nursing home in the country. Individuals looking for a nursing home are encouraged to use these tools, along with the information gathered during visits to nursing homes in order to make the most informed choice. Also, an opportunity for homes to view their ratings and look for areas of improvement.

- **Publications**

<http://www.medicare.gov/Publications/Search/SearchCriteria.asp?version=default&browser=IE%7C7%7CWInXP&Language=English&pagelist=Home&comingFrom=13>

View, print or order Medicare publications/resources

## **Infection Control**

<http://www.cdc.gov>

The Centers for Disease Control and Prevention (CDC) is the principal agency in the United States government for protecting the health and safety of all Americans.

## **Medicare (General Information)**

[www.medicare.gov](http://www.medicare.gov)

The resource guide for information on Medicare and the link to find federal regulations. Includes information on benefits, coverage, Plan D, Medicare reform, etc.

## **MDS 3.0**

[http://www.cms.gov/nursinghomequalityinits/25\\_NHQIMDS30.asp](http://www.cms.gov/nursinghomequalityinits/25_NHQIMDS30.asp)

The MDS is a powerful tool for implementing standardized assessment and for facilitating care management in nursing homes (NHs) and non-critical access hospital swing beds (SBs). MDS 3.0 has been designed to improve the reliability, accuracy, and usefulness of the MDS, to include

the resident in the assessment process, and to use standard protocols used in other settings. These improvements have profound implications for NH and SB care and public policy. Enhanced accuracy supports the primary legislative intent that MDS be a tool to improve clinical assessment and supports the credibility of programs that rely on MDS.

## State Regulatory Agencies and Information

### Kansas Department on Aging (KDOA)

[www.agingkansas.org](http://www.agingkansas.org)

The Kansas Department on Aging (KDOA) is the state's center for aging services and information, also the link to find state regulations. The department runs federal and state programs to aid seniors in Kansas.

- **To Contact KDOA (Phone: 1-800-432-3535):**
  - Vera VanBruggen, RN, BA, CDONA, Division Director, State RAI(MDS) Coordinator  
[Vera.vanbruggen@aging.ks.gov](mailto:Vera.vanbruggen@aging.ks.gov)
    - *Development adoption and interpretation of regulations of adult care homes. i.e., nursing facilities, assisted living/residential care, boarding care, home plus, adult day care, ICF/MR, RAI Coordinator. Provides consultation and education of regulations and interpretation, RAI, MDS submission and overall facility concerns.*
  - Al Gutierrez, Environmental Services  
[Al.gutierrez@aging.ks.gov](mailto:Al.gutierrez@aging.ks.gov)
    - *Reviews site and floor plans and conducts pre-licensure survey on adult care homes. Telephone, email and in-person consultation related to physical environment regulations.*

<p>1.Wyandotte/Leavenworth Area Agency on Aging 1300 North 78th Street, Suite #100 Kansas City, Kansas 66112-1540 (913) 573-8531 1-888-661-1444 FAX: (913) 573-8577 E-mail: <a href="mailto:JanWilliams@wycokck.org">JanWilliams@wycokck.org</a></p>	<p>7.East Central Kansas Area Agency on Aging 117 S. Main Ottawa, KS 66067-2327 Phone 785-242-7200 Toll-free 800-633-5621 FAX 785-242-7202 E-mail: <a href="mailto:eckaaa@eckaaa.state.ks.us">eckaaa@eckaaa.state.ks.us</a></p>
<p>2.Central Plains Area Agency on Aging 2622 W. Central, Suite 500 Wichita, KS 67203-3725 Information &amp; Assistance (316) 660-7298 or (800) 367-7298 Fax: (316) 383-7757 E-Mail Address: <a href="mailto:info-sc@cpaaa.org">info-sc@cpaaa.org</a></p>	<p>8.North Central-Flint Hills AAA 401 Houston Manhattan, KS 66502 Kansas Toll-free: 1-800-432-2703 In Manhattan Kansas: 785-776-9294 Kansas TDD Relay: 1-800-776-3777 Fax: 785-776-9479 E-mail: <a href="mailto:ncfhaaa@ncfhaaa.com">ncfhaaa@ncfhaaa.com</a></p>
<p>3.NorthWest Kansas Area Agency on Aging, Inc. 510 W 29th Street, Suite B Hays, Kansas 67601-3703 785-628-8204 Toll Free 800-432-7422 Fax 785-628-6096 E-mail: <a href="mailto:nwkaaa@hotmail.com">nwkaaa@hotmail.com</a></p>	<p>9.Northeast Area Agency on Aging 526 Oregon Street Hiawatha, KS 66434-2222 Phone: 785-742-7152 Toll-Free: 1-800-883-2549 Fax: 1-785-742-7154 E-mail: <a href="mailto:nekaaa@hotmail.com">nekaaa@hotmail.com</a></p>

