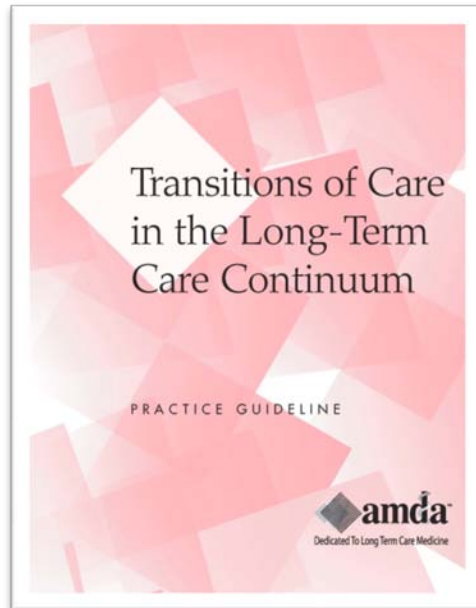


# Transitions of Care in the Long-Term Care Continuum Practice Guideline



## **Continuing Professional Education Program *Self-Study Course for Registered Dietitian Nutritionists, Nutrition and Dietetics Technicians, Registered, and Certified Dietary Managers***

Written by Liz Friedrich, MPH, RD, CSG, LDN, FAND

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**CPE Program for RDNs, NDTRs, and CDMs**

**Acknowledgements**

**Continuing Professional Education Program Self-Study Course**

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**Accreditation Information**

Becky Dorner & Associates is a Continuing Professional Education (CPE) Accredited Provider (NU004) with the Commission on Dietetic Registration (CDR).

We maintain records of course completions for a period of 7 years.

**Registered Dietitian Nutritionists (RDN), Registered Dietitians (RD), Dietetic Technicians, Registered (DTR); Nutrition and Dietetic Technicians Registered (NDTR):** After successfully completing the self-testing portion of this continuing education package, a certificate of completion is provided for your portfolio. Place the certificate in your portfolio for your records. It is the individual's responsibility to update personal CDR portfolio records, keep all documentation including program description/syllabus, and certificates of completion in case of an audit to prove that every CPE program submitted is valid, appropriate or worthy of CPE for an RDN and/or NDTR.

**Certified Dietary Managers (CDMs):** CDMs may complete a program and self-report it in their Certifying Board for Dietary Managers (CBDM) record. It is the individual's responsibility to keep all documentation including proof of attendance, program description/syllabus, and certificates of completion in case of an audit to prove that every CE program submitted is valid, appropriate or worthy of CE for a CDM.

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**Course Expiration Date: June 11, 2020**

**Continuing Professional Education Hours: 1**

This course and test must be completed prior to this date. You will receive your certificate upon successful completion of the online test (see *Instructions for Obtaining Continuing Professional Education Certificate* on the following pages).

**Transitions of Care in the Long-Term Care Continuum Practice Guideline**

by The American Medical Directors Association, 2010.

*You should have received the copy of this material. It is your responsibility to review the material thoroughly prior to taking the continuing professional education self-assessment test.*

**Course Description**

The AMDA Practice Guideline *Transitions of Care in the Long-Term Care Continuum* outlines a set of actions designed to ensure care coordination during care transitions.

Transition of care refers to the movement of patients between health care locations, providers or different levels of care within the same location as their conditions and care needs change. Transitions can occur within settings; (primary care to specialty care, for example), or between settings (such as from the hospital to skilled nursing care), across health states (curative care to palliative care), or between providers. This Practice Guideline:

- Discusses barriers to effective care transitions.
- Reviews the benefits of providing continuity of care.
- Provides guidelines for implementing a care transition program.

**Objectives:**

After completion of this CPE program, participants will be able to:

1. Define sites of care within the long-term care continuum.
2. Understand barriers to effective care transitions.
3. Understand what information is needed to assure continuity of care during transitions.

**CDR Learning Level:** Level: 2

**CDR Learning Needs Codes and Practice Competencies/Performance Indicators:**

**5100 Elderly**

2 Communicates and collaborates with others to achieve common goals and enhance relationships in the provision of nutrition and dietetics services.

