

# Marshall County Group Homes, Inc.

## SSERVICE PLAN REVIEW MEETING AND ATTENDANCE NOTES

Name: *Diane Stromgren*

Service plan review meeting date: *7/17/24*

Time: *10:00am*

Type of service plan review meeting (i.e. annual): *Annual for MCGH and 45-Day Assessment Meeting for DAC*

Location of meeting: *East Grand Forks DAC*

The purpose of this meeting is to provide an opportunity for support team or expanded support team members to participate in the ongoing review and development of the service plan and the methods used to support the person and accomplish outcomes. This meeting is also intended to determine whether changes are needed to the service plan based on the assessment information, the license holder's evaluation of progress towards accomplishing outcomes, or other information provided by the team.

**A Review of Technology needs for the individual served:** *Diane is to have a chair alarm on her dining room chair and lift chair; she is to have a bed alarm on also; she is to have a gait belt on at all times for ambulating and for assistance when going from a sitting to a standing position or standing to a sitting position. Diane has an electric hospital bed that she purchased. She is to have a pillow between her knees when sitting in her recliner to maintain proper body alignment and a Velcro wedge between her legs at night. Diane is repositioned at 11p and 3a nightly.*

**A review of the person's service and support outcomes occurred and the following determinations regarding those outcomes were made:** *No changes were made to Diane's MCGH outcomes. See attached Programmatic Report. A new goal for the DAC was discussed and it was decided that Diane would practice playing on a keyboard and give a recital at her Semi-Annual Meeting next 1/25. Community outings at the DAC were also discussed as an outcome for Diane.*

**Changes needed to the Support Plan Addendum, Self-Management Assessment, or other document in the service plan, include, if any:** *Diane was admitted to the East Grand Forks DAC and started attending M, W, Thurs on June 17, 2024. Diane's mobility has improved this past year and she is now walking, with 1-2 staff assisting, wearing a gait belt and pushing a four-wheeled walker. All of her meals are prepared by MCGH; meals are packed and sent with Diane on the days she attends the DAC. Her list of contacts was updated to add the DAC.*

**Discussion regarding person-centered program planning:**

What are the opportunities to develop and maintain **essential and life-enriching skills, abilities, strengths, interests, and preferences?** *Diane was recently admitted to the Developmental Achievement Center (DAC) in East Grand Forks, MN. She started attending the DAC on June 17<sup>th</sup> and attends every M, W, Th. She engages in community outings, planned activities and participates in a new interest of playing a keyboard. Diane is encouraged to complete tasks on her own, as able, to maintain her abilities/skills. She is offered various activities such as going to visit Cedar North Residents, going out to eat, going for drives and attending community events.*

What are the opportunities for **community access, participation, and inclusion** in preferred community activities? *Diane participates in Bible Study 2x/month September-May at Our Saviors Lutheran Church and/or at her residential home. She has an outcome to participate in community outings and one to go out to eat. Diane participates in planned MCGH, Inc. events such as the Christmas Party and the Annual Picnic. Her home plans outings in the community such as van rides, short shopping trips, etc. She is also involved in community activities through the East Grand Forks DAC.*

What are the opportunities to **develop and strengthen personal relationships** with other persons of the person's choice in the community? *Diane is encouraged to participate in outings that promote socialization such as MCGH planned events, community activities such as the Argyle Meet Your Neighbor Day Parade or attending Bible Study and planned DAC outings. She recently watched a movie, at the movie theater, with other DAC individuals and staff!*

What are the opportunities to seek **competitive employment** and work at competitively paying jobs in the community? *Diane has no interest in competitive employment.*

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**The person currently receives services in** (check as applicable):

- Residential services in a community setting controlled by a provider  
 Day services  
 Neither

Provide a **summary of the discussion of options for transitioning the person out of a community setting controlled by a provider** and into a setting not controlled by a provider (residential services). Include a **statement about any decision made regarding transitioning out of a provider-controlled setting**: *Diane currently resides in the least restrictive environment that is appropriate for her.*

Provide a **summary of the discussion of options for transitioning from day services to an employment service**. Include a **statement about any decision made regarding transitioning to an employment service**:

Describe any further research or education that must be completed before a decision regarding this transition can be made: *Diane attends the day program at the EGF DAC 3 days/week. She would be unable to participate in employment services due to her level of functioning physically and mentally.*

