Click on any topic below

Which nurses should take this course?
Why these requirements should be known by any nurse in geriatrics
Learning objectives/course content
Disclosure statement
Qualified planner and faculty

Which nurses should take this course?
All nurses who wish to be educated in the area of geriatric nursing care should consider taking this course.

The contents of this course are relevant to all nurses who are interested in learning the federal governments’ regulations on resident rights, resident behavior, quality of patient life and how to assess patient care needs.
Why these requirements should be known by any nurse in geriatrics

Nurses working in long term care must know the Federal Requirements and Guidelines to Surveyors in order to provide appropriate care to their patients. The federal government’s Center for Medicare and Medicaid (CMS) have sent 40+ years developing guidance on appropriate care planning and quality of nursing care measures. This course explores the insights provided by CMS for nurses’ guidance in patient care giving.

What you will learn

This is one of three courses which cover the Federal Requirements and Guidelines to Surveyors. The first course LTCE 1-700 covers Ftags 150 to F334. The second course, LTCE 1-706 covers Ftags 309-334 and the third course covers the final Ftags 353-522.

You will learn the federal requirements in the following areas

Resident Rights

§483.10

Tags F150 - F177

F150 Definition SNF, NF, resident rights overview
F151 Resident exercise of rights without reprisal
F152 Resident rights exercised by surrogates
F153 Resident rights to all records
F154 Resident rights to full total health status information
F155 Resident rights to advance directives, to refuse treatment and/or research
F156 Resident rights to information on medical care insurance coverage
F157 Notifications required upon change in resident’s condition or rights
F158 Resident’s right to manage his/her financial affairs
F159 Facility requirements when managing resident funds
F160 Conveyance of resident’s funds upon death within 30 days
F161 Surety bond or equivalent to protect resident funds
F162 Limitations on charges to personal funds: chargeable, nonchargeable items
F163 Free choice in physician, treatments
F164 Privacy and confidentiality in records, treatments, visits, accommodations
F165 Voice grievances without reprisal
F166 Prompt facility effort to resolve grievances
F167 Examination of survey results by residents
F168 Information reception by residents from client advocate agencies
F169 Right to work/refuse to work for facility
F170 Mail rights in sending and receiving
F171 Access to stationery, postage, writing implements
F172 Access and visitation rights
F173 State Ombudsman access to patient’s clinical records
F174 Resident access to telephone
F175 Married couples sharing a room
F176 Self-administration of drugs (requirements)
F177 Refusal of certain transfers
F177 cont. Admission, transfer and discharge rights

Admission, Transfer and Discharge Rights

§483.12

Tags F201 - F208

F201 Transfer and discharge requirements
F202 Documentation of transfer by specified physician
F203 Notice to resident before transfer
F204 Resident orientation for transfer or discharge
F205 Two notices of bed-hold policy and readmission
F206 Policy permitting resident to return to facility
F207 Equal access to quality care
F208 Admission and placement policies; permissible charges

Resident Behavior and Facility Practices

§483.13

Tags F221 - F226

F221 Right to be free from physical restraints
F222 Deficiencies concerning chemical restraints
F223 Right to be free from abuse
F224 Staff treatment of residents
F225-6 Not employ certain individuals

Quality of Life

§483.15
Tags F240 - F258

F240  Facility promotes/enhances quality of life
F241  Quality of life: dignity
F242  Quality of life: self-determination and participation
F243  Quality of life: participation in resident and family groups
F244  Quality of life: required facility responses to resident or family groups
F245  Quality of life: resident participation in outside community
F246  Quality of life: accommodations of individual needs and preferences
F247  Quality of life: receive notice before room or roommate is changed
F248  Activity program meets individual needs
F249  Properly qualified activities program professional
F250  Social services requirements
F251  Social worker qualifications
F252  Resident’s environment: safe, clean, comfortable, home-like
F253  Necessary housekeeping and maintenance services
F254  Clean bed and bath linens in good condition
Private closet space for each resident
F256  Adequate and comfortable lighting levels
F257  Comfortable and safe temperature levels
F258  Comfortable sound levels

