

MDS RESOURCE LINKS

This listing of resources is being provided as a service and does not constitute or imply endorsement of these organizations or their programs. OSDH is not responsible for the content of pages found at these sites. URL addresses are current as of November 1, 2018.

CARE AREA GENERAL RESOURCES

Excerpt from Centers for Medicare & Medicaid Services, Long Term Care Facility Resident Assessment Instrument User's Manual, Version 3.0, October 2018

National Nursing Home Quality Improvement Campaign

<https://www.nhqualitycampaign.org/#>

Agency for Health Care Research and Quality

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

Alzheimer's Association Resources

https://www.alz.org/help-support/resources/virtual_library/resource_lists

American Geriatrics Society Clinical Practice Guidelines and Tools

<http://www.americangeriatrics.org>

The Society for Post-Acute and Long-Term Care Medicine/American Medical Directors Association (AMDA) Clinical Practice Guidelines and Tools

<https://paltc.org/>

American Pain Society

<http://americanpainsociety.org/>

American Society of Consultant Pharmacists Practice Resources

<http://www.ascp.com/resources>

Association for Professionals in Infection Control and Epidemiology Practice Resources

<https://apic.org/Resources/Overview>

Centers for Disease Control and Prevention: Infection Control in Long-Term Care Facilities Guidelines

http://www.cdc.gov/ncidod/dhqp/gl_longterm_care.html

CMS Pub. 100-07 State Operations Manual Appendix PP – Guidance to Surveyors for Long Term Care Facilities (federal regulations noted throughout; resources provided in endnotes)

<https://www.cms.gov/medicare/provider-enrollment-and-certification/guidanceforlawsAndRegulations/Nursing-homes.html>

Emerging Solutions in Pain Tools

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

Hartford Institute for Geriatric Nursing Geriatric Clinical Nursing Resources

<https://consultgeri.org/>

Institute for Safe Medication Practices
<http://www.ismp.org/>

Research in Gerontological Nursing
<https://www.healio.com/nursing/journals/jgn>

University of Missouri's Geriatric Examination Tool Kit
<http://geriatrictoolkit.missouri.edu/>

U.S. Department of Health and Human Services Agency for Healthcare Research and Quality's National Guideline Clearinghouse
<https://www.ahrq.gov/gam/index.html>

LINKS SORTED BY MDS 3.0 SECTIONS

SECTION B. HEARING, SPEECH, AND VISION

HEARING: Try This: Hearing Screening in Older Adults—A Brief Hearing Loss Screener
<https://consultgeri.org/try-this/general-assessment/issue-12.pdf>

SPEECH: Communication—Best Ways to Interact With the Person with Dementia
http://www.alz.org/national/documents/brochure_communication.pdf

VISION: Vision and Dementia: <http://www.visionaware.org/info/emotional-support/for-family-and-friends/guidance-for-caregivers-of-individuals-who-are-blind-or-visually-impaired/tips-for-vision-loss-and-dementia/1235>

Visual Changes in Dementia Patients: <https://www.agingcare.com/articles/visual-changes-in-dementia-patients-205658.htm>

SECTION C. COGNITIVE PATTERNS

SLUMS Assessment Tool
http://medschool.slu.edu/agingsuccessfully/pdfsurveys/slumsexam_05.pdf

ALZHEIMERS: Alzheimer's Disease – 10 Warning Signs
https://www.alz.org/alzheimers-dementia/10_signs

Alzheimer's Disease
http://www.alz.org/national/documents/topicsheet_alzdisease.pdf

Stages of Alzheimer's Disease
http://www.alz.org/national/documents/topicsheet_stages.pdf

FDA-Approved Treatments for Alzheimer's
http://www.alz.org/national/documents/topicsheet_treatments.pdf

Barbara Broyles Alzheimer and Dementia Training Program for Nursing Assistants

<https://www.ok.gov/health2/documents/BARBARA%20BROYLES%20ALZHEIMER%20AND%20DEMENTIA%20TRAINING%20PROGRAM%20FOR%20NURSING%20ASSISTANTS.pdf>

Guideline for Alzheimer's Disease Management

<https://www.alzheimersla.org/wp-content/uploads/2016/01/Professionals-Guideline-FullReport-CA.pdf>

DEMENTIA:

Comparison of the Clinical Features of Delirium, Dementia, and Depression

https://www.dartmouth-hitchcock.org/dhmc-internet-upload/file_collection/3ds_features.pdf