Other meeting discussion notes:

**Health:** *Diane's health DCC and Health Care Plan were reviewed by Henrietta, RN – see attached. Her walking has improved greatly this past year – she is able to walk, wearing a gait belt, assist of 1-2 staff, while pushing a four-wheeled walker. May need to purchase dry shampoo as her hair appeared greasy today, it was not a shower day. Henrietta brought up that Diane has come home from the DAC soaked through her clothes and into her chair cushion. Vivian stated they try to change her just before getting onto the bus for the afternoon transport. Henrietta said that Diane could have a disposable chuck put over her chair cushion to protect it. Diane's next eye exam is to be scheduled after 8/2/24. Henrietta reported that Diane is not using the Restorator as much anymore – Cindy to add the Restorator to Diane's case notes; that will provide documentation if Diane is refusing or using the Restorator for upper extremity exercise. Henrietta stated how difficult it is to brush Diane's teeth – it was suggested to maybe purchase a musical toothbrush as she really enjoys music.*

**Outcomes:** *See attached report*

**DAC:** *Vivian McKewan, Program Coordinator worked on Diane's IPP, SMA and SP Addendum during the meeting. She will provide the team with a copy of her completed plans. Vivian reported that Diane is doing well at the DAC. She also reported that Diane has enjoyed playing on the keyboard at the DAC. An outcome will be implemented in which Diane will give her team a concert on the keyboard at her Semi-Annual Meeting in 1/24! Participating in two community outings/month was another outcome discussed that is important to Diane. Henrietta, RN then demonstrated to the DAC staff how to ambulate Diane – they were very appreciative to have visually seen this.*

**To Do:**

1. DCC to schedule annual eye exam after August 2, 2024.
2. DCC to look into purchasing dry shampoo for Diane to use on days she is not showered.
3. DCC purchase disposable chucks to use over the cushion of Diane's wheelchair, on the days she attends the DAC.
4. RPS to add Restorator exercise to Diane's Case Notes.
5. RPS to send the RN Summary and the Individual Care Plan to the DAC and Case Manager; and the updated SP, IAPP and SMA.

**Next Meeting:** *Semi-Annual Meeting is scheduled for 1/15/25 at 10a at the EGF DAC*

## DIANE STROMGREN ANNUAL REPORT JULY 2024

Diane's semi annual was held on 1/9/24. Her appetite is good. Her weight a year ago was 113.3lbs, on 1/2/24 it was 117.7lbs and her present weight on 7/11/24 was 117lbs. Diane is within her ideal weight range. She is on a mechanical soft diet with meats to be pureed. She needs frequent redirection to slow down when eating/drinking and to chew and swallow the food she already has in her mouth before putting more in her mouth. She will at times pocket her food. She will at times use her hands to eat rather than her utensils and has at times required staff to put the utensil in her hand as a reminder. Diane's daily fluid requirement is at least 1800cc (7 to 8 - 8 fluid ounce glasses/day). Diane continues to receive Omeprazole daily due to dx of GERD with staff to follow preventive procedures listed in her careplan.

Diane continues to be incontinent of bowel/bladder and is toileted on a regular basis during daytime hours to prevent incontinence. She wears a pull-up brief at all times. She uses medication for dx of constipation and rarely requires use of her PRN protocol. There are times when sitting on the stool in the bathroom that Diane will unroll the roll of toilet paper with need to leave out of arms reach.

Diane continues to receive a body massage 2x/monthly per Carol Riley who comes into the facility.

Diane had her annual physical exam on 2/16/24 with her PCP Jill Smith at NVHC. Diane had labs completed and was to complete a FIT test for colorectal bleeding. The CBC was all within normal limits with the exception of neutrophils relative only slightly low at 39.6 (40 to 80) and lymphocytes relative slightly elevated at 47.2 (15 to 45%). The neutrophils are a portion of cells located in the WBC. A slight elevation in the lymphocyte count can be temporary and harmless which is a normal response to an infection or inflammatory condition. The CMP was all within normal limits with the exception of the Creatinine slightly low at 0.5 (0.7 to 1.5). Low creatinine levels can be a sign of kidney disease or can be a side effect of some medications. Her lipid panel levels were as follows: Cholesterol-212 (50 to 200); Triglycerides-192 (<150); LDL-103 (<100) and HDL-71 (40-60). The FIT test was negative for occult blood. She continues on Simvastatin 40mg daily. Her TSH was elevated at 6.43 (0.25 - 5.00) with an order to increase her Levothyroxine from 100mcg to 112mcg daily and to repeat TSH in 12 weeks. On 5/23/24 her TSH was 4.35. Her PCP also did a referral for OT to evaluate her ambulation skills for possible use of a wheeled walker. She is to have a F/U exam in 1 year. Diane did have labs done on 7/16/24 with the following: Hgb