Resident Assessment

§483.20

Tags F271 - F287

F271  Admission orders: physician orders at admission
F272  Comprehensive assessments
F273  Frequency of assessments: within 14 days after admission
F274  Frequency after significant change in physical or mental condition
F275  Frequency of assessments: at least every 12 months
F276  Review of assessments every 3 months
F278  Accuracy of assessments: participants, registered nurse signature
F279  Develop comprehensive care plans
F280  Comprehensive care plan requirements
F281  Services must meet professional standards of quality
F282  Services be provided in accordance with each resident’s written plan of care
F283  Discharge summary: recapitulation of the resident’s stay
F284  A post-discharge plan of care developed with participation
F285  Preadmission screening for mentally ill and mentally retarded persons
F286  Maintenance of resident assessment in patient records
F287  Automated data processing requirement
Title of Activity: _LTCE NURS 1-700

Federal Requirements: Resident Rights, Behavior, and Quality of Life, Resident Assessment

*Resident Rights Tags 150-208*
*Resident Behavior Tags 221-225*
*Quality of Life Tags 240-258*
*Resident Assessment Tags 271-287*

Identified Gap(s): Insufficient number of nurses in the geriatric setting are sufficiently familiar with the Federal Requirements governing resident care and rights.

Description of current state: Nurses need to know more about resident rights and quality of life requirements

Description of desired/achievable state: 
Nurses taking this course will better be able to observe resident rights and maximize the quality of life enjoyed by residents who are patients receiving Medicare and or Medicaid.

Gap to be addressed by this activity:

<table>
<thead>
<tr>
<th>XKnowledge</th>
<th>Skills</th>
<th>Practice</th>
<th>Other</th>
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Describe: This course will improve patient caregiving to geriatric patients.

Purpose: (write as an outcome statement, e.g. "The purpose of this activity is to enable the learner to…..")

<table>
<thead>
<tr>
<th>OBJECTIVES</th>
<th>CONTENT (Topics)</th>
<th>AUTHOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>List learner’s objectives in behavioral terms</td>
<td>Provide an outline of the content for each objective. It must be more than a restatement of the objective.</td>
<td>List the author for each for each objective.</td>
</tr>
</tbody>
</table>
Method of calculating contact hours:

______ Pilot Study  ______ Historical Data  ______ Complexity of Content  x ______

Other: Describe: one CE per 12,000 words

Estimated Number of Contact Hours to be awarded: 6.00 CE

Completed By: Name and Credentials James E. Allen, Ph.D., NHA
Date: September 3, 2013

Disclosure Statement

This Disclosure Statement will be posted on our website and available to website visitor to view before signing up for a course. The course itself will also carry this disclosure statement at the opening of the course.

Successful completion of this online course requires learning the reading materials, passing the multiple choice examination with 70% or more correct answers, and completion of the course evaluation form. Upon completing the above the student will be able to print out the course certificate.
We believe no conflict of interest exists for this course. A conflict of interest exists when an individual has the ability to control or influence the content of an educational activity and has a financial relationship with a commercial interest, the products or services of which are pertinent to the content of the educational activity. Commercial interest is defined by ANCC as any entity producing, marketing, reselling, or distributing healthcare goods or services consumed by or used on patients, or an entity that is owned or controlled by an entity that produces, markets, resells, or distributed healthcare goods or services consumed by or used on patients. Long Term Care Education exists solely to provide educational courses and has no commercial ties of any kind to any commercial interest. Mr. John Gotelli, the lead nurse planner for Long Term Care Education, is an employee of University of North Carolina Hospitals, Medicine/Geriatric Services where he serves as a Geriatric Nurse Practitioner (2006 to present). He has no financial interest of any type with the university hospital system other than as a salaried employee. No financial or personal relationship exists that would present a conflict of interest in the content of this educational activity.

No sponsorship or commercial support or relationships exist for this course. Participation in this course does not imply endorsement by the provider or NCNA of any commercial products. No activity relates to any produce use for a purpose other than that for which it was approved by the Food and Drug Administration.

