

Join Our Nursing Home Listserv

A platform for nursing home team members to engage in two-way communication to ask questions, share resources and training opportunities. This listserv is very active and has proven to be a valuable resource for nursing home team members in the Dakotas. Join today.

Use the QR Code to Sign Up!



To ensure information and resources are available for all nursing home team members, we have decided to capture all news-related content for each month and share it in this newsletter, *Nuts & Bolts*. Please print this newsletter and share it with team members, post it in your break rooms or share via email.



Scan to access the entire newsletter

Upcoming Events

Visit the Great Plains QIN [Calendar of Events](#) for all upcoming events.

- [Weekly BOOST Sessions](#) | Thursdays at 4 pm CT
- [Ensuring Medication for Opioid Use Disorder Webinar Series](#)
- [Great Plains QIN LAN Event | Decoding Dialysis: Improving Care Across the Continuum for Patients with Kidney Disease – May 21, 2024](#)

Listen to our Podcast – [Q-Tips For Your Ears](#)

Looking for health care information and quality resources? If so, you have landed in the right spot. Q-Tips For Your Ears is designed for everyone; the intent is to share basic information on topics that matter.

The Series was developed by Great Plains QIN Quality Improvement Advisors. We hope you find what you were looking for. We welcome suggestions for content; AND be sure to check back often for new Q-Tips For Your Ears episodes.



Nursing Home Quality Measure Video Series

The Great Plains QIN team created the Nursing Home Quality Measure Video Series to assist in understanding the MDS and claims-based Quality Measures that comprise the Nursing Home Quality Measure Star Rating.

The goal is for nursing homes to attain a Five Star Quality Measure rating. These short videos can be viewed individually or as a series. Each presentation has a transcript accompanying the slides. Visit our Web site to learn more and access the videos.

[Access the Quality Measure Video Series](#)

Great Plains QIN LAN Event | Decoding Dialysis: Improving Care Across the Continuum for Patients with Kidney Disease, May 21, 2024

Care of the patient living with end stage renal disease can be intimidating due to the complex interplay of dietary and fluid restrictions, medications, vascular access care, and dialysis treatments, often in the setting of other comorbid medical conditions.

It is known that ESRD patients are high healthcare utilizers, so it is likely the majority of healthcare professionals will be faced with this challenging care. Come join this presentation to hear about best practices in care coordination for dialysis patients, as well as learn about the ESRD Network as a resource in attaining quality outcomes for the renal patient population.

Objectives:

1. Describe the health care challenges experienced by dialysis patients
2. Describe the role of the ESRD Network in quality improvement for dialysis facilities
3. Identify opportunities for enhancing care coordination for dialysis patients

Tuesday, May 21 | 3:00 – 4:00 PM CT

[Register Today](#)

Speaker: Claire Taylor-Schiller, RN

Claire Taylor-Schiller is a registered nurse and quality improvement coordinator with the Midwest Kidney Network. Prior to joining the team at the Network in January 2022, she worked as a charge nurse clinical coordinator for an outpatient hemodialysis unit in Minnesota since July 2011. It was during that time when Claire joined the American Nephrology Nursing Association and discovered the joy of quality improvement, which eventually led to her current role at the Network. As part of the QI team at the Network, Claire leads projects focused on reducing hospitalizations, readmissions, and emergency department visits, improving health equity and implementation of CLAS standards, and increasing vaccination in dialysis patients. In addition to her work at the Network, Claire continues to be involved in her local chapter of the American Nephrology Nurses' Association as the President Elect. She has professional interests in improving patient outcomes and equitable care in dialysis patients, as well as rural health and population health.



Center of Excellence for Behavioral Health in Nursing Facilities | Upcoming Virtual Events

The Center of Excellence for Behavioral Health in Nursing Facilities (COE-NF) is excited to announce their 2024 series of the Behavioral Health Action Network. This series of six-monthly virtual one-hour sessions will kick off in May 2024. COE-NF is inviting facilities across the United States to join them for these interactive sessions where participants will:

- Learn from nationally recognized subject matter experts.
- Network with their peers in an interactive learning environment.
- Learn about tools for sustainable implementation of best practices.
- Connect with COE-NF behavioral health specialists willing to provide ongoing support as facilities implement best practices.