<p>4. Jayhawk Area Agency on Aging  2910 SW Topeka Blvd  Topeka, KS 66611  785-235-1367 or  1-800-798-1366  Fax: 785-235-2443  Website: <a href="http://www.jhawkaaa.org">http://www.jhawkaaa.org</a></p>	<p>10. South Central Kansas Area Agency on Aging  304 South Summit  Arkansas City, KS 67005  Phone: 620-442-0268  Toll-Free: 800-362-0264  Fax: 620-442-0296  E-Mail: <a href="mailto:sckaaa@yahoo.com">sckaaa@yahoo.com</a>  Website: <a href="http://sckaaa.org">http://sckaaa.org</a></p>
<p>5. Southeast Kansas Area Agency on Aging  1 W. Ash  Chanute, KS 66720-1010  620-431-2980  1-800-794-2440  Fax: 620-431-2988  E-mail: <a href="mailto:seksaaa@yahoo.com">seksaaa@yahoo.com</a></p>	<p>11. Johnson County Area Agency on Aging  11811 S. Sunset Drive, Suite 1300  Olathe, KS 66061-7056  Main: (913) 715-8861  Toll-Free: (888) 214-4404  Fax: (913) 715-8825  TTY: (913) 894-8822</p>
<p>6. SouthWest Kansas Area Agency on Aging  P.O. Box 1636  Dodge City, Kansas 67801-1636  620-225-8230  Fax: 620-225-8240  E-mail: <a href="mailto:swkaaa@hotmail.com">swkaaa@hotmail.com</a></p>	

#### Kansas Department of Health and Environment (KDHE)

[www.kdheks.gov](http://www.kdheks.gov)

Kansas Department of Health and Environment is designed to promote and protect the health of Kansans through the offering of public health programs and services.

- To Contact KDHE (Phone: 785-296-1500):
  - Lynn Searles, RN, Risk Management Specialist  
[lsearles@kdheks.gov](mailto:lsearles@kdheks.gov)

#### Adult Care Complaint Program

[http://www.kdheks.gov/bhfr/Investigation\\_Forms\\_disclaimer.html](http://www.kdheks.gov/bhfr/Investigation_Forms_disclaimer.html)

The Facility Complaint Investigation form is to be used only by KDOA regulated adult care homes in reporting the results of self-investigated allegations of abuse, neglect and/or exploitation.

#### Fall Prevention Guidelines

[http://www.kstrauma.org/download/Fall\\_Prevention\\_Guide\\_2009.pdf](http://www.kstrauma.org/download/Fall_Prevention_Guide_2009.pdf)

The Fall Prevention Resource Guide is a listing of fall prevention programs and resources. This guide is designed for health care providers and individuals interested in learning about fall prevention. The guide also includes facts about falls in Kansas, the reasons people fall, and additional resources for potential partners.

#### Kansas Nurse Aide Registry

<http://www.ksnurseaidregistry.org/>

Check to see history and status of nurse aides to verify for employment.

## Kansas State Regulations

<http://www.kdheks.gov/health/licensing.htm>

Statutes and Regulations that are applicable to the specific type of Adult Care Home.

## Kansas State Board of Nursing Verification

<http://www.accesskansas.org/ksbn-verifications/>

Access to see history and status of nurses to verify for employment.

## State Operations Manual

[http://www.cms.gov/manuals/Downloads/som107ap\\_p\\_ltcf.pdf](http://www.cms.gov/manuals/Downloads/som107ap_p_ltcf.pdf)

State Operations Manual Appendix P -Survey protocol for Long Term Care Facilities.

## Sunflower Connection

[http://www.aging.ks.gov/AdultCareHomes/Newsletters/Newsletter\\_Index.html](http://www.aging.ks.gov/AdultCareHomes/Newsletters/Newsletter_Index.html)

Provides a link to the Sunflower Connection, a newsletter providing state regulatory information and news updates for your nursing home.

## Associations

### Administration on Aging

<http://www.aoa.gov/>

This site links to associations, conferences, consultants, managed care companies, nursing facilities, and assisted living corporations. News sources and publications are also found here.

### Alzheimer's Association

[www.alz.org](http://www.alz.org)

The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer's care and support, and the largest private, nonprofit funder of Alzheimer's research.

### American Dietetic Association (ADA)

<http://www.eatright.org>

The American Dietetic Association was founded in 1917, and is the world's largest organization of food and nutrition professionals. It currently has 72,000 members. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. The American Dietetic Association is a multidimensional organization that strives to improve the nation's health and advance the profession of dietetics through research, education, and advocacy. ADA is led by a Board of Directors comprised of national leaders in nutrition and health.

### American Health Care Association (AHCA)

<http://www.ahcancal.org/Pages/Default.aspx>

The American Health Care Association (AHCA) is a non-profit federation of affiliated state health organizations, together representing more than 11,000 non-profit and for-profit nursing facility, assisted living, developmentally-disabled, and subacute care providers that care for approximately one million elderly and disabled individuals each day.

