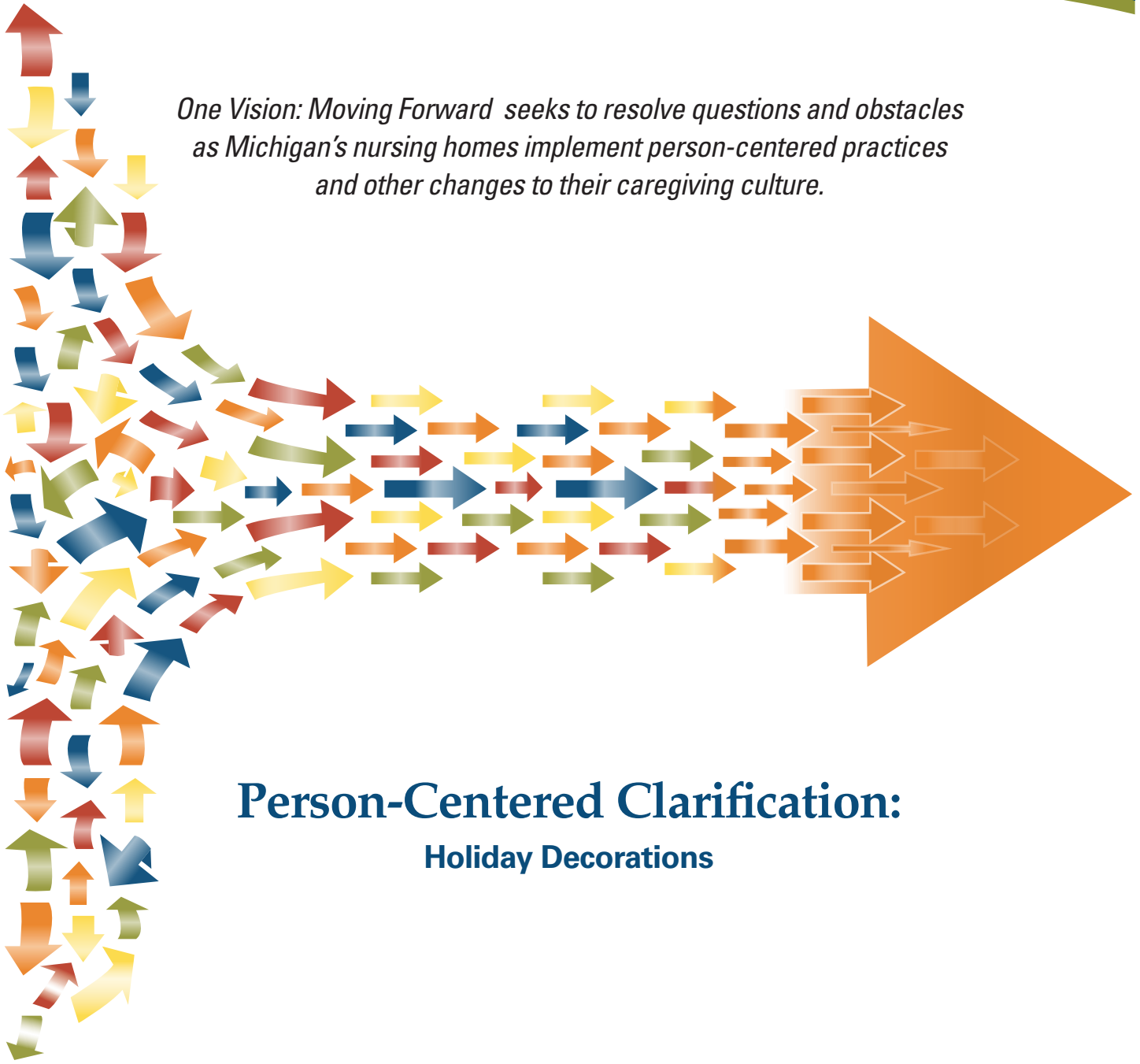


One Vision: Moving Forward

One Vision: Moving Forward seeks to resolve questions and obstacles as Michigan's nursing homes implement person-centered practices and other changes to their caregiving culture.



Person-Centered Clarification: Holiday Decorations

One Vision: Moving Forward

OneVision: Moving Forward Stakeholders:

Advancing Excellence in
America's Nursing Homes,
Michigan LANE

Alzheimer's Association –
Greater Michigan Chapter and
Michigan Great Lakes Chapter

Health Care Association of
Michigan

LeadingAge Michigan

Medical Services Administration
Michigan Department of
Community Health

Michigan Department of
Licensing and Regulatory
Affairs

The Bureau of Health Systems
The Bureau of Fire Services

Michigan Alliance for Person
Centered Communities

Michigan Campaign for Quality
Care

Michigan County Medical Care
Facilities Council

Michigan Office on Services to
the Aging

Michigan Star Forum

Michigan State Long Term Care
Ombudsman

MPRO

NADONA-Michigan Chapter

“They all wanted to move the field forward, but no one wanted to take the risks of doing it.”

