Phase 1 Implementation of New LTC Regulation, Rationale, Benefits, and Opportunities Training

1 {00:00:00 - 00:00:11} Introduction
Hi. This is Synora Jones, Nurse Consultant, with the Division of Nursing Homes. This is your Phase 1 Implementation of New Long Term Care Regulations.

2 {00:00:12 - 00:00:31} LTC Regulations Revisions
CMS has made revisions to the regulations that long term care facilities must meet to participate in the Medicare and Medicaid programs. These changes were made to help reflect the substantial advances that have been made over the past several years in theory and practice of service delivery and safety.

3 {00:00:32 - 00:00:47} History of LTC Regulations
Regulations for long term care facilities were first published in the Federal Register on February 2, 1989. These regulations have not been comprehensively reviewed and updated since 1991.

4 {00:00:48 - 00:00:58} Improvement
Regulation updates have been made in an effort to improve both quality of life, health care, services, and patient safety.

5 {00:00:59 - 00:01:12} Why Changes Have Been Made
At the same time, there have been significant innovations in resident care and quality assessment practices, and long term care residents are more diverse and more clinically complex.

6 {00:01:13 - 00:01:43} Themes of the Final Rule
Themes CMS would like to highlight. Person-centered care, quality, facility assessment and competency-based approach, competency of staff, resident rights, infection control, strengthened transfer, discharge protections, alignment with current HHS initiatives, comprehensive review and modernization, and implementation of legislation.

7 {00:01:44 - 00:01:56} Person-Centered Care
Person-centered care. Focus on the resident as the locus of control and support the resident in making their own choices and having control over their daily lives.

8 {00:01:57 - 00:02:20} Quality
An additional theme is quality: quality of care and quality of life, the overarching principles for every service. Some of the additional special care issues are restraints, pain management, bowel incontinence, dialysis services, and trauma-informed care. The Quality Assurance and Performance Improvement, or QAPI, is based on the pilot program.
Facility Assessment and Competency-Based Approach
Because this is not a one-size-fits-all approach, facilities need to know themselves, their staff, and their residents. The facility needs to account for and allow for diversity in populations and facilities. Facilities need to focus on each resident in order to achieve their highest practical, physical, mental, and psychosocial well-being.

Align With Current HHS Initiatives
The new regulations help align other current Health and Human Services initiatives by helping to reduce unnecessary hospital readmissions, reducing the incidence of healthcare-acquired infections, improving behavioral healthcare and safeguarding nursing home residents from the use of unnecessary psychotropic (antipsychotic) medications.

Comprehensive Review and Modernization
This comprehensive review and modernization brings the nursing home regulations into the twenty-first century. The regulations have been reorganized, updated, and, based on our current knowledge, are consistent with the current health and safety.

Regulation Will Be Implemented in 3 Phases
The new regulations include a phased-in approach. The regulations will be implemented over the next 3 years, and you can find the implementation schedule within the final rule, using the link provided in this training for the Federal Register.

How Are We Going to Do This?
How are we going to do this?

Implementation Timeline
There is change ahead. For phase 1, you will find new regulatory language added to the existing F-tags. Phase 2 of the implementation will include new F-tag renumbering and some additional effective regulations and interpretive guidance. And lastly, phase 3 of the implementation will bring additional regulatory language into effect.

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