

STATEMENT OF DEFICIENCIES AND PLAN OF CORRECTION	(X1) PROVIDER/SUPPLIER/CLIA IDENTIFICATION NUMBER:  145256	(X2) MULTIPLE CONSTRUCTION A. Building B. Wing	(X3) DATE SURVEY COMPLETED  03/05/2026
NAME OF PROVIDER OR SUPPLIER  Lakeland Rehab & Healthcare Center		STREET ADDRESS, CITY, STATE, ZIP CODE  800 West Temple Street Effingham, IL 62401	

For information on the nursing home's plan to correct this deficiency, please contact the nursing home or the state survey agency.

(X4) ID PREFIX TAG	SUMMARY STATEMENT OF DEFICIENCIES (Each deficiency must be preceded by full regulatory or LSC identifying information)
<p>F 0803</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Ensure menus must meet the nutritional needs of residents, be prepared in advance, be followed, be updated, be reviewed by dietician, and meet the needs of the resident.</p> <p><b>**NOTE- TERMS IN BRACKETS HAVE BEEN EDITED TO PROTECT CONFIDENTIALITY**</b> Based on interviews and record reviews, the facility failed to prepare potatoes according to the recipe for 3 of 4 (R2, R15, R24) residents reviewed for meal service in the sample of 26. Findings include: 1. R2's admission Record with a print date of 3/5/2026 documents R2 was admitted to the facility on [DATE] and included diagnoses of cerebrovascular disease, aphasia, cerebral infarction, dysphagia, and hemiplegia and hemiparesis following cerebra infarction affecting right dominant side. R2's Minimum Data Set (MDS) dated [DATE] documents a Brief Interview for Mental Status (BIMS) score of 12, which indicates R2 has a moderate cognitive deficit. R2's current Care plan documents a Focus area of (R2) has a swallowing problem Coughing or choking during meals or swallowing med (medications). Dated 03/06/2025. This Focus area includes the interventions of, All staff to be informed of resident's special dietary and safety needs. Date Initiated: 03/06/2025. Instruct the resident to eat in an upright position, to eat slowly, and to chew each bite thoroughly. Date Initiated: 03/06/2025. (R2) and power of attorney (POA) educated on risks of (R2) continuing with regular diet. POA gave verbal understanding and (R2) wishes to have an against medical advice (AMA) for regular diet. Date Initiated: 02/13/2026. Monitor for shortness of breath, choking, labored respirations, lung congestion. Date Initiated: 03/06/2025. R2's Medication Review Report documents a physician order of, Regular diet Regular texture, Regular Liquid consistency, N/A (not applicable) for Signed AMA (against medical advice) to stay regular diet, with a start date of 2/18/23. On 3/4/2026 at 1:13 p.m., R2 stated on 2/13/2026, he choked on a piece of potato during dinner time. R2 stated the potato was hard and he believed it was raw. R2's Progress Notes/SBAR (Situation, background, assessment, recommendation) dated 2/13/2026 at 18:10 (6:10) p.m. documents, This nurse was on 400 hall trying to transfer call to main dining room when 300 hall nurse stated on the phone, I need your help, resident is choking. Staff nurse ran to main dining room and noted resident blue in color, difficulty breathing, with no notable breaths coming out. This nurse then performed the Heimlich to resident. Staff nurse compressed x2 when resident elbowed me away and put his arm up. Resident started coughing and said, G** D*** resident started to become blue in color again and no notable breaths were coming out. This nurse then compressed x3 (times 3) more times when a large piece of potato-not cuttable with fork came out. Full assessment completed--Crackles to all R (right) lobes. R2's health status note dated 2/13/2026 at 19:00 (7:00) p.m. documents R2 denied needing to go to the hospital and POA (power of attorney) agreed with STAT chest Xray. On 3/4/2026 at 2:02 p.m., V9 Licensed Practical Nurse (LPN) stated she was working on 400 hall on 2/13/2026 in the evening when the CNA (Certified Nursing Assistant) came and got her to help in the dining room because a resident (R2) was choking. V9 stated the nurse that was in the dining room was pregnant and could not go around the resident that was choking. V4 stated when she got to the dining room, R2 was trying to cough but was not able to and no air was coming out. V9 stated she tried to do an abdominal thrust and R2 raised his hand and said, G** d**n. V9 stated R2 became unable to breathe again, and she performed the Heimlich Maneuver and R2 was able to expel a piece of potato. V9 stated R2 was having Au Gratin potato for dinner that evening and the piece that came out was about (continued on next page)</p>

Any deficiency statement ending with an asterisk (\*) denotes a deficiency which the institution may be excused from correcting providing it is determined that other safeguards provide sufficient protection to the patients. (See instructions.) Except for nursing homes, the findings stated above are disclosable 90 days following the date of survey whether or not a plan of correction is provided. For nursing homes, the above findings and plans of correction are disclosable 14 days following the date these documents are made available to the facility. If deficiencies are cited, an approved plan of correction is requisite to continued program participation.

