

Illinois Department of Public Health

STATEMENT OF DEFICIENCIES AND PLAN OF CORRECTION	(X1) PROVIDER/SUPPLIER/CLIA IDENTIFICATION NUMBER: IL6001051	(X2) MULTIPLE CONSTRUCTION A. BUILDING: _____ B. WING _____	(X3) DATE SURVEY COMPLETED C 09/16/2024
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NAME OF PROVIDER OR SUPPLIER ALTA REHAB AT FAIRMONT	STREET ADDRESS, CITY, STATE, ZIP CODE 5061 NORTH PULASKI ROAD CHICAGO, IL 60630
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S 000	Initial Comments	S 000		
S9999	<p>Complaint Investigation 2486906/IL177344</p> <p>Final Observations</p> <p>Statement of Licensure Violations:</p> <p>300.610a) 300.1210b)</p> <p>Section 300.610 Resident Care Policies</p> <p>a) The facility shall have written policies and procedures governing all services provided by the facility. The written policies and procedures shall be formulated by a Resident Care Policy Committee consisting of at least the administrator, the advisory physician or the medical advisory committee, and representatives of nursing and other services in the facility. The policies shall comply with the Act and this Part. The written policies shall be followed in operating the facility and shall be reviewed at least annually by this committee, documented by written, signed and dated minutes of the meeting.</p> <p>Section 300.1210 General Requirements for Nursing and Personal Care</p> <p>b) The facility shall provide the necessary care and services to attain or maintain the highest practicable physical, mental, and psychological well-being of the resident, in accordance with each resident's comprehensive resident care plan. Adequate and properly supervised nursing care and personal care shall be provided to each resident to meet the total nursing and personal care needs of the resident.</p>	S9999		

Illinois Department of Public Health
LABORATORY DIRECTOR'S OR PROVIDER/SUPPLIER REPRESENTATIVE'S SIGNATURE
Electronically Signed

TITLE

(X6) DATE
10/04/24

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S9999	<p>Continued From page 1</p> <p>These regulations were not met as evidenced by:</p> <p>Based upon observation, interview, and record review the facility failed to follow policy procedures, failed to ensure that (R2's) monthly weights were documented, failed to ensure that resident dietary preferences are included on nutritional assessments and failed to ensure that two of five residents (R1, R2) in the sample remained free from significant weight loss. These failures resulted in R2 sustaining 7.1% weight loss in 1 month and R1 sustaining 11.6% weight loss within 6 months.</p> <p>Findings include:</p> <p>R2 is 69 years old with diagnoses which include end stage renal disease and protein-calorie malnutrition.</p> <p>R2's POS (Physician Order Sheets) include (1/25/24) general diet, whole milk with meals. House Nutrition Supplement 8 ounces TID (three times daily). (2/15/24) Multivitamin with minerals daily. (6/17/24) Prostate AWC 30 cc (cubic centimeters) TID for nutritional supplement.</p> <p>R2's (6/24/24) BIMS (Brief Interview Mental Status) determined a score of 15 (cognition intact).</p> <p>On 9/4/24 at 11:26am, surveyor inquired about dietary concerns, R2 stated "We get 3 meals, but the portions have gotten really small since December when a new owner took over this place. Half of the time I'm ordering food out because I'm not full (a restaurant bag was observed in R2's trash can at this time). I've lost weight since then." Surveyor inquired if R2's weight loss was planned, R2 responded "No.</p>	S9999		