A Guide to Dementia Diagnosis and Treatment

<http://unmfm.pbworks.com/f/American+Geriatric+Society+Dementia+Diagnosis+03-09-11.pdf>

DELIRIUM:

Try This: Assessing and Managing Delirium in Older Adults With Dementia

<https://consultgeri.org/try-this/dementia/issue-d8>

Common Risk Factors and Underlying Medical Conditions Associated With Delirium

http://www.primaris.org/sites/default/files/resources/Delirium/del_risk_factors.pdf

Signs and Symptoms of Delirium Distinguished from Depression and Dementia

http://www.primaris.org/sites/default/files/resources/Delirium/del_signs_symptoms.pdf

Delirium: Acute Intervention Checklist

http://www.primaris.org/sites/default/files/resources/Delirium/del_interv_checklist.pdf

SECTION D. MOOD

Aging Care

<https://www.agingcare.com/Articles/Suicide-and-the-Elderly-125788.htm>

DEPRESSION:

Geriatric Depression Scale (Short Form)

http://geriatrictoolkit.missouri.edu/cog/GDS_SHORT_FORM.PDF

Cornell Scale Guidelines

<https://www.psychcongress.com/saundras-corner/scales-screeners/depression/cornell-scale-depression-dementia-csdd>

Clinical Process Guideline: Depression

http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-173460--,00.html

The Facts About Men and Depression

<https://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>

Depression: Fast Facts

http://www.primaris.org/sites/default/files/resources/Depression/depression_fast%20facts%20depression%20final.pdf

SECTION E. BEHAVIOR

DEMENTIA: How to Respond When Dementia Causes Unpredictable Behaviors
http://www.alz.org/national/documents/brochure_behaviors.pdf

MEDICATION: Clinical Process Guideline: Behavior Management and Antipsychotic Medication Prescribing
http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-174610--,00.html

WANDERING: Wandering Behavior—Preparing for and Preventing It
http://www.alz.org/national/documents/topicsheet_wandering.pdf

SECTION F. PREFERENCES FOR CUSTOMARY ROUTINE AND ACTIVITIES

Principles of Person-Centered Care
<http://www.primaris.org/sites/default/files/resources/Person-Centered%20Care/PrinciplesofPCC.pdf>

Watch Your Language
http://www.primaris.org/sites/default/files/resources/Person-Centered%20Care/Watch_Your_Language.pdf

SECTION G. FUNCTIONAL STATUS

Improve your Balance in 10 Minutes a Day
http://www.laterlifetraining.co.uk/documents/ImproveYourBalance_ABS_BGS_06.pdf

Mobility Decline Prevention
<https://www.mc.vanderbilt.edu/documents/cga/files/Mobility%20Decline%20Prev/Module%20mobility%20decline%20prevention.pdf>

BATHING: Change Ideas for Bathing
http://www.primaris.org/sites/default/files/resources/Bathing%20Improvement%20&%20Stabilization/Th-3_Change_Ideas_BATHING.pdf

Bathing Tip Sheet
<https://www.crisisprevention.com/Blog/October-2010/Tips-To-Reduce-Bathing-and-Showering-Challenges-A>

SECTION H. BLADDER AND BOWEL

Clinical Process Guideline: Urinary Incontinence
http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-174780--,00.html

SECTION I. ACTIVE DIAGNOSES

<https://www.cms.gov/Medicare/Coding/ICD10/index.html>

HEART: Clinical Process Guideline: Heart Failure
http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-178033--,00.html

RESOURCES FOR EVIDENCE-BASED UTI CRITERIA

Loeb criteria:
https://www.researchgate.net/publication/12098745_Development_of_Minimum_Criteria_for_the_Initiation_of_Antibiotics_in_Residents_of_Long-Term-Care_Facilities_Results_of_a_Consensus_Conference

Surveillance Definitions of Infections in LTC (updated McGeer criteria):
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3538836/>

National Healthcare Safety Network (NHSN):
<https://www.cdc.gov/nhsn/ltc/uti/index.html>

SECTION J. HEALTH CONDITIONS

PAIN: Pain Assessment in Advanced Dementia (PAINAD) Scale
<http://geriatrictoolkit.missouri.edu/cog/painad.pdf>

Try This: Pain Assessment for Older Adults
<https://consultgeri.org/try-this/general-assessment/issue-7>