The expiration date for awarding contact hours is September, 2015.
Nursing Continuing Education
This continuing nursing education activity was approved by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

6.00 hours nursing continuing education credit

QUALIFIED PLANNER AND FACULTY

The qualified planner for this course is

John M. Gotelli, MSN, NP
University of North Carolina Hospitals, Medicine/Geriatric Service
Geriatric Practitioner
Nurse Practitioner licensed in the State of North Carolina
Geriatric Nurse Practitioner, ANCC Certified

Mr. Gotelli is enjoying a successful career in nursing and nursing education.

John M. Gotelli, MSN, NP
1100 Joseph Johnston Ct
Hillsborough, NC 27278
jgotelli@unch.unc.edu

Education
Vanderbilt University School of Nursing, Nashville, TN
Master of Science in Nursing (August 2000)
Gerontology Nurse Practitioner Specialty

Vanderbilt University School of Nursing, Nashville, TN
Basic professional nursing component of the MSN program (August 1999)

University of California, Davis, CA
Bachelor of Arts, Psychology (June 1992)

Licensure and Certification
Nurse Practitioner, licensed in the state of North Carolina through February 20013
Geriatric Nurse Practitioner, ANCC Certification through September 2015

Work Experience
University of North Carolina Hospitals, Medicine/Geriatric Service
Geriatric Nurse Practitioner (July 2006 to present)
Clinical responsibilities:

- Round daily with the medical team
- Perform comprehensive geriatric evaluations on acutely ill hospitalized patients admitted to the geriatric service
- Ensure problems such as poly-pharmacy, delirium, pressure sores, psychosocial issues, immobility and incontinence are addressed
- Facilitate interdisciplinary rounds (social work, nutrition, case management and Recreation therapy)

Leadership and Administrative responsibilities:

- Serve as consultant to staff nurses hospital wide for geriatric clinical issues
- Organize and implement curriculum for Geriatric Resource Nurse Program (also open to Nursing Assistants). A two day program which introduces staff to essential bedside geriatric care.
- Implement Continuous Quality Improvement (CQI) Projects related to geriatric clinical issues.
- Serve on various hospital committees: restraint reduction committee; nursing research council
- Improve continuity of care for seniors living in community retirement homes/health centers through collaborative initiatives between health systems
- Serve as Adjunct Faculty for University of North Carolina, Chapel Hill School of Nursing to foster relationship between UNC hospital and the nursing school
- Clinical tutor for 2nd year medical students Introduction to Clinical Medicine Course, UNC School of Medicine – 2007 and 2008
- Implemented Nursing Rounds, a collaboration between UNC School of Nursing and 8 bed tower to enhance nursing sensitive patient outcomes

Veterans Administration, Charlotte Community Outpatient Clinic
Nurse Practitioner, Primary Care Service Line (2000 – 2006)
- Provided primary care services to a veteran population with the collaboration of three physicians
- Managed a patient panel size of approximately 850
- Performed comprehensive history and physical examinations; ordered and interpreted laboratory and imaging diagnostic studies; maintained preventive health activities; coordinated a plan of care for episodic and chronic health conditions; communicated plan of care to patient and family members; ordered appropriate therapies including medications
- Coordinated care with other healthcare systems to ensure appropriate follow up and avoid duplication of services

Center for Social Services, San Diego, CA
Benefits Specialist/Case Manager (1997-1998)
- Provided public and private benefits counseling to San Diego residents and their families infected with and affected by HIV/AIDS
- Assisted in primary screening to access Social Security, SSI, Medi-Cal, Medicare, as well as Ryan White funded HIV clinics
- Participated in a comprehensive county wide Needs Assessment Survey
- Enrolled eligible participants and managed daily operations of the AIDS Drug Assistance Program

AIDS Foundation San Diego, San Diego, CA
Benefits Specialist (1996-1997)
- Duties were same as above

Case Manager (Temporary position from February – August 1996)
- Developed long-term case management treatment plans with clients and their families affected by HIV/AIDS
- Collaborated with medical providers in managing client illness as it related to social well-being
- Facilitated referrals to clinics, private medical practices, clinical drug trials, and community organizations