AHCA represents the long term care community to the nation at large – to government, business leaders, and the general public. We serve as a force for change, providing information, education, and administrative tools that enhance quality at every level.

### American Medical Directors Association (AMDA)

[www.amda.com](http://www.amda.com)

The American Medical Directors Association, the professional association of medical directors, attending physicians, and others practicing in the long term care continuum, is dedicated to excellence in patient care and provides education, advocacy, information, and professional development to promote the delivery of quality long term care medicine.

### The Association for the Advancement of Wound Care (AAWC)

<http://www.aawconline.org/>

The Association for the Advancement of Wound Care (AAWC) is the preeminent multidisciplinary organization for wound care. AAWC is a nonprofit association, headquartered in the United States. This organization is open to everyone involved in wound care, including clinicians, patients and their lay caregivers, facilities, industry, students, retirees and others interested in the care of wounds. AAWC was conceived in 1995 to spread awareness by promoting excellence in education, clinical practice, public policy and research.

Our Mission: The Association for the Advancement of Wound Care (AAWC) exists to be the leader in interdisciplinary wound healing and tissue preservation.

### Kansas Adult Care Executives (KACE)

[www.k-a-c-e.org](http://www.k-a-c-e.org)

KACE is the association that examines the issues and challenges of the long-term care industry from the administrator's perspective. KACE provides education, skills, and information needed by administrators to stay at the forefront.

### Kansas Association of Homes and Services for the Aging (KAHSA)

[www.kahsa.org](http://www.kahsa.org)

Founded in 1954, the Kansas Association of Homes and Services for the Aging (KAHSA) represents not-for-profit (NFP) long-term care provider organizations throughout Kansas. Our 160 members exist solely to serve the unmet needs of elders. They spring from a diverse heritage of religious, fraternal, civic organizations, and local units of government. All share a common benevolent purpose and are committed to a ministry of service, care, and community benefit. KAHSA members serve nearly 20,000 Kansas seniors in nursing homes, retirement communities, hospital long-term care units, assisted living residences, senior housing and through community-based services.

### Kansas Dietetics Association (KDA)

[www.dietetics.com/kda](http://www.dietetics.com/kda)

The Kansas Dietetic Association (KDA) is your source of reliable, evidence-based food and nutrition information. This website is for our members, students and health professionals, consumers and sponsors. As the state's largest organization of food and nutrition professionals, KDA is committed to "optimize the health of Kansans through food and nutrition" in research, education and advocacy.

### Kansas Health Care Association (KHCA)

[www.khca.org](http://www.khca.org)

The Kansas Health Care Association (KHCA) is a statewide non-profit association that represents over 200 long-term care providers. Founded in 1951, KHCA is the largest association of its kind in Kansas. Its members are composed of for-profit and not-for-profit facilities consisting of nursing facilities, assisted living facilities, nursing facilities for mental health, intermediate care facilities for

the mentally retarded, and hospital-based long term care units. KHCA is the state affiliate of the American Health Care Association (AHCA).

### Kansas Hospital Association (KHA)

<http://www.kha-net.org/>

KHA is a voluntary non-profit organization existing to provide leadership and services to member hospitals. KHA is the lead organization in a group of companies and affiliates that provide a wide array of services to the hospitals of Kansas and the Midwest region

### Kansas Physical Therapy Association (KPTA)

[www.kpta.com](http://www.kpta.com)

The Kansas Physical Therapy Association (KPTA) is non-profit professional association representing physical therapists, physical therapist assistants who are licensed to practice in Kansas, and Kansas physical therapist students and physical therapist assistant students. KPTA's membership consists of approximately 1,000 therapists and therapy students in Kansas.

### Leading Age (formerly the American Association of Homes and Services for the Aging (AAHSA))

<http://www.leadingage.org>

LeadingAge is an association of 5,600 not-for-profit organizations dedicated to expanding the world of possibilities for aging. We advance policies, promote practices and conduct research that supports, enables and empowers people to live fully as they age.

### National Association of Directors of Nursing Administration (NADONA)

<http://www.nadona.org/>

Since 1986, the National Association of Directors of Nursing Administration in Long Term Care has been the leading advocate and educational organization for DONs, ADONs and RNs in Long Term Care (LTC). NADONA/LTC was founded by dedicated LTC professionals, and our board of trustees still consists of LTC professionals. We understand your daily challenges, and are here to provide you with the tools you need for professional success.