[Register Today.](#)

Topics include:

- Understanding behavioral health regulations
- Mental health basics

- Screening for behavioral health and substance use
- Effective communication skills
- Individualized assessment and resident centered care planning
- De-escalating aggressive behavior and crisis

The series is designed to meet the needs of leadership and interdisciplinary staff members and facilitate better resident outcomes.

- Leadership – Facility assessment and staff education.
- Nurses and Certified Nursing Assistants – Screening for behavioral health and substance use disorders, resident assessment, care planning, communication, and de-escalation skills.
- Support Staff – Understanding of behavioral health and substance use disorders, communication, and de-escalation skills.

COE-NF recommends creating an interdisciplinary team to attend this series. They will include information on which staff to prioritize for each session after you register for the series.

Additional Events:

Managing Substance Use Disorders (SUD) in Nursing Facilities Office Hours

Interested in receiving expert answers to substance use challenges you are facing in your nursing facility? Join subject matter experts, Dr. Jenn Azen and Dr. Swati Gaur, during monthly office hours as they answer questions to your complex cases. No question is too big or small.

[Register Today](#)

Schizophrenia in Long-Term Care – 5 Part Series

Explore the diagnostic criteria of schizophrenia and steps to make a clinical diagnosis.

[Register Today](#)



Alzheimer's Association: Upcoming Event | Advanced Care and Legal Planning

Navigating the Unknown: Advance Care & Legal Planning for People with Dementia

As more people experience memory loss, planning before someone becomes affected by memory loss and decision-making capacity is critical. In this no-cost presentation, participants will learn about advance care planning and the importance of having conversations now. By taking action, individuals can communicate their preferences for care and express who they may want to provide support as their needs change. This session will explore legal planning, palliative care, hospice, and POLST (portable medical orders).

Tuesday, May 7, 2024 | 1:00 – 3:30 PM CST

[Register Today](#)

Presenters:

Nancy Joyner, MS, CNS-BC, APRN, ACHPN
Palliative Care Clinical Nurse Specialist
Nurse Consultant/Patient Advocate

Kelly Swenseth

Swenseth Law Office, PLLC
VANESSA HOINES
Program Manager
Alzheimer's Association Minnesota-North Dakota



The [Alzheimer's Association](#)[®] is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementias.



North Dakota Immunization Conference | June 18 -20, 2024

Be sure to register for the 2024 North Dakota Immunization Conference taking place on June 18 and 19th at the Bismarck Event Center in Bismarck, North Dakota. A Motivational Interviewing Workshop is scheduled for June 20 focused on vaccinations to complement the Conference. Join in person OR online – choose your attendance option when you register!

[Get Registered](#)

Access the Registration Page for the agenda and speaker information. The cost to attend is \$100 (prior to May 31, 2024).

This conference aims to help people learn more about immunizations and attendees achieve:

- **Strategies to Boost Immunization Rates:** Explore strategies and best practices to increase immunization coverage rates.
- **Better Communication Skills:** Evaluate communication strategies for responding to questions from patients/families.
- **Latest Immunization Updates:** Discuss updates to the child, adolescent, and adult immunization schedule.

Who Should Attend?

- Nurses
- Physicians
- Nurse Practitioners
- Physician Assistants
- Pharmacists
- Public Health Professionals
- Anyone interested in immunizations



The conference planning committee is excited to also offer a **Motivational Interviewing Training Specific to Immunizations** workshop on June 20.

Trevor Manthey, MSD, Ph.D. of Manthey Consulting will lead a motivational interviewing training specific to immunizations. [Motivational interviewing](#) is an evidence-based and culturally sensitive way to speak with hesitant patients about getting vaccinated. The goal of motivational interviewing is to help people manage mixed feelings and move toward healthy behavior change that is consistent with their values and needs. The workshop will run 8:30am – 2:30pm with lunch provided.

The Workshop registration fee is \$30 and is limited to 100 attendees.

South Dakota Receives Two National Immunization Recognition Awards

Congratulations to two South Dakota immunizations champions for earning National Immunization Recognition Awards. Andrea Polkinghorn and Allie Alvine received awards during the National Conference for Immunization

Coalitions and Partners (NCICP) Award Ceremony recently in Philadelphia. The awards are given to those who have worked to maximize immunization rates in their community.

Andrea Polkinghorn, president of Immunize South Dakota's Board of Directors and lead immunization strategist for Sanford Health, was awarded the Immunization Leadership Award for her strategic vision and dedication to advancing immunization initiatives in South Dakota. Andrea has consistently exceeded these expectations, serving as a spokesperson, trainer, mentor, and educator for immunizations. This award is gifted to those who demonstrate exceptional dedication to promoting and furthering immunization efforts.