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S9999	<p>Continued From page 2</p> <p>They used to give you menus and you could select what you want and even get double portions if you want. Now, we just get what they put in front of us. We don't get a choice of food or a choice of a size." Surveyor inquired if the facility offers alternate menu items, R2 replied "No, they used to, but they don't anymore."</p> <p>R2's weights are as follows (8/7/23) 132.4# (pounds). (10/4/23) 133.6# (gain). (12/8/24) 133# (loss). (1/5/24) 122.9# (loss). (7/4/24) 117.8# (loss). (8/13/24) 109.4# (23# loss in 12 months). R2's required (monthly) weights (per facility policy) were not documented for September, November, February, March, April, May, and June (2024). [R2's weight loss started in December - as stated].</p> <p>R2's (8/19/24) nutrition progress notes include general diet. PO (Oral) intakes 75-100% per nursing records occasionally less. House supplement 8 oz TID, Prostate AWC 30ml TID. Multivitamin with minerals. Current body weight reflects significant weight loss 7.1% x 1month. Plan: whole milk with meals, staff to encourage compliance with supplement intake [food preferences and/or double portions are excluded].</p> <p>R2's (August 2024) MAR (Medication Administration Record) affirms the house supplement was refused 37 times, Prostate AWC was refused 66 times and Multivitamin with minerals was refused 25 times.</p> <p>On 9/12/24 at 1:49pm, surveyor inquired about R2's unplanned weight loss V16 (Registered Dietician) stated "I know that I follow her (R2) for impaired skin (stage 4 sacral area). She (R2) did have significant weight loss. I (V16) did see her in August for the original weight loss. We had her</p>	S9999		

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S9999	<p>Continued From page 3</p> <p>on supplements already for weight management and wound healing, and I added whole milk with meals." Surveyor inquired what R2's weight loss is attributed to, V16 responded "She does have CKD (Chronic Kidney Disease) and a wound. It is documented that she's eating 75-100% so were just monitoring her intakes and her weights." Surveyor inquired when resident's weights are supposed to be done, V16 replied "They're done monthly" [R2's weights were not documented monthly]. Surveyor inquired if R2's dietary preferences are included in the Nutrition progress notes and/or assessments, V16 stated "The food service manager updates the resident food preferences." Surveyor inquired if double portions were recommended for R2, V16 responded "Not by me, no." Surveyor inquired why whole milk was recommended for R2, V16 replied "It's just to increase the calories with her meals and add protein." Surveyor inquired if V16 comes to the facility and/or speaks directly with the resident during Nutritional assessments, V16 stated "Its' hybrid, so sometimes its remotely and just communicating with staff in the building." ---</p> <p>R1 is 77 years old with diagnoses which include hypertension secondary to other renal disorders.</p> <p>R1's POS includes (1/29/24) Nepro (Supplement) 8 ounces BID (two times daily) and (4/18/24) LCS (Low Concentrated Sweets), NAS (No Added Salt) diet, no orange juice, banana, potato, tomato.</p> <p>R1's (7/14/24) BIMS determined a score of 13 (cognition intact).</p> <p>On 9/3/24 at 1:42pm, surveyor inquired about dietary concerns, R1 stated "They have me on a kidney diet which I don't need anymore. They</p>	S9999		

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S9999	<p>Continued From page 4</p> <p>feed me the regular stuff and I get sick for the past year. I get nauseous just looking at the stuff or smelling it. I asked them (staff) to just bring me cottage cheese because you can't screw that up but rarely, they give it to me. They have lemon pudding or soup I can eat; they're getting better with bringing me a small salad but that's not gonna do it long term. I just need more protein to increase my muscles and stamina. I've lost 112 pounds since last August. I depend on Ensure if I don't get anything to eat and sometimes, they run out." Surveyor inquired if R1 has orders for Ensure, R1 responded "No." Surveyor inquired if R1 was seen by the Dietician, R1 replied "I've asked to see a Dietician they have one, but she's just totally useless. The thing is, you ask for something, and they acknowledge the issue but there's no follow through. The attitude is, isn't it great she lost all that weight, and it is but I'm starving. Meals go by and I don't get anything I can eat." Surveyor inquired if R1's weight loss was planned, R1 stated "No."</p> <p>R1's weights include but not limited to: (8/2/23) 262# (pounds). (11/9/23) 225# (37# loss in 3 months). (2/6/24) 203.5# (58.5# loss in 6 months). (8/7/24) 196# (66# loss in 12 months).</p> <p>On 9/3/24 at 1:58pm, surveyor inquired how much weight R1 lost in the past 12 months, V3 (Licensed Practical Nurse) stated "About 60 pounds" [R1 lost a total of 66 pounds]. Surveyor inquired what R1's weight loss was attributed to, V3 responded "The doctors are aware of this; I think she wanted to lose weight" [R1 affirmed that she did not want to lose weight]. Surveyor inquired if R1 was assessed by the dietician, V3 reviewed R1's electronic medical records, affirmed she was last seen on 7/9/24 and sustained significant weight loss of 7.9% in 3</p>	S9999		