### National Association of Health Care Assistants (NAHCA)

<http://www.nahcacares.org>

NAHCA was formally established in 1995 to provide a professional association to more than 35,000 CNAs and Health Care Assistants representing over 500 nursing homes in 29 states and the District of Columbia. Based in Washington, DC, it provides recognition for outstanding achievements, development training for CNAs, mentoring programs to reduce CNA turnover, and advocacy for issues important to long term care and CNAs. The organization also has entered the legislative arena, providing testimony on staffing in long term care before the U.S. Senate Special Committee on Aging.

### The Joint Commission (JCAHO)

[http://www.jointcommission.org/accreditation/long\\_term\\_care.aspx/](http://www.jointcommission.org/accreditation/long_term_care.aspx/)

The Joint Commission's Long Term Care Accreditation Program was established in 1966 and today accredits more than 1,300 organizations offering long term care and skilled nursing facility services. They help nursing homes and skilled nursing facilities to integrate quality improvement principles into their daily operations, and improve resident health outcomes. Achieving accreditation also makes good business sense. Not only does accreditation give your organization a competitive edge, but the accreditation process helps your organization to do the right things and do them well.

## Clinical Resource Guide

### American Association of Nurse Assessment Coordination (AANAC)

<http://www.aanac.org/default.aspx>

AANAC is a non-profit professional organization dedicated to supporting clinicians who are involved in the Resident Assessment Instrument/Minimum Data Set (RAI/MDS) process by providing:

- Accurate and timely information on:
  - Clinical assessment and care planning
  - Regulatory requirements
  - Reimbursement
  - Quality indicators and quality measures
  - Automation and transmission of federally mandated instruments
  - Research
- Opportunities for basic and advanced RAI/MDS education
- A strong voice for clinicians in the policy and legislative arena

### Alzheimer's Caregiver guide

[http://www.agingkansas.org/Publications/alzheimers/alz\\_index.htm](http://www.agingkansas.org/Publications/alzheimers/alz_index.htm)

This revised guide is the result of the study of current research, treatment and caregiving information.

### Alzheimer's Support Website

[www.bigtreemurphy.com](http://www.bigtreemurphy.com)

For families and caregivers facing the ethical, emotional and physical care issues of Alzheimer's disease.

### Beers List (Updated Criteria)

<http://archinte.ama-assn.org/cgi/reprint/163/22/2716>

Article on Updating the Beers Criteria for Potentially Inappropriate Medication Use in Older Adults.

### Braden Scale for Pressure Ulcers

<http://www.bradenscale.com>

The Braden Scale is a summated rating scale made up of six subscales scored from 1-3 or 4, for total scores that range from 6-23. The subscales measure functional capabilities of the patient that contribute to either higher intensity and duration of pressure or lower tissue tolerance for pressure.

### Clinical Practice Guidelines

[www.ahrq.gov](http://www.ahrq.gov)

Each Guideline reflects the state of the knowledge, current at the time of its release, on effective and appropriate care.

### CMS MDS Website

<http://www.cms.hhs.gov/minimumdatasets20/>

The official CMS website link for MDS manuals and forms.

## Culture Change

- **Action Pact**

<http://www.culturechangenow.com>

Action Pact, Inc. is a company of trainers, consultants and educators who assist nursing homes and other elder care organizations in becoming resident-directed. They do this by encouraging the development of small, familiar communities which provide more opportunities for elders to give care, make decisions and have control over their daily lives.

They work with clients to redesign the way the organization itself functions, moving from traditional top-down management towards a collaborative effort of self-governing teams.

They conduct training sessions on topics including staff empowerment, team building and more, and also work directly with organizations to help develop and implement their change plans.

- **Kansas Culture Change Coalition**

<https://kansasculturechange.org>

The Kansas Culture Change Coalition is a group that provides support to long-term care organizations striving to develop systems that value the dignity of each individual who lives and works within their setting. It is an organization of diverse interest groups that combine their talents to effect change that is hard to do as individuals. The Kansas Culture Change Coalition maintains the vision of the Pioneer Network that supports a culture of aging that is life affirming, satisfying, humane, and meaningful. Culture Change can transform a "facility" into a "home, a "patient/resident" into a "person", and a "schedule" into a "choice".

- **The Eden Alternative**

[www.edenalt.com](http://www.edenalt.com)

The Eden Alternative is seeking to remake the experience of aging around the world. The bulk of our work to date has been in de-institutionalizing the culture and environment of today's nursing homes and other long-term care institutions.

Founded in 1991 by Dr. William Thomas, a Harvard-educated physician and board-certified geriatrician, The Eden Alternative has trained over 17,000 Eden Associates and now claims over 300 registered homes, in the U.S., Canada, Europe, and Australia. The staff and management of these homes continue to work towards meaningful culture change through ongoing training and a continued dedication to creating a life worth living for those in their care.

- **Paraprofessional Healthcare Institute (PHI)**

<http://phi.org>

PHI works to improve the lives of people who need home or residential care—by improving the lives of the workers who provide that care. Our goal is to ensure caring, stable relationships between consumers and workers, so that both may live with dignity, respect and independence.