"I'm deeply honored by the NCICP award nomination. To have both myself and Allie recognized is incredibly rewarding," Andrea stated when asked to share her reaction to the award. "I'm incredibly proud to witness the impact of our collective efforts to increase vaccine confidence and immunization rates throughout the state. I'm so thankful that individuals took the time to elevate the work we are doing to protect South Dakotans from vaccine-preventable diseases."

Allie Alvine, the director of South Dakota Families for Vaccines, received the Excellence in Immunization Advocacy Award for her dedication to advocating for public health rooted in fact-based public policy and promoting immunizations across the lifespan for healthier families and communities. This award celebrates individuals that have actively driven policies supporting immunization efforts within their state. This includes legislative updates and training.

"I am humbled and grateful to be recognized with this national award for Excellence in Immunization Advocacy. It has been motivating and inspiring to work with and learn from so many partners in South Dakota and across the country in our shared goal of keeping our communities safe from vaccine-preventable diseases. I'm proud that our team is making a difference in South Dakota," Allie shared in response to her recognition.

Dani Gullickson, Immunize South Dakota's executive director, expressed excitement about the award recognition. *"I'm so incredibly grateful to have the opportunity to work with and learn from these remarkable women. And how exciting to have two of ISD's board members receive national recognition! It was a privilege to celebrate alongside them in Philadelphia, and I'm just so happy to get to work with them and so appreciative of the impact they have in their respective spaces."*



The Great Plains Quality Innovation Network team would like to extend appreciation to both Andrea and Allie for their commitment to fostering healthier and safer communities through their work to promote immunizations and vaccine-preventable illnesses.

Source: Immunize South Dakota, ImmuNEWS publication; April 19, 2024

May 7 Is National Fentanyl Awareness Day: Take Action & Save A Life

National Fentanyl Awareness Day is a day of action where hundreds of businesses, nonprofit organizations, and government offices work together to ensure Americans understand the risks of fentanyl, educate their families and friends, and learn how they can take steps to prevent overdose deaths.

Currently, fentanyl is being found in nearly all street drugs, including cocaine and heroin, and in fake pills being sold on social media and in communities across the country. Fentanyl is now involved in more deaths of Americans under 50 than any other cause, including heart disease, cancer, homicide, suicide, and other accidents.

Impact In The Dakotas

- Access the North Dakota Unintentional Drug Overdose Death 2023 [Legislative Report](#) which highlights the issue, including total number of overdose deaths as well as the drug substance listed as cause of death.

- The South Dakota Department of Health State [Unintentional Overdose Reporting System](#) collects comprehensive data on unintentional and undetermined intent drug overdose deaths.

Initiated by parents who have lost children to this crisis, National Fentanyl Awareness Day is supported by a coalition of experts, corporations, nonprofits, schools, families, and elected officials who are working to empower our youth and their families. **Take action today by doing these few things:**

- Please watch this 27-minute film [The New Drug Talk](#) to educate your team/community about the dangers of fentanyl and fake pills in the new and rapidly changing drug landscape
- Share on [social media](#) to get the word out to your community about National Fentanyl Awareness Day and the dangers of fentanyl. Use the hashtags **#NationalFentanylAwarenessDay** & **#JustSayKNOW** to further the message. Gain access to all social media images [here](#).
- Access the [National Fentanyl Awareness Toolkit](#) to see how you and your organization can spread awareness.



Scan the Code For the Film

FENTANYLAWARENESSDAY.ORG

There are ways we can be prepared as individuals and healthcare professionals and respond accordingly during/before a potential fentanyl overdose:

- **Know the signs of an overdose:** Loss of consciousness, unresponsiveness, irregular breathing, and inability to speak are a few of the signs to look out for.
- **Carry Naloxone:** Naloxone (also referred to as Narcan) is a life-saving opioid reversal medication. It commonly comes in the form of a nasal spray. Some states and cities are making it available for free. For more information on how to administer Naloxone, take the [Great Plains QIN Naloxone Training](#).
- **Test the product:** Some cities and states are making fentanyl test strips available.
- **Be prepared to call for help:** If you witness someone experiencing the symptoms of an overdose/poisoning, call 911 and request emergency medical services. All 50 states and D.C. have enacted Good Samaritan laws, which typically provide immunity to those who call emergency services when experiencing or witnessing an overdose. The Great Plains QIN Naloxone Training also addresses Good Samaritan Laws in the Dakotas.