A1C – 5.2 -normal; CMP – all WNL except Chloride 109 – (98-107) and Creatinine – 0.6 (0.7 – 1.5); CBC all WNL with HGB 12.6. Diane will have fasting labs completed on 7/19/24.

She was seen by OT, Erin McSparron, of NVHC. She may ambulate with 1 assist using a 4 wheeled walker. She is to use with brakes on and progress to brakes off with practice. She needs practice to turn with walker to sit on chair instead of reaching and letting go of walker. She needs practice with proper techniques in order to prepare for possible independence with transfers as she stabilizes. She needs 1 assist with transfers, occasional assist to avoid obstacles and assist to turn to sit on surfaces with use of 4 wheeled walker as tolerated. She continues to frequently let go of walker before she reaches her destination or turns to sit. She will also at times refuse to use the walker. There have been several occasions while she is being walked when she refuses to walk any further and will begin to sit on the floor. At these times she is slowly lowered to the floor and allowed to sit till she is ready to get up with assist and continue to walk. She is ambulated during the day with use of walker and 1 assist. Diane is allowed to nap during the day if she is tired. She is repositioned by staff x 2 during the night with use of pillow between legs.

On 6/27/24 after returning from DAC staff noted some swelling of her right ankle. Legs were elevated.

Diane has her psych meds managed by Dr. Peterson with visits every 3 to 4 months (recently via zoom). Diane has required no psych med changes over the past year. When seen by Dr. Peterson on 3/8/24 he recommended staff always praise her when she is cooperative with activities, eating independently etc. Staff is to ignore negative, attention seeking behaviors such as over filling her mouth with food, refusing to walk, wanting to be fed, refusing water/medications or daily hand/eye coordination activities being sure to assess her to be sure she is OK. He does not want to increase her medication as this could cause her to be unsteady and at this time, she is not exhibiting any aggressive behavior. Her last visit was via tele-med with Dr. Peterson on 7/12/24 with no med changes made. He feels when she is having issues with ambulation, they may be due to all the changes at the facility over the past several months. To have lab work completed.

On 3/24/24 staff noted a bruise below her right shoulder blade with source unknown – this resolved. An order was received on 4/12/24 to apply tea tree oil to toes and toenails BID due to fungal infection with her nails much improved. On 5/3/24 she was started on Tinactin cream to her feet and Tinactin spray to her shoes BID due to a fungal rash on/under her feet. The Tinactin was discontinued on 6/4/24 due to being healed.

Diane is seen at Fergus Falls dental clinic every 3 to 4 months. She has periodontal disease with gingivitis. Her last appointment was on 4/25/24 with exam and cleaning done. She has

had no dental cavities over past year. Diane is given Triazolam 0.25mg prior to dental appointments with her being quite cooperative. She continues to receive Chlorohexidine to her teeth/gums the first 7 days of each month due to gingivitis. Her next appointment is scheduled with Dr. Loots on 8/27/24.

Diane had been having a CBC checked every 3 months due to hx of anemia. Her last HGB on 5/23/24 was 12.8 (11.5- 15.5). Due to her HGB being stable over past year, her PCP has decided to due CBC annually with her yearly physical exam. She continues to receive an iron supplement 2 x daily.

Diane will be attending a DAC program in East Grand Forks every Monday, Wednesday and Thursday with her first day being 6/17/24.

Diane's last annual eye exam was on 8/2/23 and to F/U in 1 year. She continues to have mild cataracts to be monitored. Due to dry eyes she is to continue with Olopatadine gtts to both eyes daily.

Diane has continued to remain seizure free over this past year.

Diane has had no falls over the past year.

It has been noted that Diane often returns to facility with brief and clothes saturated with urine. Is she toileted prior to bus ride home?

Report by: Henrietta Linder RN

7/16/24