With nearly 50 staff, PHI works to strengthen our nation's long-term care direct-care workforce, which includes nearly 3 million home health aides, certified nurse aides, and personal care attendants. PHI's programs activities develop recruitment, training, supervision, and client-centered caregiving practices—along with the public policies necessary to support those practices. PHI's premise is that creating quality jobs for direct-care workers is essential to providing high-quality, cost-effective services to long-term care consumers: [\*Quality Care through Quality Jobs.\*](#)

- **Promoting Excellent Alternatives in Kansas Nursing Homes (PEAK)**

<http://www.k-state.edu/peak/>

The PEAK initiative was created by the Kansas Department on Aging in order to promote more social, non-traditional models of long-term care. The education component of PEAK supports Kansas nursing homes in implementing progressive, innovative approaches to care that should make a significant difference in the quality of care and the quality of life for those living and working in long-term care environments. Through the Center on Aging, Kansas State University is providing diverse educational resources for nursing homes to use in this process.

- **PEAK Training Modules**

<http://www.k-state.edu/peak/modules.htm>

KDOA contracted with KSU to produce educational materials to assist nursing homes. KSU has produced a booklet entitled "Pioneering Change in Kansas Nursing Homes." These modules were researched and written by staff in the Kansas State University Center on Aging as a part of the PEAK project. Updates to these modules will be available in the future through the Center on Aging.

- **Pioneer Network**

[www.pioneernetwork.net](http://www.pioneernetwork.net)

Pioneer Network was formed in 1997 by a small group of prominent professionals in long-term care to advocate for person-directed care. Our partners and audience are primarily engaged in some aspect of long-term care including long-term care CEOs and administrators, consumers and family caregivers, doctors and nurses, direct care providers, and others who care about, and care for, the aging.

Pioneer Network is a center for all stakeholders in the field of aging and long term care whose focus is on providing home and community for elders. We believe that the quality of life and living for America's elders is rooted in a supportive community and cemented by relationships that respect each of us as individuals regardless of age, medical condition or limitations.

- **The Wellspring Program**

<http://www.innovations.ahrq.gov>

Wellspring Innovative Solutions for Integrated Health Care began in 1994 as a proactive response to challenges posed by the health care environment, such as falling managed care reimbursement and limited labor resources. The Wellspring model was initially implemented in 11 independent, not-for-profit nursing homes in northeastern Wisconsin; these nursing homes ranged in size from 63 to 415 beds and were located in both rural and urban areas. In 2009, administration of Wellspring was transferred to The Beacon Institute, the educational arm of the Maryland Lifespan Network, and the name was changed to the Wellspring Program. Now a part of the Agency for Healthcare Research and Quality (AHRQ), the Innovations Exchange helps you solve problems, improve health care quality, and reduce disparities.

In an approach to improving nursing home care known as the "Wellspring Program," nursing homes join an alliance that allows participants to exchange performance experience and conduct interdepartmental group training for both frontline staff and leadership on quality improvement and culture change processes.

### Excessive Heat Events Guidebook

[http://www.epa.gov/heatisland/about/pdf/EHEguide\\_final.pdf](http://www.epa.gov/heatisland/about/pdf/EHEguide_final.pdf)

The EPA has recently produced a document based on research conducted about excessive heat events. EPA worked with Federal, state, local, and academic partners to develop guidance to assist communities in preparing for and responding to excessive heat events.

### Falls and Fall Risk Clinical Guideline (Revised 2011)

<http://www.amda.com/tools/guidelines.cfm>

This tool guides physicians, other practitioners, and staff in assessing and managing individuals who have a recent history of falls or who are at risk of falling. This guideline will help identify ways to modify some of the risk factors for falls, as well as identify ways to adjust the patient's environment to minimize the risk of injury due to falls. Nursing facility patients fall for various reasons and there are many age-related factors that contribute to a greater risk of falling. This guideline will help identify ways to modify some of the risk factors for falls, as well as identify ways to adjust the patient's environment to minimize the risk of injury due to falls.

### Geriatric Depression Scale

<http://www.stanford.edu/~yesavage/GDS.html>

This scale was developed as a basic screening measure for depression in older adults.

### Hartford Institute for Geriatric Nursing

[www.hartfordign.org](http://www.hartfordign.org)

Since its start in 1996, the singular mission of the Hartford Institute has been to shape the quality of health care of older adults through excellence in nursing practice. The commitment to this mission exhibited by the dedicated Hartford Institute leadership, staff and affiliate organizations has made the HIGN today a globally recognized geriatric presence.

“The Hartford Institute for Geriatric Nursing is the geriatric arm of the NYU College of Nursing, and has become, over the years, a beacon for all those who wish to advance geriatrics in nursing.”

