

STATEMENT OF DEFICIENCIES AND PLAN OF CORRECTION	(X1) PROVIDER/SUPPLIER/CLIA IDENTIFICATION NUMBER: 205074	(X2) MULTIPLE CONSTRUCTION A. Building B. Wing	(X3) DATE SURVEY COMPLETED 03/16/2026
NAME OF PROVIDER OR SUPPLIER Seaside Nursing and Retirement Home		STREET ADDRESS, CITY, STATE, ZIP CODE 850 Baxter Boulevard Portland, ME 04103	
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 0558</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Reasonably accommodate the needs and preferences of each resident.</p> <p>Based on review of the facility's incident report, internal investigation, clinical record, and interviews, the facility failed to ensure that a resident had a choice about his/her care in the area of bathing for 1 of 1 residents reviewed (R1). Findings: On 3/4/26, the Division of Licensing and Certification received an on-line report concerning a resident being made to take a shower despite having refused and requesting a bed bath instead. On 3/16/26, a review of the facility's internal investigation noted on 2/27/26, R1 had an episode of incontinence. Staff were reported to have asked if R1 wanted to shower at which time he/she declined. R1 requested to speak to the unit manager. However, the unit manager was involved in a clinical meeting. The charge nurse was reported to have interrupted the meeting and asked if there was any reason R1 could not have a shower, to which the leadership team responded no, there were no contraindications they were aware of. The charge nurse informed the resident that management was ok with R1 having a shower. A CNA (certified nursing assistant) and the charge nurse proceeded to use a mechanical lift to transfer R1 to a shower chair. Staff wrapped R1 in bath blankets and transported him/her to the shower room where the CNA proceeded to bathe him/her. Afterwards, R1 was returned to his/her room and assisted back to bed. R1 was reported to thank the CNA and fell asleep. R1 reported the incident to family and stated that staff had informed him/her that he/she could not refuse the shower and was denied the request to speak with the unit manager. R1 stated the charge nurse had placed him/her naked on a sheet before transfer to the shower chair and rolled R1 down the hall to the shower room, where he/she was bathed by a staff while crying and yelling no, no, I don't want one. A review of R1's clinical record revealed diagnoses including Major Depressive Disorder, Anxiety, and Post Traumatic Stress Disorder (PTSD). A review of the Minimum Data Set (MDS) 3.0 Quarterly Assessment, dated 2/20/26, Section C - Cognitive Patterns, revealed a BIMS (brief interview of mental status) score of 14, indicating R1 was cognitively intact. R1 required partial/moderate assistance on staff for activities of daily living and transfers. R1 was primarily bed bound. The care plan indicated R1 required substantial/maximum assist by 1 staff with bathing/showering. On 2/27/26, the care plan was revised to state Resident is to have bed baths only per request. On 3/16/26 at 9:00 a.m., in an interview with two surveyors, the Administrator and the Director of Nursing discussed the internal investigation. The Administrator stated the staff felt they were doing a good thing when they provided the shower as R1 hadn't had one for a long time. On 3/16/26 at 12:15 p.m., in an interview with a surveyor, the unit manager stated she had not been aware that R1 had requested to speak with her before receiving the shower and was not aware of the situation. The unit manager stated she met with the R1 and discussed the situation. She stated R1 had been care planned for a shower, but usually refused and received a bed bath instead. The unit manager stated the minute he/she said no, he/she didn't want a shower, that should have been it. On 3/16/26 at 12:40 p.m., in an interview with a surveyor, the CNA stated R1 had been incontinent of a bowel movement and the CNA asked how about a shower? And it was like he/she was scared to be seen being taken to go down to take a shower. Once he/she was in the chair, he/she said no, I don't feel like it. I told him/her it would be quick and then he/she said thanks, I feel good now. The CNA stated R1 had stated don't push, don't take me down, like he/she was scared to take a shower. The CNA stated he/she had encouraged R1 it would be ok and the shower would not last a long time. On (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 0558</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>3/16/26 at 12:45 p.m., in an interview with a surveyor, R1 stated the charge nurse had checked with administration and they required R1 to take a shower. R1 stated staff would not allow him/her to speak with the unit manager. R1 stated When you have to get in the shower chair, they put a sheet over you and take you down the hall. I had always had a bed bath. I started swearing and crying no, no! I don't want a shower! I hated every minute of it. The whole time I was screaming I hate it, let me out! I still have nightmares. It all was so traumatic. After the shower they put a johnny on me and brought me back to bed. I cried a long time afterwards. I was crying and sobbing. I don't like to be completely naked. With a bed bath, I'm not, I'm covered up. A review of the facility's policy, Summary of Federal Residents' Rights, dated 12/30/17, states in section 2. Notice of Rights and Services - The resident has the right to refuse treatment. Section 21. Dignity - The facility must promote care for residents in a manner that maintains or enhances each individual's dignity and respects his or her individuality. Section 25. Accommodation of Needs - The resident has the right to receive services with reasonable accommodation of individual needs and preferences. As a result of the facility's investigation the following corrective actions were taken:-Incident reported to the appropriate State Agencies.-Education on resident rights was provided to staff on 3/4/26.-The CNA received a written reprimand and was reassigned. -The charge nurse was suspended for 3 days, received a written reprimand, and was reassigned.</p>