Try This: Assessing Pain in Older Adults With Dementia
<https://consultgeri.org/try-this/dementia/issue-d2.pdf>

Comprehensive Assessment of Pain Flowchart
http://www.primaris.org/sites/default/files/resources/Pain/pain_comprehensive%20assessment%20final.pdf

Pain: Essential Systems for Quality Care
http://www.primaris.org/sites/default/files/resources/Pain/pain_essential%20systems%20final.pdf

Pain: Terminology and Types
http://www.primaris.org/sites/default/files/resources/Pain/pain_terminology%20and%20types%20final.pdf

Pain Overview
http://www.primaris.org/sites/default/files/resources/Pain/pain_overview%20final.pdf

Systems Investigative Audit: Pain
<http://www.primaris.org/sites/default/files/resources/Pain/systems%20investigative%20audit%20pain.pdf>

FALLS:

Clinical Process Guideline: Evaluation of Falls/Risks

http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-174663--,00.html

Falls Among Older Adults

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

Try This: Fall Risk Assessment for Older Adults: The Hendrich II Fall Risk Model

<https://consultgeri.org/try-this/general-assessment/issue-8>

Falls: Chair Exercises

http://www.primaris.org/sites/default/files/resources/Restrains%20and%20Falls/falls_chair%20exercises%20final.pdf

QA: Post Falls Investigation Report

http://www.primaris.org/sites/default/files/resources/Restrains%20and%20Falls/qa_post%20fall%20investigation%20report_2008.pdf

SECTION K. SWALLOWING/NUTRITIONAL STATUS

Clinical Process Guideline: Altered Nutritional Status

http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-173711--,00.html

Body Mass Index

http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.

Try This: Assessing Nutrition in Older Adults

<https://consultgeri.org/try-this/general-assessment/issue-9>

Try This: Eating and Feeding Issues in Older Adults With Dementia, Part I

<https://consultgeri.org/try-this/dementia/issue-d11.1>

Clinical Process Guideline: Maintaining Hydration and Electrolyte Balance

http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-174699--,00.html

SECTION L. ORAL/DENTAL STATUS

Try This: The Kayser-Jones Brief Oral Health Status Examination (BOHSE)

<https://consultgeri.org/try-this/general-assessment/issue-18>

SECTION M. SKIN CONDITIONS**RISK:**

Braden Scale for Predicting Pressure Sore Risk

http://www.primaris.org/sites/default/files/resources/Pressure%20Ulcers/braden%20scale_2010.pdf

Try This: Predicting Pressure Ulcer Risk

<https://consultgeri.org/try-this/general-assessment/issue-5>

MANAGEMENT: Clinical Process Guideline: Prevention and Management of Pressure Ulcers

http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-174762--,00.html

Quick Reference Guide: Pressure Ulcer Prevention

http://npuap.org/Final_Quick_Prevention_for_web_2010.pdf

Pressure Ulcer Prevention Points

http://www.npuap.org/PU_Prev_Points.pdf

Systems Investigative Audit: Pressure Ulcer Prevention/Treatment

http://www.primaris.org/sites/default/files/resources/Pressure%20Ulcers/systems%20investigative%20audit_2008.pdf

Tissue Tolerance and Individualized Turning Schedule

http://www.primaris.org/sites/default/files/resources/Pressure%20Ulcers/tissue%20tolerance%20and%20turning%20schedule_2008.pdf

Clinical Fact Sheet: Quick Assessment of Leg Ulcers

http://www.primaris.org/sites/default/files/resources/Pressure%20Ulcers/pressure%20ulcer_clinical%20fact%20sheet%20leg%20ulcer%20assmnt%20final.pdf

TOOLS:

PUSH Tool

<http://www.npuap.org/wp-content/uploads/2012/02/push3.pdf>

STAGING:

Pressure Ulcer Category Staging Illustrations

<http://www.npuap.org/resources.htm>

Classified as Unstageable

<http://www.npuap.org/wp-content/uploads/2012/03/NPUAP-Unstage2.jpg>

Deep Tissue Injury

<http://www.npuap.org/wp-content/uploads/2012/03/NPUAP-SuspectDTL.jpg>

NUTRITION:

The Role of Nutrition in Pressure Ulcer Prevention and Treatment

<http://www.npuap.org/wp-content/uploads/2012/03/Nutrition-White-Paper-Website-Version.pdf>

CNAs:

Pressure Ulcers: CNA Knowledge and Attitude Survey

http://www.primaris.org/sites/default/files/resources/Pressure%20Ulcers/CNA%20knowledge%20and%20attitude%20survey_2008.pdf

Skin Monitoring: Comprehensive CNA Shower Review

http://www.primaris.org/sites/default/files/resources/Pressure%20Ulcers/CNA%20shower%20assessment_2008.pdf

SECTION N. MEDICATIONS

Drug Inserts

<https://druginserts.com/>

Drug Reference

<http://globalrph.com/drug-A.htm>

USP Pharmacological Classification of Drugs

<http://www.usp.org/usp-healthcare-professionals/usp-medicare-model-guidelines/medicare-model-guidelines-v50-v40#Guidelines6>. *Directions:* Scroll to the bottom of this webpage and click on the pdf download for “USP Medicare Model Guidelines (With Example Part D Drugs)”

Medline Plus

<https://www.nlm.nih.gov/medlineplus/druginformation.html>

IV Infusion/Medication

<http://www.accessdata.fda.gov/scripts/cder/ob/>

<http://www.fda.gov/drugs/informationondrugs/ucm142438.htm>

IN THE ELDERLY: Beers Criteria for Potentially Inappropriate Medication Use in Older Adults

<https://www.americangeriatrics.org/media-center/news/draft-ags-updated-2018-beers-criteriar-potentially-inappropriate-medication-use>

MANAGEMENT: Clinical Process Guideline: Medication Management and Reduction of Adverse Drug Reactions

http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-174738--,00.html

Fast Facts: Antidepressant Medication Side Effects

<http://www.primaris.org/sites/default/files/resources/Depression/fast%20facts%20side%20effects%20newbw.pdf>

Daily Dose Thresholds for Antipsychotic Medications Used to Manage Behavioral Symptoms Related to Dementing Illnesses

http://www.ncdhhs.gov/dhsr/nhlcs/pdf/phar_dosagetable.pdf

American Society of Consultant Pharmacists Practice Resources

<http://www.ascp.com/resources>

Gradual Dose Reduction

<https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/index.html>

Drug Regimen Review

<https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/index.html>

<http://www.fda.gov/food/dietarysupplements/usingdietarysupplements/>

<https://www.psychiatry.org/psychiatrists/practice/dsm>

SECTION O. SPECIAL TREATMENTS, PROCEDURES, AND PROGRAMS

ISOLATION: 2007 Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings

<https://www.cdc.gov/infectioncontrol/guidelines/isolation/index.html>

SHEA/APIC Guideline: Infection Prevention and Control in the Long Term Care Facility

http://www.apic.org/Resource_/TinyMceFileManager/Practice_Guidance/id_APIC-SHEA_GuidelineforICinLTCFs.pdf

IMMUNIZATION:

For up-to-date information on timing and intervals between vaccines, please refer to ACIP vaccine recommendations available at:

<https://www.cdc.gov/vaccines/schedules/hcp/index.html>

<http://www.cdc.gov/vaccines/hcp/acip-recs/index.html>

Safety of vaccines

<http://www.cdc.gov/vaccinesafety/ensuringsafety/monitoring/index.html>

Determining the rate of vaccination and causes for non-vaccination assists nursing homes in reaching the Healthy People 2020

<https://www.healthypeople.gov/2020/topics-objectives/topic/immunization-and-infectious-diseases>

INFLUENZA ACTIVITY:

<http://www.cdc.gov/flu/weekly/usmap.htm>

<http://www.cdc.gov/flu/weekly/fluactivitysurv.htm>

RATE OF PNEUMOCOCCAL VACCINATION:

<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=23>

PNEUMOCOCCAL VACCINE RECOMMENDATIONS:

<https://www.cdc.gov/vaccines/vpd/pneumo/downloads/pneumo-vaccine-timing.pdf>

<https://www.cdc.gov/pneumococcal/vaccination.htm>

RESTORATIVE:

Telehealth regulations:

Chapter 15 of the *Medicare Benefit Policy Manual* (Pub. 100-2) and Chapter 12 of the *Medicare Claims Processing Manual* (Pub. 100-4) may be accessed at:

<http://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/Internet-Only-Manuals-IOMs.html>

SECTION P. RESTRAINTS

Definition of Physical Restraints

<http://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/downloads/SCLetter07-22.pdf>

Try This: Avoiding Restraints in Older Adults With Dementia

<https://consultgeri.org/try-this/dementia/issue-d1>

SECTION Q. PARTICIPATION IN ASSESSMENT AND GOAL SETTING

Planning for Your Discharge: A checklist for patients and caregivers preparing to leave a hospital, nursing home, or other health care setting.