– University of Pennsylvania Alzheimer's researcher

One Vision: Moving Forward seeks to resolve questions and obstacles to implementation of person-centered practices and other culture change initiatives in Michigan's nursing homes, and address aspects of the wide array of culture change initiatives that pose challenges to the state's regulatory roles and responsibilities.

With the support of civil monetary penalty funding granted by the Michigan Department of Community Health, PHI¹ has been facilitating a work group of committed stakeholders — representing resident advocates, government agencies, provider associations, employee organizations, and culture change champions.

The stakeholders have, through consensus, developed a framework that is being used to address, clarify, and resolve current and future challenges to a person-centered approach in Michigan's nursing homes. As the results of this effort unfold, the stakeholder group is sharing them with the larger long-term supports and services community in documents such as this.

The ultimate goal of the One Vision: Moving Forward initiative is to make it possible for all Michigan's nursing home residents to experience more person-centered caregiving practices and for homes to improve the quality of care, exceeding the already high regulatory standards established by the State of Michigan.

¹ PHI (www.PHInational.org) is a national nonprofit working to transform eldercare and disability services. We foster dignity, respect, and independence – for all who receive care, and all who provide it. The nation's leading authority on the direct-care workforce, PHI promotes quality direct-care jobs as the foundation for quality care.

Person-Centered Clarification: Holiday Decorations

Date of Consensus Agreement: November 15, 2012

This clarification seeks to resolve questions and obstacles to implementation of person-centered practices and other culture change initiatives in Michigan's nursing homes. It was developed through a consensus process involving Michigan state agencies, nursing home organizations, resident advocates, organizations that serve nursing home staff, and organizations promoting person-centered services and culture change. This document is not meant or designed to cover every possible example or scenario. This information is shared with the intent of supporting and promoting high quality person-centered services in Michigan's nursing homes.

Topic or question from resident's point of view:

Holiday traditions are important to everyone including nursing home residents, families, and visitors as they provide comfort, identity and a connection to the past. Personalized room decorations representing the traditions of the individual and common area decorations that represent and are sensitive to the traditions of the community at large add to a festive air. The glitter of tinsel and the smells, texture and glow created by live trees, menorahs, frankincense, wreaths and candles contribute to the warmth and meaning of holiday seasons. For still other celebrations, paper decorations, flowers and wall décor can add to the festive, spiritual, or family atmosphere.

At the same time, there is an expectation that nursing homes provide a safe environment and that dangers and risks are minimized. Certainly, no one needs to abandon holiday traditions and activities, but by understanding where potential hazards exist, and making minor adjustments, people can greatly increase residents' safety and enjoy the season and celebration.

There is a perception that Federal, State, and Life Safety Code regulations dictate the abandonment of many holiday traditions and activities due to the increased fire risk associated with various kinds of holiday and celebration decor.

The following clarification is sought:

- Is it possible to have live cut trees and wreaths in a Michigan nursing home?
- Is there a way to create the smells and texture of live trees and wreaths and promote fire safety?
- Is there a way to enjoy the warm glow of holiday lighting and promote fire safety?
- Can real candles be used in Michigan nursing homes?
- Is there a way to create the smells and glow of candles throughout a nursing home and promote fire safety?
- What, if any, fire rating standards do holiday and other decorations (tinsel, garland, wall hangings) of any type need to have in Michigan nursing homes?

Clarification of person-centered practices and approaches:

1. Is it possible to have live cut trees and wreaths in a Michigan nursing home?

Live cut Christmas trees are not allowed in Michigan nursing homes due to their combustibility when not consistently watered. Likewise, wreaths made of cut live evergreen branches are not allowed due to their inability to be watered and resulting combustibility. Once live plants are cut, they begin to dry out and quickly become highly flammable.

2. Is there a way to create the smells and texture of live trees and wreaths and promote fire safety?

Two different approaches can be taken to create the sensations of live trees. First, artificial trees or wreaths properly labeled “fire resistant,” certified or identified by the manufacturer as “fire retardant” can be used. If the tree or wreath has a built-in electrical or lighting system, that electrical device should also carry the “UL” or the “Factory Mutual” approval marking (see sample markers in resource section below).

Another approach is to use a live, potted Christmas tree that can be planted outdoors after Christmas. A live tree will be more likely to stay fresh throughout the season than a cut tree and will naturally deliver an evergreen scent. Choose a healthy live tree and water it moderately while inside, keeping a log of watering including the date and amount of water given. Because a potted tree is a live plant, it has a greatly reduced fire risk when consistently watered. Please watch the referenced video which demonstrates the different fire hazards of a tree: This NFPA/UL video demonstrates the flammability of a dry Christmas tree vs. a tree that has been watered regularly.

