



Entering a Nursing Home (Rehabilitation Facility): Baseline Care Plan¹

On September 28, 2016 the Centers for Medicare & Medicaid Services (CMS) revised the federal nursing home regulations for the first time in 25 years. Any nursing home (rehabilitation facility) that accepts Medicare and/or Medicaid funding is required to abide by the federal regulations (in addition to state law).

Effective as of November 28, 2017, **every nursing home must develop and implement a baseline care plan within 48 hours of a resident's admission.**

The baseline care plan must include the *minimum healthcare information necessary* to properly care for a resident including but not limited to:

1. Initial goals based on admission orders;
2. Physician orders;
3. Dietary orders;
4. Therapy services;
5. Social services; and
6. PASARR recommendation, if applicable.

The nursing home (rehabilitation facility) must provide the resident and their representative with a summary of the baseline care plan that includes but is not limited to:

1. The initial goals of the resident;
2. Summary of the resident's medications and dietary instructions;
3. Any services and treatments to be administered by the facility and personnel acting on behalf of the facility; and
4. Any updated information based on the details of the comprehensive care plan, as necessary.

¹ Legal requirements pertaining to visitation are found under federal regulation 42 CFR 483.21(a) and can be accessed at: <https://www.ecfr.gov/cgi-bin/retrieveECFR?gp=&SID=e2c0a91a5a621c21e909affe457cec73&mc=true&n=pt42.5.483&r=PART&ty=HTML>

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The reason for the baseline care plan is to ensure there is a safe transition from the hospital to the nursing home. For every resident (patient) admission, it is the nursing home's responsibility to ensure the services and supplies a resident needs are in place and provided to the resident. This includes medications and any dietary needs.

Advocacy (Patient/Resident) Tips:

- Know your discharge plan from the hospital and bring a copy with you to the nursing home.
 - o Know the hospital physician's orders for your immediate care.
- Bring your medication list.
 - o This includes medications you were prescribed in the hospital and medications you were taking prior to the hospital.
- Be involved in the baseline care plan
 - o The baseline care plan must reflect the resident's stated goals and objectives. In order to do this, the nursing home must interact with the resident (or resident representative-if applicable).
 - o Under the federal regulations, every nursing home is to follow "person-centered care." This means every nursing home must focus on each resident as the center of control, and support each resident in making his/her own choices. This includes making an effort to understand what each resident is communicating, verbally and nonverbally, identifying what is important to the resident with regard to daily routines and preferred activities, and having an understanding of the resident's life before coming to reside (short term or long term) in the nursing home. Person-centered care cannot occur without resident involvement!
- Ask for the baseline care plan summary
 - o The nursing home is required by federal regulation to provide the resident and their authorized representative with the summary. The baseline care plan must be completed within 48 hours of admission to the nursing home. The summary should be promptly provided to the resident upon completion.
- Review baseline care plan for accuracy
 - o If you have questions or concerns the facility staff must address them!

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