



## Across

7. \_\_\_\_\_ is a medical condition that can be treated.
9. \_\_\_\_\_ is an easy test to decide if a resident needs a more comprehensive evaluation.
10. One treatment \_\_\_\_\_ might be to reduce the number of symptoms of depression.
11. Persistent \_\_\_\_\_ that disrupts a person's mood, behavior, or physical health may indicate depression.
14. Changes in \_\_\_\_\_ patterns may be a sign of depression.
15. Depression should not be confused with a \_\_\_\_\_ mood that everyone experiences from time to time.
17. There are various types of \_\_\_\_\_ available, including antidepressants and psychotherapy.
18. Loss of \_\_\_\_\_ in usual interests may indicate depression.
20. \_\_\_\_\_ from staff is important when talking to residents about depression.
22. \_\_\_\_\_ or hypersomnia may be a sign of depression.
24. Because nursing home residents have a \_\_\_\_\_ in their environment or health, they are at high risk for depression.
25. Changes in a resident's ability to perform activities of \_\_\_\_\_ living may indicate depression.
26. All health care \_\_\_\_\_ should be taught to recognize depression.
27. \_\_\_\_\_-centered care practices are helpful in reducing the symptoms of depression.

## Down

1. All nursing home residents are \_\_\_\_\_ for depression (2 words).
2. \_\_\_\_\_ usually have a lower risk for depression than women.
3. \_\_\_\_\_ or tearfulness is a common symptom of depression.
4. Nursing home residents should be routinely \_\_\_\_\_ for symptoms of depression.
5. \_\_\_\_\_ loss or gain may be a symptom of depression.
6. A thorough \_\_\_\_\_ should be done by a licensed mental health worker.
8. Loss of \_\_\_\_\_ in usual activities or hobbies may be a sign of depression.
12. A family \_\_\_\_\_ of depression may put a person more at risk.
13. Every resident should be screened on \_\_\_\_\_ for signs of depression.
15. Recognizing \_\_\_\_\_ of depression is the first step in treating it.
16. Changes in \_\_\_\_\_ or eating patterns may indicate depression.
19. When talking to a resident about depression, respect their need for \_\_\_\_\_.
21. Frequently changing \_\_\_\_\_ may result from switching antidepressants.
23. People of all \_\_\_\_\_ can be diagnosed with depression.

Distribute this crossword puzzle to your staff members to see how well they recognize depression in residents of your facility. Look for the answers in the November NHQI *Quality Counts* newsletter.

## Nursing Home Quality Campaign Update

### "Advancing Excellence in America's Nursing Homes"

The Advancing Excellence in America's Nursing Homes campaign officially launched on September 29 at a one-day national Quality Summit in

### **DON Training This Month!**

Join Cindy Leach for the latest DON Training session to be held October 25–27 at Plaza Health Care.

Please visit <http://www.azhca.org>, or contact the Arizona Health Care Association at 602.265.5331 for more information.

Washington, D.C. The Summit featured presentations by leading long-term care professionals, researchers, and consumer advocates.

The campaign will build on and complement the work of existing quality initiatives, including the Nursing Home Quality Initiative (NHQI), Quality First, and the culture change movement. Nursing homes nationwide are encouraged to participate by:

- Committing to work on a least three of the eight [campaign goals](#).
- Reviewing the [detailed explanation](#) of each goal and how it is measured.
- Demonstrating commitment to measuring quality improvement by [registering](#) to participate in the campaign.

Technical assistance tools and resources to help improve quality of life for residents are available by visiting <http://www.nhqualitycampaign.org>.

Please contact Joe Bestic, NHA, BA, HSAG Nursing Home Director, at 602.745.6205 or at [jbestic@azqio.sdps.org](mailto:jbestic@azqio.sdps.org) if you have specific questions.

Join today! You can make a difference.

## **Refresh your STAR Goals**

### **Set targets-achieve results with STAR**

As the busy holiday season approaches, don't forget to refresh your STAR goals by visiting <http://www.nhqi-star.org>.

All Arizona nursing homes are encouraged to use this free Web site, which allows target setting for:

- Chronic care high-risk pressure ulcers.
- Restraints.
- Depression.
- Chronic-care pain.

New STAR enhancements now allow target setting for post-acute care (PAC) pain and PAC pressure ulcer quality measures. Refresh your STAR goals today!

## **Regulations Back Culture Change**

Thomas Hamilton, Director, Survey and Certification Group, Centers for Medicare & Medicaid Services (CMS), recently spoke about the fact that regulations do not inhibit culture change, but rather support it. Hamilton said, "OBRA 87 laid out the basic federal responsibilities for nursing homes. What could be more compatible than to achieve the highest functional level of well-being?"

Speaking as someone who is "seeing with new eyes," Hamilton sees long-term care as a combined effort of community services and nursing care working together in a setting where quality improvement and survey systems are coordinated. "Ask yourself to what extent can the state and federal government help. Are regulations and guidelines barriers [to your culture change efforts]? If you think so, let us know."

Clearly a proponent of the culture change, Hamilton spoke of making a "complete flip" to individualized care that is not just resident-centered, but is actually person-centered. That is, seeing a person as a whole being and not just as a resident of long-term care. This means helping people to maintain the relationships they had before they moved into the nursing home and helping them with the transition back home after rehabilitation.

Hamilton quoted the wisdom of one who thrived despite disabilities, Helen Keller, who said, "I long to accomplish a great and noble task, but it is my duty to do small tasks as if they were grand and noble." To this, Hamilton added, "I wish you luck on your small tasks done greatly and nobly, that will benefit so many."

For more information on culture change, visit <http://nhqi.hsag.com/materials.asp>.

*Source: Culture Change Now Newsletter, September 2006.*

## **Pressure Ulcer Management**

Does your nursing home:

- Complete a head-to-toe assessment of resident skin

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- integrity immediately upon admission?
- Assess resident skin within 24 hours of admission, and weekly for the first month of stay?
- Care plan *specific* skin risk factors?
- Revise resident wound treatment plans if not working after 4 weeks?
- Focus on prevention, prevention, prevention?

If your nursing home is missing any of the skin integrity processes listed above, you may be placing your residents at risk! If you need help implementing any of these processes, please contact Joe Bestic, NHA, BA, Director, Nursing Homes, at 602.745.6205 or at [jbestic@azqio.sdps.org](mailto:jbestic@azqio.sdps.org).

## New Publicly Reported Immunization Measures

The Centers for Medicare & Medicaid Services (CMS) has introduced four new measures that address influenza and pneumococcal vaccination in both chronic and post-acute care residents. The new measures are:

- Percentage of eligible and willing chronic-care residents vaccinated for 2005–2006 flu season.
- Percentage of eligible and willing post-acute care residents vaccinated for the 2005–2006 flu season.
- Percentage of eligible and willing chronic-care residents with an up-to-date pneumococcal vaccination.

- Percentage of eligible and willing post-acute care residents with an up-to-date pneumococcal vaccination.

Visit <http://www.cms.hhs.gov/quality/nhqi> for more information on these new measures.

### Helpful Web Sites

<http://www.nhqi-star.org>

Set quality measure targets for high-risk pressure ulcers, physical restraints, depression, and chronic-care pain.

<http://www.qualitynet.org>

Download the new Nursing Home Improvement and Feedback Tool (NHIFT) software *free of charge*.

<http://www.medqic.org>

The Medicare quality improvement community.

<http://nhqi.hsag.com>

The Arizona Nursing Home Quality Initiative, hosted by HSAG.

<http://www.nhqualitycampaign.org>

*Advancing Excellence in America's Nursing Homes* Campaign Web site.

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