<http://www.nfpa.org/categoryList.asp?categoryID=296&URL=Safety%20Information/For%20consumers/Holidays/Christmas%20tree%20fires&coo>

Following the holidays, the tree could be planted outdoors in a hole that was dug earlier in the fall. This could be a wonderful community tradition celebrating the arrival of the New Year or other winter celebration.

No matter which approach is taken—artificial vs. live, potted tree—additional safety measures related to the position of the tree must be attended to. No tree should block an exit, access to an exit, or any door. Every tree must be at least 3 feet away from any heat source, electric fireplaces, heat registers, direct sunlight or any other source of heat (ceiling lights or lamps, heating duct, stove, etc.) that can cause the tree to dry out prematurely or even ignite it. It is also a good idea to position the tree near an electrical outlet so the lighting cords do not run long distances, creating a tripping hazard.

3. Is there a way to enjoy the warm glow of holiday lighting and promote fire safety?

Holiday lights can be safely used by following some simple guidelines. In general, lights should carry the “UL” or “Factory Mutual” approval marker (see sample markers in resource section below) and be in good repair and working order. Other guidelines include:

- Electrical lights should never be used on a metal tree.
- There is a difference between indoor and outdoor lights. The correct lights should be used in appropriate locations and according to the manufacturer’s designation.
- Clips made specifically for hanging lights should be used instead of nails or staples as they tend to damage the electrical cords.
- No more than three strands with a maximum of 50 bulbs per strand can be continuously connected following manufacturer’s recommendations.
- Tree lights should be turned off before leaving a room or going to bed.

Surge protectors and power strips are allowed for temporary use during this holiday season – from November 15 to January 15. If used in a resident room, they must be outside the resident care vicinity, 6 feet beyond the bed, and meet the UL 60601-1 (Tripp Lite is a manufacturer that meets this requirement). Whether positioned in a resident room or in the nursing home at-large, it is important to ensure that the positioning of the surge protector does not create a tripping hazard.

4. Can real candles be used in Michigan nursing homes?

No. Real candles may not be lit or have their wicks in use in Michigan nursing homes due to the high risk of fire. Candles are the number one cause of fires in dwellings.

5. Is there a way to create the smells and glow of candles throughout a nursing home and promote fire safety?

Flameless battery operated candles that look and can smell like real candles are an acceptable fire prevention alternative. They can be used alone or can be inserted into a carved out scented candle, as the warmth of the battery will likely release the aroma in the scented candle wax. Flameless battery operated candles provide the warm glow of a real flame and can also be used for rituals and religious ceremonies. For example, a menorah celebration might use one new battery-operated candle per night to symbolize the lighting of the menorah.

Scented bamboo sticks with pure essential oil or plug-in atomizers can also add the aroma of evergreens and the holidays to a room. As with any air scent, special attention should be paid to ensure they are well-received and non-allergenic to the residents, staff and visitors and not being used to mask odors resulting from unresolved problems. It is also important to remember that many memorable holiday smells come from the aromas of food and holiday baking.

6. What, if any, fire rating do holiday decorations (tinsel, garland, wreaths, wall-style Christmas trees, wall hangings) of any type need to be used in Michigan nursing homes?

In general, when using holiday decorations of any type special attention must be paid to:

- The material itself—most materials are acceptable if properly treated; however, some materials cannot be treated or used.
- The placement of the materials—doors, door latches, sprinkler heads, smoke detection devices, fire extinguishers and heat sources should be clear of decorations.

Materials. The materials used in Michigan nursing homes should be flame resistant or flame retardant and follow some basic guidelines:

- Untreated decorations can be sufficiently treated with a fire retardant spray. Spray product and instructions, including a log of the application process with a date and the person responsible; should be retained by the nursing home. It is important to note that applied fire retardant does not maintain its effectiveness when washed or often brushed up against, so as to wear off the coating. Nursing Homes should follow manufacturer's guidelines for re-application of the coating.
- Christmas cards and some paper products may be displayed on the walls along with photographs and paintings in limited quantities (see below).

Location. All decorations should be located away from heat and light sources and limited in quantity according to the following national fire safety guidelines:

- Not to exceed 20 percent of the wall, ceiling or door area within a room if the room is not sprinkled.
- Not to exceed 30 percent of the wall, ceiling or door area within a room if the room is sprinkled.

Materials and location. Although festive, doors or wall areas cannot be decorated with wrapping paper due to the high combustibility of wrapping paper.

Over-the-door hooks can be used provided they do not interfere with the closing and latching of the door. Items hung on the door should not exceed 20 percent of the door if room is not sprinkled and 30 percent if the room is sprinkled.

