

STATEMENT OF DEFICIENCIES AND PLAN OF CORRECTION	(X1) PROVIDER/SUPPLIER/CLIA IDENTIFICATION NUMBER: 225421	(X2) MULTIPLE CONSTRUCTION A. Building B. Wing	(X3) DATE SURVEY COMPLETED 01/02/2025
NAME OF PROVIDER OR SUPPLIER Ayer Valley Rehab and Nursing		STREET ADDRESS, CITY, STATE, ZIP CODE 400 Groton Road Ayer, MA 01432	

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 0580</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Immediately tell the resident, the resident's doctor, and a family member of situations (injury/decline/room, etc.) that affect the resident.</p> <p>37086</p> <p>Based on records reviewed and interviews, for three of three sampled residents (Resident #1, #2, and #3), the facility failed to ensure nursing notified the Physician, per facility policy, when all three of these residents sustained a weight loss of greater than 5 pounds, and their physicians were not made aware.</p> <p>Findings include:</p> <p>Review of the Facility's policy, titled Weight Assessment and Interventions, revised 11/19/24, indicated the following:</p> <p>-Any weight change of 5 pounds or more will be retaken for confirmation. If the weight is verified, nursing will notify the Provider [Physician or designee].</p> <p>1) Resident #3 was admitted to the facility in February 2024, diagnoses included hypertension and chronic edema (swelling) of both lower legs.</p> <p>Review of Resident #3's Medication Administration Record (MAR) for the month of December 2024 indicated his/her physician's order for weight was as follows:</p> <p>-Obtain weight via hooyer lift (mechanical lift used for transfers) every Monday, Wednesday, Friday and notify the Physician [of weight changes] greater than 3 pounds (lbs.) in three days or 5 lbs. in seven days.</p> <p>Further review of the MAR indicated Resident #3's documented weights were as follows:</p> <ul style="list-style-type: none"> - 12/09/24- 170.6 lbs. - 12/11/24- refused - 12/13/24- refused - 12/18/24- [left blank] - 12/20/24- [left blank] <p>(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 0580</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>- 12/23/24- 156.6 lbs.</p> <p>Review of Resident #3's medical record indicated there was no documentation to support that Resident #3's Physician/Provider was notified of the 14 lb. weight loss he/she sustained between 12/09/24 and 12/23/24 and of his/her refusals to be weighed.</p> <p>During an interview on 01/02/25 at 12:01 P.M., Unit Manager #1 said that Resident #3 should have been re-weighed following the weight that was obtained on 12/23/24. Unit Manager #1 said even if Resident #3 refused to be re-weighed, that nursing staff were responsible to notify the Physician of his/her weight loss, refusals, and were to document in a nursing progress note that they spoke with the Physician. Unit Manager #1 said she could not find any evidence that the nursing staff had notified the Physician of Resident #3's weight loss.</p> <p>During a telephone interview on 01/03/25 at 8:57 A.M., the Physician said he was in the facility twice per week, that he had not been notified, and was unaware of Resident #3's weight loss or his/her refusals to be weighed.</p> <p>During a telephone interview on 01/03/25 at 9:41 A.M., the Nurse Practitioner said he had not been notified that Resident #3 had experienced a significant weight loss or that he/she had refused to be weighed. The NP said that while the weight loss may have been beneficial to Resident #3, it was important that they determine the cause of the weight loss and then proceed with a plan. The NP said his expectation was that he or the Physician would have been notified of Resident #3's weight loss and refusals to be weighed by the nursing staff.</p> <p>2) Resident #2 was admitted to the facility in December 2021, diagnoses included unspecified dementia and Diabetes Mellitus.</p> <p>Review of Resident #2's Monthly Weight Reports, indicated the following:</p> <p>July 2024- 187.3 lbs.</p> <p>August 2024- 178.2 lbs.</p> <p>September 2024- 162.8 lbs.</p> <p>October 2024- 170. 4 lbs.</p> <p>November 2024 167.2 lbs.</p> <p>December 2024 166.0 lbs.</p> <p>Review of Resident #2's medical record indicated there was no documentation to support that Resident #2's providers, including the Physician or the Registered Dietician (RD) were promptly notified of Resident #2's 9 lb. weight loss in August 2024.</p> <p>During a telephone interview on 01/02/25 at 3:54 P.M., Unit Manager #2 said the Physician and RD should have been notified of Resident #2's weight loss between July 2024 and August 2024, and if they had been, there would have been a nurse progress note in Resident #2's medical record.</p> <p>(continued on next page)</p>