### Nursing Home Modules

These online learning modules, developed by the Hartford Institute and the American Association of Colleges of Nursing, are designed to help faculty select and use nursing homes for undergraduate student clinical placement, with a special focus on nursing homes involved in resident-directed care and culture change.

### Healthy Skin Magazine

<http://www.medline.com/healthyskin/>

The easy to read guide, authored by clinicians and industry experts, is formatted in a user-friendly magazine layout. It is full of suggestions and resources that will help facilities and caregivers improve patient care in accordance with the new CMS guidelines. Healthy Skin is free of charge, and also includes easy to follow decision trees and quality assurance systems and forms. The magazine also offers continuing education opportunities.

### Infection Control Guidelines

<http://www.cdc.gov/hai>

Infection control guidelines and recommendations to assist you in the prevention of healthcare-associated infections.

### Infection Control Literature

<http://www.cdc.gov/hai>

Specific link for providers to read articles concerning flu control in the healthcare setting.

### Kansas Pressure Ulcer Collaborative

<http://coa.kumc.edu/kpuc/>

In November 2008, the Kansas LANE convened the "Pressure Ulcer Collaborative," a task force designed to address the high incidence of pressure ulcers in Kansas with a particular interest in preventing pressure ulcers arising through transition between care settings. The Collaborative consists of representatives from hospitals, dialysis centers, therapies, nursing homes, medical directors, educational institutions, home health, state agencies and more.

### Long Term Living

<http://ltlmagazine.com>

Free subscription - Magazine provides information to enhance the performance and success of managers and nursing leaders, to improve the residents' quality of life.

### MDS Training Sessions

[http://www.aging.ks.gov/AdultCareHomes/Education\\_Info/Education\\_index.html](http://www.aging.ks.gov/AdultCareHomes/Education_Info/Education_index.html)

KDOA list of MDS training sessions offered by their staff.

### MDS Updates (Official Site)

<https://www.qtso.com/mdsdownload.html>

Contains MDS and QI/QM Reports.

### Mayo Clinic Journals

<http://www.mayoclinicproceedings.com/>

A peer-reviewed medical journal sponsored by Mayo Clinic College of Medicine and authored by physicians around the world.

### Merck Manual Online

[www.merck.com](http://www.merck.com)

Merck is committed to bringing out the best in medicine. As part of that effort, Merck has created The Merck Manuals, a series of healthcare books for medical professionals and consumers. As a service to the community, the content of The Manuals is now available in enhanced online versions. The Merck Manual Online is updated periodically with new information, and contains photographs, and audio and video material not present in the print versions. Click on "The Merck Manuals" link under Healthcare Professional at the bottom of the page.

### Mid-America Wound Health Society

<http://woundsociety.org/>

The *Mid-America Wound Healing Society* is a group that was formed to address the issues of those who suffer from chronic wounds. The goal of this society is to support wound care professionals as they work to decrease the rate of complications from chronic wounds, speed wound healing and enhance the quality of life for these individuals.

## National Diabetes Education Program

<http://ndep.nih.gov/index.htm>

Established in 1997, the National Diabetes Education Program is a federally-funded program sponsored by the U.S. Department of Health and Human Services' National Institutes of Health and the Centers for Disease Control and Prevention and includes over 200 partners at the federal, state and local levels, working together to improve the treatment and outcomes for people with diabetes, promote early diagnosis, and prevent or delay the onset of type 2 diabetes.

## National Guideline Clearinghouse

<http://guideline.gov>

A public resource for evidence-based clinical practice guidelines.

## National Pressure Ulcer Advisory Panel

[www.npuap.org](http://www.npuap.org)

The NPUAP maintains this website to provide information of a general nature regarding the prevention and management of pressure ulcers (also known as bed sores). The NPUAP cannot provide medical advice to individuals. Individual circumstances and needs may differ; we encourage you to contact your local health care professionals to address your unique needs regarding the prevention and treatment of pressure ulcers. Every reasonable effort is made to make sure the information on this website is current and accurate.

## Nursing Home Quality

<http://www.nursinghomequality.com/>

Nursing Home Quality is the premier quality improvement and Quality Indicator Survey (QIS) Web site for nursing homes. We are committed to providing nursing home operators and staff with the latest information and training on quality systems and preparing for QIS surveys.

Nursing Home Quality was created to address two critical needs related to the national implementation of the Quality Indicator Survey (QIS):

1. To train surveyors and certify survey agency trainers in QIS under contract to the Centers for Medicare & Medicaid Services (CMS), as the QIS is expanded.
2. To provide affordable and reliable QIS educational programs and QA systems to nursing homes so that the QIS tools can be used for ongoing quality improvement and assurance.

## PPS System Information

<http://www.cms.hhs.gov/SNFPPS/>

Information on PPS system for nursing homes.