<https://www.medicare.gov/pubs/pdf/11376-discharge-planning-checklist.pdf>

Several resources are available on the Return to Community web site

<https://www.medicaid.gov/medicaid/ltss/community-living/index.html>

LINKS SORTED BY SUBJECT

CARE PLANNING

ADLs: Plan of Care

http://www.primaris.org/sites/default/files/resources/ADL/adl_planof_care.pdf

Development of a Plan of Care for a Person With Pain

http://www.primaris.org/sites/default/files/resources/Pain/pain_plan%20of%20care%20flow%20final.pdf

Pain: Key Care Plan Approaches

http://www.primaris.org/sites/default/files/resources/Pain/pain_key%20care%20final.pdf

Development of a Plan of Care for a Resident at High Risk of Developing A Pressure Ulcer

http://www.primaris.org/sites/default/files/resources/Pressure%20Ulcers/pu_high_risk.pdf

Development of a Plan of Care for a Resident With a Pressure Ulcer

http://www.primaris.org/sites/default/files/resources/Pressure%20Ulcers/pu_care_plan.pdf

Walking Improvement: Overview for Developing Care Plans

http://www.primaris.org/sites/default/files/resources/Walking/walk_overview_flow.pdf

Fall Prevention Intervention Care Plan

http://www.primaris.org/sites/default/files/resources/Restraints%20and%20Falls/falls_prevention%20intervention%20care%20plan%20final.pdf

CULTURE CHANGE

CONSISTENT ASSIGNMENT:

Change Ideas for Consistent Assignment

http://www.primaris.org/sites/default/files/resources/Person-Centered%20Care/3Changeldeas_CONSISTENT_ASSIGNMENT.pdf

END OF LIFE CARE

Clinical Process Guideline: End of Life Care

http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-174155--,00.html

Change Ideas for Death and Dying

<http://www.primaris.org/sites/default/files/resources/Person-Centered%20Care/ChangeldeasDEATH%20DYING.pdf>

CAREGIVING

Try This: The Modified Caregiver Strain Index (CSI)

<https://consultgeri.org/try-this/general-assessment/issue-14>

Clinical Process Guideline: Acute Change in Condition

http://www.michigan.gov/mdch/0,1607,7-132-27417_27655_31223_35790-108902--,00.html

SLEEP:

Try This: The Pittsburgh Sleep Quality Index (PSQI)

<https://consultgeri.org/try-this/general-assessment/issue-6.1.pdf>

Try This: The Epworth Sleepiness Scale (ESS)

<https://consultgeri.org/try-this/general-assessment/issue-6.2>

Change Ideas for Sleeping and Waking

http://www.primaris.org/sites/default/files/resources/Person-Centered%20Care/3Changeldeas_SLEEPINGANDWAKING.pdf

INFECTION CONTROL

Preventing Infections in Non-Hospital Settings: Long Term Care

<https://wwwnc.cdc.gov/eid/article/7/2/pdfs/70-0205.pdf>

MRSA: MRSA Change Strategies

<http://www.primaris.org/sites/default/files/resources/MRSA/MRSA%20change%20strategies%20.pdf>

HAND HYGIENE: Guideline for Hand Hygiene in Health Care Settings

<http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>

QUALITY MANAGEMENT

QUALITY: Quality Improvement: Rapid Cycle Improvement Guide to Achieving Results

<http://www.primaris.org/sites/default/files/resources/QI%20Resources/rapid%20cycle%20improvement.pdf>

MDS Quality Measures User's Manual:

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/NHQQualityMeasures.html>

SNF Quality Reporting Program

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/Skilled-Nursing-Facility-Quality-Reporting-Program/SNF-Quality-Reporting-Program-Overview.html>

SNF Quality Reporting Program Questions

SNFQualityQuestions@cms.hhs.gov

GENERAL RESOURCES

MDS 3.0 RAI Manual

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/MDS30RAIManual.html>

QIES TECHNICAL SUPPORT OFFICE (QTSO)

<https://qtso.cms.gov>

Oklahoma Foundation for Medical Quality

<http://www.ofmq.com/nursing-home>

TMF Health Quality Institute

<http://nursinghomes.tmf.org/NursingHomes/tabid/332/Default.aspx>