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<p>F 0580</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Review of Resident #2's Dietary Progress Note, dated 09/23/24, indicated Resident #2 had a 15.4 lb weight loss within the previous month, which was significant. The Note indicated there was a recommendation for a liquid nutritional supplement to be administered to him/her twice a day.</p> <p>3) Resident #1 was admitted to the facility in February 2022, diagnoses included unspecified dementia and anemia.</p> <p>Review of Resident #1's Monthly Weight Reports, indicated the following:</p> <p>August 2024- 135.3 lbs.</p> <p>September 2024- 116.2 lbs.</p> <p>October 2024- 124.1 lbs.</p> <p>November 2024- 115.0 lbs.</p> <p>December 2024- 119.1 lbs.</p> <p>Review of Resident #1's Nurse Progress Note, dated 09/11/24, indicated Resident #1 was re-weighed and had a significant difference in weight from the previous month.</p> <p>Review of Resident #1's medical record indicated there was no documentation to support that Resident #1's providers, including the Physician or the Registered Dietician were promptly notified of Resident #1's 19 lb. weight loss between August 2024 and September 2024.</p> <p>Review of Resident #1's Nutrition Progress Note, dated 11/14/24, indicated the Registered Dietician assessed Resident #1 to have had a significant weight loss x 30 days (7.9%) and x 90 days (15.6%).</p> <p>During a telephone interview on 01/02/25 at 3:07 P.M. Registered Dietician (RD) #1 said she worked at the facility as a consultant for a five week span between November and December 2024. RD #1 said she would expect to be notified of any resident weight changes, especially if the loss was 5% or more in one month, 7.5% or more in three months, and 10% or more in six months.</p> <p>Review of Resident #1's Physician's Orders for the month of November 2024, indicated there was a new order to administer house shakes to him/her three times per day.</p> <p>During a telephone interview on 01/07/25 at 3:54 P.M., Unit Manager #2 said it had been a challenge over the last six months since the Facility replaced the full time Registered Dietician (RD) with a part-time consultant company. Unit Manager #2 said that Resident #1 had a significant weight loss in September 2024, but she was unsure if the Physician or the RD at the time, were notified. Unit Manager #2 said that Resident #1 was started on house shakes three times a day once the weight loss was identified by a different RD. Unit Manager #2 said that nursing staff were supposed to write a progress note when they notified the Physician or the RD about any changes in a resident's condition.</p> <p>(continued on next page)</p>		

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<p>F 0580</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>During an interview on 01/02/25 at 3:50 P.M., the Director of Nurses (DON) said it was her expectation that the Resident's Physician/Providers and the Registered Dietician (RD) be notified of all occurrences of significant weight loss. The DON said that for Resident's #1, #2, and #3, there was no documentation to support that the Physician/Provider or RD were notified of the residents' weight loss in a timely manner as per facility policy. The DON said it was important to involve both the Physician and RD to determine the cause of weight loss and determine the most appropriate interventions.</p>		