## Provider Magazine

<http://www.providermagazine.com/>

Free subscription - Provider is the monthly magazine for long term care professionals. Our exclusive affiliations with the American Health Care Association and National Center for Assisted Living gives Provider inside access to the people who drive change in long term care. With our finger on the pulse of the profession, we deliver current and accurate information that readers rely on to act on upcoming legislation, meet regulations, deliver quality care and improve operating efficiencies.

## RAI/MDS Clinicians Support

[www.aanac.org](http://www.aanac.org)

The American Association of Nurse Assessment Coordinators (AANAC) is a non-profit professional organization dedicated to supporting clinicians who are involved in the Resident Assessment Instrument/Minimum Data Set (RAI/MDS) process. They provide information on assessments/care plans/regulations/reimbursement/QI and QM and more.

## The AANAC Discussion Listserve

<http://www.aanac.org/pages/discussiongroups.asp>

The AANAC discussion listserv is a free resource (you don't have to be an AANAC member to join). It is an invaluable option for homes that might need anything from P&Ps, careplans, MDS questions etc. If you'd like to join the listserv please click on the link above. Membership gives you the added benefit of doing queries of posted messages. Our only warning - this listserv is USED — so recipients usually get about 20-40 emails per day.

## Regulation Information for Adult Care Homes

[http://www.aging.ks.gov/Manuals/Manuals\\_Index.html](http://www.aging.ks.gov/Manuals/Manuals_Index.html)

KDOA link to the State of Kansas statutes and regulations for Adult Care Homes. Find which document you need from link provided, point and click to download.

## Restraint Article for Families

[www.health.state.mn.us/divs/fpc/safety.htm](http://www.health.state.mn.us/divs/fpc/safety.htm)

A good article to share with families about the use of physical restraints.

## State Operations Manual

<http://www.cms.hhs.gov/manuals/>

Begin by clicking on Internet Only Manuals (IOM) on the left. Then, under Publication #, click the link for 100-07, then click Chapter 7; Survey and Enforcement Process for Skilled Nursing Facilities and Nursing Facilities, This document takes you through the survey process.

<http://www.cms.hhs.gov/SurveyCertificationGenInfo/>, then view PDF file

Resource for all survey guidelines. Includes CMS memoranda, letters and instructions to State Survey Agency Directors.

## Surveyor Handouts

<http://surveyortraining.cms.hhs.gov/>

Training site for surveyors and providers. The site contains information relating to upcoming broadcasts, archived webcasts, provider and trainer tools..

## Untie the Elderly

<http://ute.kendaloutreach.org/>

An initiative to provide conditions that will foster independence, health and security for older individuals.

## Wound, Ostomy, Continenence Nursing

[www.wocn.org](http://www.wocn.org)

The Wound, Ostomy and Continenence Nurses Society (WOCN) is a professional nursing society that supports its members by promoting educational, clinical and research opportunities to advance the

practice and guide the delivery of expert health care to individuals with wounds, ostomies and incontinence.

## Education and Research

### American College of Health Care Administrators (ACHCA)

<http://www.achca.org/>

Founded in 1962, ACHCA is a non-profit professional membership association which provides superior educational programming, professional certification, and career development opportunities for its members.

### Center on Aging at Kansas State University

[www.k-state.edu/gerontology](http://www.k-state.edu/gerontology)

Coordinates and develops educational and training programs in aging, stimulates aging research, coordinates outreach activities, and serves as a referral center for information on aging resources in Kansas.

### Central Plains Geriatric Education Center (CPGEC), KU Center on Aging

<http://coa.kumc.edu/cpgec/>

The Central Plains Geriatric Education Center (CPGEC) has been providing geriatric training and resources to facilitate and promote high quality, evidence-based and state-of-the-art care to the older population since 1998. The CPGEC is housed at the Landon Center on Aging, on the campus of the University of Kansas Medical Center (KUMC). Its continuing education programs are developed to meet the needs of health and human services professionals – RNs, LPNs, CNAs, LMHTs, Administrators, Aides, Social Workers, Physical Therapists, Occupational Therapists, and other Allied Health Professionals – who care for geriatric patients in long-term care, home health and other settings.

### Dr. Craig L. Broussard – Consultant

<http://craiglbroussard.com/wound.htm>

Dr. Broussard is a seasoned wound care professional with more than 12 years progressive experience in wound care and hyperbaric oxygenation; Recognized expert in the field of wound care and hyperbaric oxygen; Proficient facilitator and mentor with vast experience training physicians, nurses and ancillary health care providers.

This website shows The Dressing Table, and various Dressing Trees, as well as handouts for a very comprehensive ppt presentation on wound care called Essentials of Skin Care.