There are over 250 drug-related deaths every day. Naloxone saves lives. We each have a moral obligation to be prepared to administer naloxone in the event of an overdose. The risk of being unprepared can result in loss of life. The risk of giving naloxone when it may not be needed with an unresponsive individual is negligible. Watching this video will help you feel more comfortable with administering Naloxone in an emergency.

Naloxone is the easiest way to reverse a fentanyl overdose. Learn how to use it.

Great Plains Quality Innovation Network developed this Naloxone training for **ANYONE** interested in learning more about how Naloxone can be used to save a life.

This 20-minute training provides an overview of the signs and symptoms of an opioid overdose, three different naloxone administration techniques and Good Samaritan Laws in North Dakota and South Dakota.

[Access the Training Today](#)



After completing the training video, a QR code/link is provided to access a Naloxone Training knowledge check. The knowledge check consists of 5 questions. A certificate of completion will be provided once the knowledge check is submitted.

Where Would We Be Without Nurses? Celebrating National Nurses Week

Nurses are indispensable members of the healthcare team, providing holistic care, advocacy, and support to patients across the lifespan. Their dedication and expertise contribute significantly to the well-being of individuals and communities worldwide. On behalf of the Great Plains QIN team, we thank you!

Nurses bridge the gap between patients and healthcare systems ensuring that every individual receives the care and support they deserve. As we celebrate National Nurses Week (May 6 – 12, 2024), it is a time to reflect on the invaluable contributions of these frontline heroes.

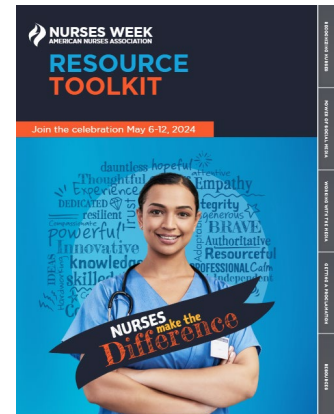
The Nurses Week theme, “**Nurses Make the Difference,**” was selected to encourage nurses, other health care professionals, employers, community leaders and the public to recognize and promote the vast contributions and positive impact of America’s nurses.

The American Nurses Association (ANA) released the 2024 [National Nurses Week Toolkit](#) which provides resources, templates, and ideas to recognize nurses and offers ideas and templates to promote the value of the nursing profession.

Has a nurse made a difference in your life? Take a few minutes to reach out and thank them. Pay tribute to a local nurse, or recognize all nurses who provide care every day, year round. Share the tribute or a special thank you on social media using the hashtag **#ANANursesWeek** and **#NursesMakeTheDifference**.

Let’s come together to celebrate Nurses Week 2024 and show our appreciation for these extraordinary professionals: **Celebrating, Honoring and Supporting.**

A special thank you to our Great Plains QIN team for your commitment to quality of care for our community members and loved ones. Your passion and dedication is inspiring. Thank you for the countless ways you continue to teach, share and serve. Happy Nurses Week!



In Case You Missed It: The Importance of Plain Language Webinar Recap

What is ‘plain language’? A clear and straightforward explanation of a concept or term that avoids using technical jargon or complex language. It’s designed to be easily understood by a wide audience, including those who may not have expertise in the subject matter. The goal of plain language is to communicate information effectively and efficiently, making it accessible to as many people as possible.

Great Plains QIN recently hosted an event, [Using Plain Language – The CLAS-y Compliant Style of Healthcare Conversations and Communication](#). Dr. Kay Temple, MD, MMC, shared her knowledge and expertise of using plain language and the benefit of simplifying messages for improved understanding, enhanced equitable care, increased adherence to treatment plans, a reduction in errors and overall cost-effectiveness. Dr. Temple also offered plain language tools, resources and practical application strategies.

One attendee commented, “It was a great reminder to ensure that your patients understand what you are saying by using the teach-back method. Remembering that teach-back is not a test of the patient’s understanding of my teaching, but more of a test of how well I presented the information.”

Another shared, “I plan to update our Nurse Residency program to include this information. Appreciate the resources! The speaker is engaging and easy to listen to. Would be interested in having her present on this topic at our hospital.”

Watch the Recording to better understand how plain language can be used every day to improve communication.