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<p>F 0658</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Ensure services provided by the nursing facility meet professional standards of quality.</p> <p>37086</p> <p>Based on records reviewed and interviews, for one of three sampled residents (Resident #3), the Facility failed to ensure nursing services provided met professional standards of quality related to obtaining a Physician's Order, when on 12/30/24, a nurse wrote a verbal order to decrease the frequency of Resident #3's weight monitoring without speaking to and obtaining an Order from the Physician/Provider, as required.</p> <p>Findings include:</p> <p>Standard Reference: Standard of Practice Reference: Pursuant to Massachusetts General Law (M.G.L), chapter 112, individuals are given the designation of registered nurse and practical nurse which includes the responsibility to provide nursing care. Pursuant to the Code of Massachusetts Regulation (CMR) 244, Rules and Regulations 3.02 and 3.04 define the responsibilities and functions of a registered nurse and practical nurse respectively. The regulations stipulate that both the registered nurse and practical nurse bear full responsibility for systematically assessing health status and recording the related health data. They also stipulate that both the registered and practical nurse incorporated into the plan of care and implement prescribed medical regimens. The rules and regulations 9.03 defined standards of Conduct for Nurses where it is stipulated that a nurse licensed by the Board shall engage in the practice of nursing in accordance with accepted standards of practice.</p> <p>Review of the Facility Policy titled Physician's Orders, revised in November 2024, indicated the following:</p> <p>-Purpose: To provide guidance to ensure physician orders are transcribed and implemented in accordance with professional standards.</p> <p>-All orders shall be provided by licensed practitioners (physician nurse practitioner, or physician assistant) authorized to prescribe such orders.</p> <p>Resident #3 was admitted to the Facility in February 2024, diagnosis included chronic edema (swelling) of both lower legs.</p> <p>Review of Resident #3's Medication Administration Record (MAR) for the month of December 2024 indicated his/her physician's order for weight was as follows:</p> <p>-Obtain weight via hooyer lift every Monday, Wednesday, Friday and notify the Physician [of weight changes] greater than 3 pounds (lbs.) in three days or 5 lbs. in seven days.</p> <p>Further review of the MAR indicated Resident #3's documented weights were as follows:</p> <p>- 12/09/24- 170.6 lbs.</p> <p>- 12/23/24- 156.6 lbs.</p> <p>The MAR indicated no further weights for Resident #3 were documented after 12/23/24.</p> <p>(continued on next page)</p>		

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<p>F 0658</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Review of Resident #3's Physician's Orders for the months of December 2024/January 2025, indicated there was an unsigned verbal order, dated 12/30/24, to obtain a weekly weight via hooyer (mechanical lift) every Wednesday and to notify the Physician [of weight changes] greater than 3 pound (lbs.) in three days and 5 lbs. in seven days.</p> <p>During an interview on 01/02/25 at 1:53 P.M., the Minimum Data Set (MDS) Nurse said she wrote the Physician's verbal order for Resident #3 on 12/30/24, to decrease his/her weight monitoring frequency from three times per week to weekly. The MDS nurse said it had been determined at Clinical Meeting [a meeting held at the facility with clinical leadership] to decrease Resident #3's weight monitoring frequency from three times per week to weekly. The MDS nurse said they did not review Resident #3's most recent weights during the meeting and she was unaware of Resident #3's recent significant weight loss.</p> <p>The MDS nurse said she did not call or speak to the Physician or his/her designee, regarding an order to change the frequency of Resident #3 weight monitoring, despite having entered the physician's verbal order.</p> <p>During a telephone interview on 01/02/25 at 8:57 A.M., the Physician said he was not in the building on 12/30/24 and had not been notified by nursing staff of Resident #3's significant change in weight. The Physician said he did not give an order to nursing for Resident #3 to decrease the frequency of his/her weights from three times per week to weekly. The Physician said he would not have recommended a change in the frequency of Resident #3's weight monitoring, given his/her recent significant weight loss.</p> <p>During an interview on 01/02/25 at 3:50 P.M., the Director of Nurses said that the nurses were expected to call or speak (in-person) with a Physician before writing a verbal order.</p>

