

## Dementia Focus

In 2012, CMS focused on the care nursing home residents received with dementia. This initiative focused on reducing the use of antipsychotic medications in nursing homes by 15% by the end of 2012. Several steps were taken to achieve the goal of improving care. Those steps are as follows: enhanced education, increased transparency, and alternatives for the use of antipsychotic medications (i.e. non- pharmacological alternatives).

Antipsychotic medications are frequently prescribed for residents that have behavioral or psychological symptoms related to dementia without psychosis. A review of numerous medical records revealed that residents diagnosed with dementia are continued to be prescribed antipsychotic medications. According to CMS, antipsychotic medications are frequently prescribed for residents without adequate rationale documented for the purpose of controlling residents' behavior of unidentified causes. The FDA issued a black box warning stating "elderly residents with dementia-related psychosis treated with atypical antipsychotic drugs are at risk of death." All facilities are required to provide their staff with basic dementia care training.

In 2014, CMS conducted a pilot project to review the process for prescribing antipsychotic medications and to assess compliance with federal requirements related to dementia care in nursing home. CMS wanted to gain insight about surveyor knowledge, skill and process to accurately identify and cite deficient practice. Pilot Dementia Care Focus surveys were expanded in 2015 to determine over usage of antipsychotic medications, increase opportunities for quality improvement among providers and targeted efforts to improve surveyor effectiveness in citing poor dementia care.

CMS recently established a new national goal to reduce the use of antipsychotic medication use in long term nursing homes by 30 % by the

end of 2016. It is recommended that facilities review their processes for non-pharmacological interventions and resident centered care practices. With the improvement of dementia care in nursing facilities, there has been significant reduction in the prevalence use of antipsychotics in long term residents. CMS plans to monitor the antipsychotic medication reductions, review resident information to make sure the resident does not have an unnecessary decline, and add an antipsychotic measure for each nursing home rating on the Five Star Quality Rating System.

According to CMS, facilities must be prepared and follow guidance for F-329 and F-309:

- Review current regulations on dementia
- Educate/document staff training on approved Dementia care training material upon hire and annually
- Review CNA competency and skill in dementia care
- Review AIMS test documentation
- Review/identify residents prescribed for use of antipsychotics
- Review residents' records for diagnosis and supporting documentation for use and/or continued use of antipsychotics
- Review facility process/policy for obtaining consent for use of antipsychotics
- Review documentation of resident's targeted behavior in the medical record.
- Review documentation of possible and/or identify side effects to antipsychotics
- Review the facility Behavioral Management Program
- Review care plans for individualization
- Monitor GDR of antipsychotics
- Review contraindications for antipsychotic reduction
- Review pharmacy recommendations for reduction and follow up with attending physician
- Review through QAPI and include Pharmacy
- Review the Dementia Focus Surveyor Worksheet
  - Part 1 Nursing Home Characteristics
  - Part 2- Dementia Care Policies, Leadership, Training , Documentation
  - Part 3- Quality Assessment and Assurance

- Part-4 Dementia Care & Related Practices
  - Comprehensive Evaluation of Each Resident on Admission by Interdisciplinary Team
  - Recognition, Assessment and Cause Identification of Behavioral Manifestation of Dementia
  - Care Planning
  - Individualized Approaches and Treatment: Care Plan Implementation and Staffing
  - Monitoring, Follow Up and Oversight

Reference: [www.cms.gov](http://www.cms.gov)