[Access the Recording](#)

Plain Language Resources:

- Plain Language: [Keep It Jargon Free](#)

- [A Plain-Language Checklist](#)
- [Downloadable Plain Language Thesaurus](#)
- [Jargon Be Gone – Patient Preference in Doctor Communication](#)
- [Rural Health Literacy Toolkit](#)
- [Great Plains QIN- CLAS Playbook](#)

Speaker: Kay Miller Temple MD, MMC

[Health and Medical Content Writer](#) | Rural Health Information Hub

University of North Dakota Center for Rural Health



For 30 years, Dr. Kay Miller Temple practiced internal medicine, pediatrics and hospice/palliative care in urban and rural areas. She served in numerous leadership positions, including 5 years as chair of a Southwest quaternary healthcare system’s Utilization Review committee. With a master’s in journalism and mass communication, she is in her 8th year as a writer covering rural health topics for a federally funded national rural health information clearinghouse based at the University of North Dakota Center for Rural Health and housed in the university’s School of Medicine and Health Sciences. She has expertise in rural health literacy and plain language and speaks frequently on these topics.

[CMS Quality In Motion Report: Putting Quality Goals into Action](#)

[Quality in Motion: Acting on the CMS National Quality Strategy](#) is CMS’s latest update to the 2022 [National Quality Strategy](#), which was launched to improve the quality and safety of health care for everyone, focusing on those from underserved and under-resourced communities.

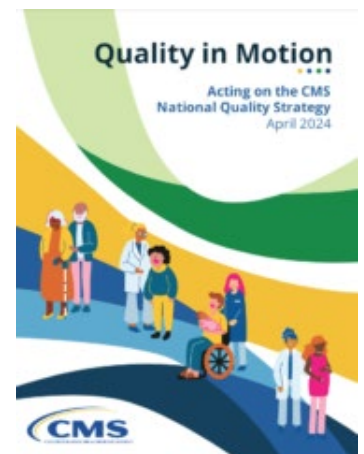
In the action plan, you will learn how CMS is putting quality-focused goals into motion in four priority areas:

- Outcomes and Alignment
- Equity and Engagement
- Safety and Resiliency
- Interoperability and Scientific Advancement

The new action plan includes a call for payers to improve quality in high-priority clinical areas and reduce provider burden by implementing the [Universal Foundation](#), including the newly published hospital, maternity care, and post-acute care/long-term care add-on sets.

[Access the CMS Quality In Motion Report](#)

CMS asks states, payers, providers, and community-based organizations to partner in efforts to send consistent signals that quality cannot exist without equity. Together, CMS and its partners across the health ecosystem are putting quality in motion to achieve the mission of optimal safety, equity, health, and well-being for all individuals.



[Language Access Plan: Effective Communication is Critical for Understanding, Empowerment and High-Quality Care](#)

Imagine not being able to communicate effectively with those around you. What would you do if you were in danger or needed help? Now imagine working in a healthcare setting; an individual enters the room and is in obvious need of help. You lack the ability to communicate to understand what they need. Both situations bring a feeling of helplessness and most likely would not result in an optimal outcome.

Language barriers are associated with lower quality of care, poor clinical outcomes, longer hospital stays, and higher rates of hospital readmissions. Organizations must be prepared and equipped with a language access plan that spells out how they will communicate effectively to provide services to individuals who are non-English speaking or have limited English proficiency. A language access plan can help organizations meet federal and program regulations on providing language services and effective communication.

The important thing to remember is that a language access plan is not simply a document to 'check the box' for meeting regulations. It must be effective and tailored to your organization and the population you serve. The ongoing evaluation and updating of your language access plan is equally important. Before the next individual or staff member is left in a helpless situation, please consider these action items:

Call to Action

- Get familiar with your organization's language action plan.
- Understand what tools and resources are available when you are serving individuals who have limited English proficiency.
- Evaluate your language access plan and make sure it still fits your organization and the population that you serve.