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<p>F 0692</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Provide enough food/fluids to maintain a resident's health.</p> <p>37086</p> <p>Based on record reviewed and interviews, for three of three sampled residents (Resident #1, #2 and #3), who were assessed by nursing to be at risk for altered nutritional status which included the potential for weight loss, the Facility failed to ensure 1) Resident #3 was assessed and monitored by a Registered Dietician in the presence of an on-going significant weight loss and 2) Resident #1 and Resident #2 were adequately assessed and monitored by a Registered Dietician, and nutritional interventions were put in place in a timely manner, following previously identified significant weight loss, in an effort to help them maintain acceptable parameters of nutrition to prevent unplanned/undesired weight loss.</p> <p>Findings Include:</p> <p>The Facility Policy titled Weight Assessment and Interventions, dated as revised 11/19/24, indicated:</p> <ul style="list-style-type: none"> -It is the policy of this facility to prevent significant unplanned or unavoidable weight loss for our residents. -The nursing staff will measure resident weights on admission. Weights will be monitored monthly unless otherwise directed. -Any weight change of five pounds or more will be retaken for confirmation. If the weight is verified, nursing will notify: the Provider and the Dietician. -Recommendation from the provider and or Dietician will be followed. -If a weight loss meets the definition of significant, the Dietician should discuss with the interdisciplinary team if a Significant Change Minimum Data Set (MDS) Assessment is necessary. -Care Plan interventions for undesirable weight loss should focus first on food (extra food, snacks etc.). Liquid nutritional supplements may be considered. <p>The Policy included the following Criteria:</p> <ul style="list-style-type: none"> -The threshold for significant unplanned and undesired weight loss/gain will be based on the following criteria: <p>1 month- 5 % weight loss is significant; greater than 5% is severe.</p> <p>3 months- 7.5 % weight loss is significant; greater than 7.5% is severe.</p> <p>6 months- 10% weight loss is significant; greater than 10% is severe.</p> <p>1) Resident #3 was admitted to the Facility in February 2024, diagnoses included hypertension and chronic edema (swelling) of both lower legs.</p> <p>(continued on next page)</p>

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<p>F 0692</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Review of Resident #3's Medication Administration Record (MAR) for the month of December 2024 indicated his/her physician's order for weight monitoring was as follows:</p> <p>-Obtain weight via hooyer lift (mechanical lift used for transfers) every Monday, Wednesday, Friday and notify the Physician [of weight changes] greater than 3 pounds (lbs.) in three days or 5 lbs. in seven days.</p> <p>Further review of the MAR indicated Resident #3's weights were documented as follows:</p> <p>-12/09/24 -170.6 lbs.</p> <p>-12/23/24 -156.6 lbs.</p> <p>The MAR indicated no further weights for Resident #3 were documented after 12/23/24.</p> <p>Review of Resident #3's Nutrition Care Plan, with a goal date of 02/12/25, indicated Resident #3 was at risk for [altered] nutrition due to variable intakes and history of weight loss. Further review of the Care Plan indicated no new interventions had been developed or implemented since 03/23/24.</p> <p>During an interview on 01/02/25 at 12:01 P.M., Unit Manager #1 said that Resident #3 should have been re-weighed following the weight that was obtained on 12/23/24. Unit Manager #1 said even if Resident #3 refused to be re-weighed that nursing staff were responsible to notify the Physician and Registered Dietician (RD) of his/her weight loss and refusals, and document in a nursing progress note that they spoke with the Physician and RD. Unit Manager #1 said she could not find any documentation to support, and did not know if any of the nurses had notified the Physician or the Registered Dietician (RD), of Resident #3's weight loss. Unit Manager #1 said no new interventions were implemented related to Resident #3's weight loss.</p> <p>Review of Resident #3's Monthly Weight Report, indicated his/her weight in January 2025 was 155.6 lbs. [obtained during the survey on 01/02/25].</p> <p>Review of Resident #3's medical record indicated there was no documentation to support that Resident #3's Physician was notified of the 14 lb. weight loss between 12/09/24 and 12/23/24, or of the on-going weight loss identified on 01/02/25.</p> <p>During a telephone interview on 01/03/25 at 8:57 A.M., the Physician said he was in the facility twice per week and had not been notified, and was unaware, of Resident #3's weight loss.</p> <p>2) Resident #2 was admitted to the facility in December 2021, diagnosis included unspecified dementia.</p> <p>Review of Resident #2's Monthly Weight Reports indicated the following:</p> <p>July 2024- 187.3 lbs.</p> <p>August 2024- 178.2 lbs.</p> <p>September 2024- 162.8 lbs.</p> <p>(continued on next page)</p>		