No decorations can be hung from any doorknob or sprinkler head.

Resources, tools and tips to better actualize resident preferences or needs within the intent of the regulatory standards:

- Sample UL marker and Factory Mutual approval markers (for all lighting and pre-wired artificial trees, wreaths and garlands).



- Artificial trees, wreaths, garlands and holiday decorations
 - Look for manufacturer labels that state the tree, wreath or garland is made from fire retardant, fire resistant or noncombustible material. Never purchase used or discounted artificial holiday decorations that do not have their original box and manufacturer fire safety statement.
- Fire retardant coating
 - Fire Retardant Coating should be listed by a nationally recognized independent testing laboratory such as UL or Factory Mutual.
 - <http://www.flamebustersofkansas.com/>
- Flameless candles
 - UL or Factory Mutual approved electric candles or battery powered flameless candles are available unscented or scented.
- Holiday scents
 - Bamboo diffuser used with essential oil of pine or vanilla. Maintain Material Safety Data Sheet (MSDS) information regarding essential oils in use.
 - Resources include: <http://www.natural-aromatherapy-benefits.com/> and www.youngliving.com
- Surge protectors and relocatable power strips
 - Must meet UL 60601-1 requirements
 - Tripp Lite – <http://www.tripplite.com/en/lp/healthcare-medical-power-solutions/index.cfm>

Definition of Person-Centered Planning

“Person-centered planning’ means a process for planning and supporting the individual receiving services that builds upon the individual’s capacity to engage in activities that promote community life and that honors the individual’s preferences, choices, and abilities.” MCL 330.1700(g)

The Michigan Department of Community Health (MDCH) and the Department of Licensing and Regulatory Affairs (LARA) hope to facilitate innovation that will increase individual quality of life and satisfaction with service delivery by implementing person-centered planning across all long-term care supports and services. The elements of Person-Centered Planning (PCP) as adopted by the departments are:

- **Person-Directed** –The individual controls the planning process.
- **Capacity Building** – Planning focuses on an individual’s gifts, abilities, talents, and skills rather than deficits.
- **Person-Centered** – The focus is continually on the individual’s life with whom the plan is being developed and not on fitting the person into available services and supports in a standard program.
- **Outcome-Based** –The planning process focuses on increasing the experiences identified as valuable by the individual during the planning process..
- **Presumed Competence** – All individuals are presumed to have the capacity to actively participate in the planning process (even individuals with cognitive and/or mental disabilities are presumed to have capacity to participate).
- **Information** – A PCP approach must address the individual’s need for information, guidance, and support.
- **Facilitation** – Individuals may choose to have an independent advocate/champion to act as facilitator. Facilitation may include pre-planning and conducting the planning meetings. This may be done more effectively by someone outside of the provider organization.
- **Participation of Allies** – For most individuals, person-centered planning relies on the participation of allies chosen by the individual, based on who they feel is important to be there to support them.
- **Health and Welfare** –The needs of the individual must be addressed in a person-centered manner; strategies to address identified health and welfare needs must be supported to allow the individual to maintain his/her life in the setting of his/her choice.
- **Documentation** –The planning results should be documented in ways that are meaningful to the individual and useful to people with responsibilities for implementing the plan.

More clarifications about residents’ right to participate in meaningful activities and maintain control are available to assist residents, their families and advocates, facilities and others are available. Go to: www.phinational.org/onevision.

REFERENCE SOURCES

Federal Regulations:

§483.25(h) F323 Accidents

The facility must ensure--

§483.25(h)(1) - The resident environment remains as free of accident and hazards as possible.

§483.15(h) F-252 Environment

The facility must provide--

§483.15(h)(1) - A safe, clean, comfortable and homelike environment, allowing the resident to use his or her personal belongings to the extent possible;

§483.70 F-454 Physical Environment

The facility must be designed, constructed, equipped, and maintained to protect the health and safety of residents, personnel and the public.

(a) Life safety from fire.

State Rules:

Michigan Nursing Home Rule: 3c of 1941 PA 207, MCL 29.3c, and ERO 2008-4, MCL 445.2025

Life Safety Code Regulations:

K73, No furnishings or decorations of highly flammable character shall be used. (NFPA 101, 2000-edition, 19.7.5.4, Combustible decorations shall be prohibited in any health care occupancy unless they are flame-retardant.)

K72, Means of egress shall be continuously maintained free of all obstructions or impediments to full instant use in the case of fire or other emergency. No furnishings, decorations, or other objects shall obstruct the exits, access thereto, egress there from, or visibility thereof shall be in accordance with 7.1.10.

K147, Electrical wiring and equipment shall be in accordance with NFPA 70, National Electrical Code. 9.1.2