Additional Tools and Resources

- [Guide to Developing A Language Access Plan](#) – This Guide identifies ways that providers can assess their programs and develop language access plans to ensure persons with limited English proficiency have meaningful access to their programs.
- [Introduction to Language Access Plans](#)– 1 hour web-based training
 - Course goals:
 - Recognize why language access plans are important
 - Identify common sections of a language access plan
 - Identify 2 examples of language services
 - Describe ways to evaluate language access efforts
- [LEP.gov](#) – Federal landing page housing limited English proficiency information, tools and resources

Ambiguous Loss & Grief: Reflections and Healing

Grief is the process of reacting to loss (thoughts, behaviors, emotions, and physiological changes). People who are close to a person living with dementia often times experience grief and loss on the journey. This is because dementia is progressive (which means it will get worse over time). There will be lots of changes to adjust to and this can be extremely difficult. These feelings can be very strong and can be even harder to cope with than the practical aspects of caring.

Grief often involves strong feelings of sadness or distress, especially when the loss is significant. It is very personal and can affect people in many different ways, including: shock, helplessness or despair, social withdrawal, anger or frustration, guilt, denial or not accepting the loss, longing for what has been lost and/or sadness. Some people may feel positive emotions at the same time, such as relief. How you feel may change, and you might find yourself more able to deal with feelings from one hour, day or week to the next. For many people grief comes in stages: shock, longing for what has been lost, anger, guilt, and acceptance or finding ways to live with the loss. You might find you go back and forth between some or all these stages. This is very common and there is no normal length of time that grief will last. Grief is a natural response to loss.

When a person close to you develops dementia, you may both have strong feelings of loss. These feelings may develop or change as the person's dementia progresses. Depending on your relationship with the person and your individual circumstances, you might feel that you are losing or have lost: the person, your relationship with the person, intimacy with the person, companionship, support, communication, shared activities and hobbies, freedom to work or take part in other activities, a particular lifestyle and a potential alteration in future plans.

You or the person with dementia may feel grief when thinking about how their dementia might develop. You may imagine the changes and losses it may cause, and how the person's physical and mental abilities, relationships and future plans may be affected. This type of grief – thinking ahead to things that may happen in the future is known as anticipatory grief. You may experience this if the person's dementia is causing them problems with communicating, reasoning and understanding, and being able to discuss what may happen in the future. For some care takers, anticipatory grief can be even harder to deal with than the grief they feel after the person has died. For some people, anticipatory grief may lead to depression. It can help to talk about these feelings while you are still caring for the person with dementia. It isn't possible to know exactly how dementia is going to affect someone. Looking into what may happen in the future is not always useful and can cause unnecessary distress. While it can be helpful to think ahead and make plans, try to also focus on the time that you have with the person here and now. If the person is feeling a sense of loss about what they may not be able to do in the future.

Ambiguous loss is a person's profound sense of loss and sadness that is not associated with a death of a loved one. It can be a loss of emotional connection when a person's physical presence remains, or when that emotional connection remains but a physical connection is lost. Often there isn't a sense of closure. In respect to a dementia diagnosis, the person with dementia may be physically present, but at times psychologically absent.

Caring for a person with dementia can have a huge emotional impact, and feelings like these can be very difficult to cope with. It can be even harder if there are people around you who don't fully understand or accept the impact the person's dementia is having on you.



Act on Adverse Drug Events – Management of Nosebleeds in Nursing Homes

Nosebleeds, or epistaxis, are a common issue among the elderly population, particularly those who are taking anticoagulants. As a caregiver in a nursing home, understanding how to prevent and manage these incidents is crucial for resident well-being to avoid a visit to the Emergency Department.

Prevention Strategies

- **Humidification:** Keep the air moist using humidified forced furnace air, if allowed, especially during winter months when indoor air tends to be drier.
- **Nasal Care:** Encourage residents to use saline sprays or gels to keep their nasal passages lubricated. A small amount of petroleum jelly applied gently inside the nostrils can also help.
- **Gentle Handling:** Remind residents to be gentle when blowing their nose and discourage nose picking, which can damage the sensitive blood vessels inside the nose.

First Aid for Nosebleeds

- **Stay Calm:** Reassure the residents and help them to stay calm. Anxiety can increase blood pressure, potentially worsening the nosebleed.

Positioning: Have the resident sit up straight and lean slightly forward. This prevents blood from flowing down the throat, which can lead to coughing or vomiting.

- **Nasal spray:** You can apply 3 sprays of decongestant (oxymetazoline) in the affected side.
- **Pinching the Nose:** Pinch the soft part of the nose just below the bony bridge, holding it firmly for 5 to 10 minutes. This applies pressure to the bleeding point on the nasal septum and often stops the flow of blood.
- **Cold Compress:** Apply a cold compress or ice wrapped in a towel to the bridge of the nose. This can constrict the blood vessels and reduce bleeding.