LABORATORY DIRECTOR'S OR PROVIDER/SUPPLIER REPRESENTATIVE'S SIGNATURE	TITLE	(X6) DATE
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<p>F 0803</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>2cm (centimeter) x 1cm x 1.25 cm. V9 stated the potato was hard, she tried to cut it with a fork and could not break it. V9 stated she did not check the remaining food for R2 because there was only a little bit of it left. V9 stated she was not aware of any other complaints from the other residents regarding food. V9 stated she was aware R2 had difficulty swallowing and she usually reminded him to take small bites but R2 eats his food quickly. V9 stated staff does a lot of education with R2 but he doesn't follow the recommendations.2.R15's admission Record with a print date of 3/5/2026 documents R15's admission date to the facility as 12/24/2024 and included diagnoses of cerebral infarction, obesity, type 2 diabetes, chronic kidney disease stage 3, and anemia.R15's Minimum Data Set (MDS) dated [DATE] documented a Brief Interview for Mental Status (BIMS) score of 15, which indicates R15 is cognitively intact.R15's Medication Review Report printed date 3/5/2026 documents R15's diet order as regular consistency with an order date of 4/22/2024.On 3/2/26 at 12:54 PM, R15 stated they were served au gratin potatoes about 2 weeks ago and they were hard like they were still raw. R15 stated that is the day R2 choked. R15 stated they reported the potatoes were raw and nothing was done to fix them.3.R24's admission Record with a print date of 3/5/2026 documents R25 was admitted to the facility on [DATE] and included diagnoses of heart failure, chronic obstructive pulmonary disease, atrial fibrillation, arthritis, and anemia.R24's Minimum Data Set (MDS) dated [DATE] documents a Brief Interview for Mental Status (BIMS) score of 15, which indicates R24 is cognitively intact.R24's Care plan documents a focus area of (R24) has nutritional problem or potential nutritional problem. At risk for wt (weight) loss r/t (related to) edema in extremities. Res (resident) has a 1500 ml (milliliter) fluid restriction. Date Initiated: 12/22/2021. Revision on 1/11/2024. This focus includes the interventions Monitor/document/report to medical director for signs and symptoms of dysphagia. Pocketing, Choking, Coughing, Drooling, Holding food in mouth, Several attempts at swallowing, Refusing to eat, Appears concerned during meals. Date Initiated: 01/12/2021.R24's Medication Review Report printed date 3/5/2026 documents R24's diet order as regular consistency with an order date of 02/21/2025.On 3/5/26 at 10:15 AM, R24 stated she was sitting at the table when R2 choked. R24 stated R2 put a large piece of potato in his mouth, and he is not supposed to do that. R24 stated she tells him, but he doesn't listen. R24 stated he got choked, the staff came to assist him, and did the Heimlich maneuver. When asked how the potatoes were cooked, R24 stated not so good, they were not tender. R24 stated sometimes the food is cooked well and sometimes it is not.The facility Fall/Winter 25/26 Week 3 menu documents the dinner meal for 2/13/26 was roll, chicken baked thighs, potato au gratin brussel sprouts, and brownies.The facility Kitchen Production Report dated 2/13/26 documents no temperatures were documented for the evening meal items to determine if the menu was cooked thoroughly.The facility Recipe for Potato Au Gratin documents, whole fresh potatoes are to be peeled and sliced then boiled/steamed until they are softened but not totally cooked. After adding margarine, flour, salt, paprika, milk, and cheese, the potatoes are to be baked until tender.On 3/5/26 at 3:22 PM, V4 (Dietary Manager) stated the cook on 2/13/26 was V13. V4 stated the potatoes should be sliced, put in the steamer, seasoned, and then baked. V4 stated after baking the potatoes should be soft. V4 stated the potatoes should be soft enough to break apart with a fork. When asked if V13 was working so this surveyor could interview him, V4 stated V13 just got angry and walked out of the facility.On 3/5/26 at 3:33 PM, this surveyor attempted to contact V13 (Cook) by phone, a voicemail was left with a return call requested. V13 did not return the call.The facility undated Standardized Recipes documents, Guideline: Standardized recipes will be used for all menu items, including pureed and therapeutic diets.</p>		