Honors and Affiliations
- Nursing Recognition Award presented by UNC Department of Medicine -2012
- North Carolina “Top 100” Nurses Award - 2009
- Adjunct Faculty, University of North Carolina Chapel Hill School of Nursing
- Member of the Gerontological Society of America
- Outstanding Geriatric Nurse Practitioner Student for the year 2000 class
- 1999 Luther Christman Award: Presented to the first year student with the most outstanding clinical skills

Publications and Presentations


Center for Life Long Learning, UNC School of Nursing. *Geriatric Pharmacology* (2012) Chapel Hill, NC


Presented findings from the Summary of the Seventh American College of Chest Physicians Conference On Antithrombotic and Thrombolytic Therapy, CHEST 2004; 126 : 1635-6965, Charlotte VA Community Based Outpatient Clinic, September 2005

Research Interests Geriatric Syndromes – delirium, cognitive and functional decline, falls.
Mr. Gotelli has had a wide variety of nursing responsibilities in several health care setting over the past fifteen years including lecturing in the North Carolina Statewide Program for Infection Control.

Mr. Gotelli and Dr. Allen work together to identify continuing education course topics which are relevant to the needs of nurses currently practicing in a variety of nursing setting.

Dr. Allen has attended the North Carolina Statewide Program for Infection Control and Epidemiology over the past decade and is an Infection Control Practitioner in the State of North Carolina.

Dr. Allen has over three decades of teaching health care administration at the UNC-CH School of Public Health. Over the years his courses have been attended by UNC-CH School of Nursing students and students from the UNC-CH School of Medicine.

Dr. Allen’s text is a core medical title in the nursing field

Text selected as 2011 (and again May, 2013) Doody’s Core Medical Title
Nursing Home Administration, the text on which the courses on this website are based has been chosen as one of only five 2011 core medical titles in the nursing field being recommended by the library association for Health Sciences Libraries to add to their collection.

A “Core Medical Title” is defined as “…a book or software title that represents essential knowledge needed by professionals or students in each [healthcare] discipline and is highly recommended for the collection of a library that serves health sciences specialists.”

(The other titles are: Compact Clinical Guide to Chronic Pain; Dictionary of Nursing Theory and Research; Family Practice Guidelines; Nursing Interventions Through Time).

Biographical sketch: James E. Allen

Education:
B.A., University of Arizona
S.T.M., Boston University
Ph.D., Boston University Graduate School
M.S.P.H. University of North Carolina at Chapel Hill

Professional Certifications License:
NHA -- licensed nursing home administrator, State of North Carolina, License 812.
Certified Long Term Care Infection Control Practitioner, UNC-CH.
Consultant to law firms in North Carolina, South Carolina, Florida, Texas, Kansas, Connecticut, South Dakota and West Virginia.

Current Position:
President: Long Term Care Education.com (an education website)
(Professor of Health Policy and Management, Emeritus  
Department of Health Policy and Management,  
School of Public Health, University of North Carolina at Chapel Hill  
706 Greenwood Road, Chapel Hill, NC 27514-5923 email: jamesallen@unc.edu  
Ph. Long Term Care Education: 919-815-0387 Fax 919-933-6825)

Publications:
Thirty journal articles, over 100 published book reviews, five books. Most recent books:

**NURSING HOME ADMINISTRATION**, 6th Ed, New York: Springer Publishing Company,  
([www.springerpub.com](http://www.springerpub.com)) 2011, 700+ pp. (The standard text in the field for over 30 years, recently named as the leading text for nursing home administrators).


Teaching
Dr. Allen has thirty-two years of experience teaching health management at the undergraduate and graduate levels in the Department of Health Policy and Management, School of Public Health, University of North Carolina at Chapel Hill.

Training Nursing Home and Assisted Living Administrators
Dr. Allen developed and taught the Administrator-in-Training (AIT) course for the North Carolina State Board of Examiners for Nursing Home Administrators (required of all AIT's in North Carolina 1985-2003). Developed and taught Long Term Care Administration courses at University of North Carolina at Chapel Hill. He teaches NHA licensure course for 3+ states. Provider of assisted living certification in NC and Texas. Provider of CEU education for 48 states.

Students from the University of North Carolina School of nursing have been taking Dr. Allen’s courses for several years.