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When to Seek Medical Attention

- While most nosebleeds can be treated effectively at the nursing home, there are situations where medical attention is necessary:
 - if the bleeding is severe or does not stop after 30 minutes of direct pressure.
 - if the resident is having other symptoms such as elevated blood pressure, lightheadedness, chest pain, or rapid heart rate.
 - if the nosebleed is the result of a fall or injury to the head.

Conclusion

By following these preventative measures and treatment protocols, nursing home staff can effectively manage nosebleeds in residents, ensuring their comfort and safety. Remember, while nosebleeds are common, they should be considered an adverse drug event if the resident is on blood thinners, so monitoring and documentation are key.

Tools/its & References:

- Michigan Anticoagulation Toolkit
- Michigan Anticoagulation Video
- Nosebleeds: When to Worry - Mayo Clinic Health Services
- Nosebleeds: First Aid - Mayo Clinic
- Anticoagulants (Blood Thinners): What They Do, Uses and Side Effects - Cleveland Clinic

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- [Michigan Anticoagulation Video](#)
- [Nosebleeds: Minor to serious – Mayo Clinic Health System](#)
- [Nosebleeds: First Aid – Mayo Clinic](#)
- [Anticoagulants \(Blood Thinners\): What They Do, Types and Side Effects – Cleveland Clinic](#)

Great Plains QIN has created all the information illustrated here on a PDF document. Click [here for access](#).

Developing an Antibiotic Stewardship Program for Long-Term Care Providers Training

Antibiotic Stewardship: The right antibiotic. The right dose. The right duration. The right time.

Did you know? Up to 75% of antibiotics prescribed in nursing homes are considered inappropriate or unnecessary.¹

Antibiotic stewardship refers to a set of commitments and actions designed to optimize the treatment of bacterial infections while reducing the adverse events associated with antibiotic use. Antibiotic stewardship is important in nursing homes because it helps to reduce the spread of antibiotic-resistant infections. Antibiotic resistance is a growing problem globally and it can be particularly prevalent in nursing homes due to the close living quarters and high frequency of residents with weakened immune systems.

Access this training video, developed by the Great Plains Quality Innovation Network team, to better understand the goals of antibiotic stewardship in long-term care, team members to include in an antibiotic stewardship program, interventions specific to the long-term care setting and methods to measure and share outcomes of stewardship interventions. This training video will lead to an overall better understanding of how improved antibiotic use is expected to reduce adverse events, prevent emergence of resistance, and lead to better outcomes for patients and residents.

[Access the Developing An AS Program Training Video](#)

Stephanie Meduna, RN, BSN, quality improvement advisor with Great Plains Quality Innovation Network, is the content lead in the video and shared. “The Antibiotic Stewardship Program presentation includes strategies that nursing homes can implement to be good stewards of antibiotics. It’s so important for nursing homes to improve the use of antibiotics to protect their residents and reduce antibiotic resistance. We encourage you to take the time to review this training video and share with your team,”



1. Centers for Disease Control and Prevention (CDC); [Core Elements of Antibiotic Stewardship for Nursing Homes](#)

Additional Training: Core Elements for Antibiotic Stewardship in Nursing Homes

The overuse of antibiotics can contribute to the development of antibiotic-resistant strains of bacteria. This means that when residents of nursing homes become infected with these bacteria, they can be difficult to treat with the usual antibiotics. This can lead to prolonged illness, increased healthcare costs and even death. Antibiotic stewardship programs in nursing homes aim to improve the appropriate use of antibiotics by promoting the appropriate selection, dosing, and duration of antibiotics. This helps to reduce the development of antibiotic-resistant bacteria, and also helps to improve patient outcomes by ensuring that residents receive the most effective treatment for their infections. Stephanie Meduna, RN, BSN, and Jennifer Everson, RN, BSN, MHA, CPHQ, quality improvement advisors with Great Plains Quality Innovation Network, developed this 12-minute training video to highlight the Core Elements of Antibiotic Stewardship in nursing homes. Watch this training video for information and resources to ensure the responsible use of antibiotics, improve resident outcomes and reduce the spread of antibiotic-resistant infections.

[Access Core Elements of AS Video](#)

Questions for Our Team?

If you have questions for our team or ideas for news stories, please contact a member of our team. Visit the [Who We Are Page](#) of our Website for all team members. Visit our [Website](#) to learn more.