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<p>F 0692</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>October 2024- 170.4 lbs.</p> <p>November 2024- 167.2 lbs.</p> <p>December 166.0 lbs.</p> <p>Review of Resident #2's Nurse Progress Note, dated 09/12/24, indicated Resident #2 was re-weighed due to weight 162.8 lbs. [which indicated] a significant weight loss.</p> <p>Review of Resident #2's Nutrition Progress Note, dated 09/23/24, indicated the Registered Dietician assessed Resident #2 to have had a 15.4 lb. weight loss in the past month which was significant and recommended to administer Boost (liquid nutritional supplement) twice daily.</p> <p>Review of Resident #2's Medication Administration Record, for the month of October 2024, indicated Boost was administered to him/her once daily beginning 10/03/24.</p> <p>During a telephone interview on 01/02/25 at 3:54 P.M., Unit Manager #2 said the Physician and RD should have been notified of Resident #2's [9.1 lb.] weight loss from July to August 2024, and if they had been, there would have been a nurse progress note in Resident #2's medical record. Unit Manager #2 said that the recommended intervention to implement a nutritional supplement should have been put into place as soon as his/her weight loss was identified.</p> <p>3) Resident #1 was admitted to the Facility in February 2022, diagnosis included unspecified dementia.</p> <p>Review of Resident #1's Monthly Weight Reports indicated the following weights:</p> <p>July 2024- 137.4 lbs.</p> <p>August 2024- 135.3 lbs.</p> <p>September 2024- 116.2 lbs.</p> <p>October 2024- 124.1 lbs.</p> <p>November 2024- 114.7 lbs.</p> <p>December 2024- 119.1 lbs.</p> <p>Review of Resident #1's Nurse Progress Note, dated 09/12/24, indicated Resident #1 was re-weighed due to weight reading of 116.2 lbs. which was a significant difference from the previous month, [concerns for 19.1 lb. weight loss].</p> <p>Review of Resident #1's medical record indicated there was no documentation to support that the Registered Dietician or Physician were notified of Resident #1's significant weight loss in September 2024, or that new interventions to minimize his/her weight loss had been developed or implemented.</p> <p>(continued on next page)</p>		

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<p>F 0692</p> <p>Level of Harm - Minimal harm or potential for actual harm</p> <p>Residents Affected - Few</p>	<p>Review of Resident #1's Nutrition Care Plan, with a goal date of 02/26/25, indicated Resident #1 was at risk for [altered] nutrition due to variable intakes and history of weight loss. Further review of the Care Plan indicated no new interventions had been developed or implemented since after September 2024, when weight loss was identified.</p> <p>Review of Resident #1's Nutrition Progress Note, dated 11/14/24, indicated the Registered Dietician assessed Resident #1 to have had a significant weight loss x 30 days (7.9%) and x 90 days (15.6 %).</p> <p>During a telephone interview on 01/02/25 at 3:07 P.M. Registered Dietician (RD) #1 said she worked at the facility as a consultant for a five week span between November and December 2024. RD #1 said she was alerted to any resident's weight loss through a warning system in the portal of the facility's electronic medical record.</p> <p>Review of Resident #1's Physician's Orders for the month of November 2024, indicated he/she had an order to administer house shakes (nutritional supplement) three times per day.</p> <p>During a telephone interview on 01/07/25 at 3:54 P.M., Unit Manager #2 said it had been a challenge over the last six months since the facility replaced the full time RD with a part-time consultant company. Unit Manager #2 said that Resident #1 had a significant weight loss in September 2024, but she was unsure if the Physician or the RD at the time, were notified. Unit Manager #2 said that Resident #1 was started on house shakes three times a day once the weight loss was identified by a different RD. Unit Manager #2 said that nursing staff were supposed to write a progress note when they notified the Physician or the RD about any changes in a resident's condition.</p> <p>During an interview on 01/02/25 at 3:50 P.M., the Director of Nurses said that she expected nursing to notify both the Physician and the RD when a significant weight loss was identified, to ensure that interventions to minimize the weight loss were put in place immediately.</p> <p>During an interview on 01/02/25 at 4:15 P.M., the Administrator said they had several different Registered Dietician's working at the Facility over the last few months.</p>		