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S9999	<p>Continued From page 5</p> <p>months. Surveyor inquired about R1's current diet, V3 replied "She has LCS/NAS diet no orange juice, potato, tomato" [double portions and/or food preferences were excluded]. Surveyor inquired if R1 receives a supplement, V3 stated "She's on Nepro 2 times a day but I don't think she likes this one."</p> <p>R1's (August 2024) MAR affirms Nepro was refused 3 times and not documented 1 time.</p> <p>R1's nutrition progress notes include (6/5/24) Significant weight loss 11.6% x 6 months. Intakes typically, 50-100% per nursing records, varies occasionally. Goal to maintain current body weight. Diet; NAS/LCS, no banana, tomato, potato. Nepro 8 oz BID. No recommendation [food preferences and/or double portions are excluded]. (7/9/24) Significant weight loss 7.9% x 3 months. Diet; NAS/LCS, no banana, tomato, potato. Nepro 8 oz BID, Proteinex. No recommendation [food preferences and/or double portions are again excluded].</p> <p>On 9/12/24 at 1:56pm, surveyor inquired about R1's unplanned weight loss, V16 stated "She has been stable since I've been seeing her in April." Surveyor inquired if R1 sustained significant weight loss, V16 responded "She did but she's stabilizing. She's also on a diuretic which causes weight fluctuations." Surveyor inquired what R1's significant weight loss is attributed to, V16 replied "I didn't know her that long ago. She's been in the 190s since I'm working with her, and the diuretic will cause weight fluctuations. We have her on Nepro and been maintaining her weight." Surveyor inquired if R1's dietary preferences are included in the Nutrition progress notes and/or assessments for R1, V16 stated "Those will be updated by the food service manager and on her</p>	S9999		

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S9999	<p>Continued From page 6</p> <p>meal ticket." Surveyor inquired if resident food preferences are recommended by the Dietician so physician orders can be obtained and followed, V16 responded "Not for food preferences, those just go on their meal ticket." Surveyor inquired if V16 recommended double portions for R1, V16 replied "I did not, sometimes Nursing or the Doctor can do that, but I haven't".</p> <p>On 9/16/24 at 1:34pm, surveyor inquired if a resident is eating meals but however refusing nutritional supplements, what should be implemented to increase caloric intake, V15 (Medical Director) stated "Appetite stimulant sometimes help, we can also offer different meal options. We also go over all the patients with weight loss at the monthly meetings and look at individual approach how to solve the issue." Surveyor inquired about potential harm if a resident sustains significant weight loss, V15 responded "Malnutrition can worsen the patient's chronic medical condition and increase wounds."</p> <p>The weights policy (revised 10/17/24) states each resident shall be weighed on admission and at least monthly thereafter, or in accordance with Physician orders or plan of care. Residents identified at nutritional risk may be weighted weekly or bi-weekly as per physician order or Interdisciplinary Team recommendation. Undesired or unanticipated weight gains/loss of 5% in 30 days, 7.5% in 3 months, or 10% in 6 months shall be reported to the Physician, Dietician and/or Dietary Manager as appropriate. (B)</p>	S9999		