### Geriatric Education Resource & Training Institute (GERTI)

<http://www.gerti.org>

GERTI (Grow with Evergreen Resources for Transforming Innovations) is the educational arm of Evergreen Community, formerly Johnson County Nursing Center. GERTI's mission is to provide clinical and educational opportunities and resources in geriatric medicine and gerontology for care providers who will serve the older population. Evergreen Community's mission is to provide the best possible long-term care services to Johnson County residents, including residents with limited assets

- Calendar: <http://www.gerti.org/calendar.shtml>

## How to Try This

<http://www.nursingcenter.com/library/static.asp?pageid=730390> or  
<http://consultgerim.org/resources>

In order to provide resources that will help to fill the gap between knowledge and practice in the care of older adults, the John A. Hartford Foundation has funded the Hartford Institute for Geriatric Nursing (HIGN) at New York University's College of Nursing, and the *American Journal of Nursing*, for a project called *How to Try This*. *How to Try This* is an initiative that will translate the evidence-based geriatric assessment tools in the HIGN *Try This* assessment series into cost-free, web-based resources including demonstration videos and a corresponding print series featured in the *AJN*.

## In The Know – Your Source for CNA Inservices

<http://www.knowingmore.com>

In the Know has a program that is specifically designed to help organizations like yours train and educate certified nursing assistants and non-licensed aide caregivers in every one of your locations. The inservices can be delivered to all of your branches, facilities or locations via your company intranet. Don't have an intranet? Not a problem: we've solved that, too, with a delivery method that gets each of your locations their own set of inservices.

## Institute for Caregiver Education

<http://www.caregivereducation.org/index.htm>

The Institute for Caregiver Education (IfCE) is a not-for-profit 501(c)(3) organization that provides continuing education and professional development opportunities for healthcare professionals, including a variety of literacy, language, and life skills training for entry level staff across all disciplines. IfCE is a nationally recognized leader in the areas of Culture Change, employee education & retention, positive survey results and improved resident outcomes.

## KU Center on Aging

<http://www2.kumc.edu/coa/>

The Landon Center on Aging is dedicated to promote health and well being among older adults through excellence in education, research, clinical care, and community service. Contains assessment forms, self-study programs related to care of elders.

## Medicare Learning Network (MLN)

[http://www.cms.hhs.gov/MLNProducts/35\\_PreventiveServices.asp](http://www.cms.hhs.gov/MLNProducts/35_PreventiveServices.asp)

The Medicare Learning Network(MLN) resources listed on this web page give Medicare fee-for-service health care professionals information on coverage, coding, billing, reimbursement, and claim filing procedures for the following Medicare-covered preventive services and screenings (subject to certain eligibility and other limitations).

## Skills4Care – Online Continuing Education for LTC Professionals

<http://www.skills4care.org/>

Skills4Care was created to assist long term care professionals in finding a convenient affordable forum to complete their required continuing education credits. Skills4Care was created also to provide long term care professionals with valuable, relevant, and useable information to enhance the quality of life for nursing home residents and support those dedicated to their care. Skills4Care is an online CEU classroom for long term care professionals. Courses can be taken at your own pace, at your convenience for an affordable price. Skills4Care's educational offerings for Nursing Home

Administrators have been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Boards of Examiners for Nursing Home Administrators (NAB).

### The Wound Institute from Healthpoint

<http://www.thewoundinstitute.com/>

The Wound Institute is dedicated to helping clinicians gain a deeper understanding of wound care and treatment. Here you will find practical, evidence-based resources on most major wound types—information that you can apply directly to your patient population. You will also find interactive animations and streaming videos, to make your experience engaging, useful and rewarding. Registration is free and takes only a few seconds, giving you full, instant access.

### We Care Online

<http://www.wecareonlineclasses.com/>

We assist facilities and individuals in obtaining the training required to work in the healthcare industry, without having to pay extra for college credits! The result is quality education at a fraction of the cost! We offer our clients training to achieve their goals, all from the comfort of their own homes. These classes include: Pharmacy Assistant, Health Unit Coordinator, Home Health Aide, Activity/Social Service Designee, Medication Aide Update, Medical Terminology and Restorative Aide. These classes are available to both facilities and individuals. Newly available are In-service Classes for CNAs.

## Care Transitions

### INTERACT II

<http://interact.geri.u.org/>

The INTERACT II Program is designed to improve the quality of nursing home care by providing tools and resources to staff that will help to Reduce Avoidable Acute Care Transfers. The program is built around a number of practical tools designed to:

- Aid in the early identification of a resident change of status
- Guide staff through a comprehensive resident assessment when a change has been identified
- Improve documentation around resident change in condition
- Enhance communication with other health care providers about a resident change of status

### National Transitions of Care Coalition

<http://www.ntocc.org>

NTOCC is a group of concerned organizations and individuals who have joined together to address problems associated with transitions of care: the movement of patients from one practice setting to another. During these transitions, poor communication and coordination between professionals, patients and care givers can lead to serious and even life threatening situations. These poor transitions can endanger patient's lives, waste resources and frustrate health care consumers.