2.1.9 Ensures written communications are timely, legible, accurate and professional in nature.

8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.

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8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.

- 10 Provides safe, effective and ethical medical nutrition therapy to assist the client in establishing and achieving individual health and nutrition goals tailored to prevent and/or manage disease, injury or condition.

10.2.7 Prioritizes specific nutrition problem(s).

10.5 Documents and maintains records according to the SOP for the RDN, legislation, regulations and organization policies.

**5040 Long-term, intermediate, assisted living**

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10.5 Documents and maintains records according to the SOP for the RDN, legislation, regulations and organization policies.

**5410 Client protocols, clinical guidelines**

- 2 Communicates and collaborates with others to achieve common goals and enhance relationships in the provision of nutrition and dietetics services.

2.2 Collaborates with others to achieve common goals and to optimize delivery of services.

- 3 Assumes leadership and advocacy responsibilities to promote and enhance nutrition and dietetics services, and to guide change to impact political, social and commercial environments.

3.3 Advocates for the customer and facilitates acquisition of services and resources.

**Other CDR learning needs codes that may apply:** (3000) Nutrition assessment and diagnosis

**Additional Learning Needs Codes and Performance Indicators/Practice Competencies may also apply.**

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**Instructions for Obtaining Continuing  
Professional Education (CPE) Certificate**

Each participant must review the material provided, take and pass an online test (a grade of 70% is required), and complete a simple evaluation.

To obtain your CPE certificate for this course, please follow these instructions:

1. Review the course description, objectives, CDR Learning Needs Codes and Practice Competencies/Performance Indicators.
2. Carefully review the contents of this program. Keep in mind the practical applications it has for you in your individual setting. The focus is to increase your knowledge and application of the subject matter.
  - a. Click on “Test and CEU Certificate”, and fill in your name, facility name, and state.
  - b. Take the test. For multiple choice questions select the one best answer from the choices given. A passing grade of 70% or more is required. You may re-take the test as many times as needed. If you are interrupted and cannot finish the test, you can save the test and come back later to finish it.

Note: The test questions are also included at the end of this document if you would like to review them in advance of taking the test online.

3. Upon successfully completing the test, you will automatically be directed to the evaluation.
  - a. Simply enter your email address and complete the evaluation.
  - b. When finished, click “Submit Survey.”
4. Click on either “print” or “download your certificate” to generate the CPE Certificate with all of the course information including your name.
5. Remember to input the information on this course into your CDR (or CBDM) portfolio.

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**Continuing Professional Education Self-Assessment Test**

Mrs. Jones is an 82 year-old resident of a skilled nursing facility who was recovering from a mild stroke. She was found on the floor and was sent to the emergency room for evaluation.

1. Which of the following is important to discuss when arranging for emergency transportation to the hospital, and why?
  - a. Her diet order, in case she needs to eat during transport.
  - b. Her calorie needs, because of her BMI.
  - c. Her weight, to assure the stretcher can accommodate her during transport.
  - d. Her food likes and dislikes, so if she is admitted the hospital will have the information.

Mrs. Jones was admitted to the hospital. After surgery for a broken arm and a short recovery she is ready to return to her skilled nursing facility. Mrs. Jones's primary diagnosis on her hospital discharge summary includes: fractured right radius and ulna with surgical repair, UTI, increased confusion. Her secondary diagnoses are: mild dementia, class 3 obesity (BMI of  $\geq 40$ ), dysphagia. Medications include Metformin, Tylenol, Oxycodone, MOM, Lasix, Lisinopril, KCl, Namenda, and Cipro.

2. Which of the following is essential information for the skilled nursing facility to provide appropriate nutrition care upon her return?
  - a. Mrs. Jones's payor source.
  - b. Mrs. Jones's functional status (ability to perform ADLs).
  - c. List of medical tests that have results pending.
  - d. Discharge plans from the skilled nursing facility when her therapy is completed.

Mrs. Jones has a diagnosis of recent stroke and dysphagia but has no diet order on her discharge information from the hospital when she returned after her fall.

3. How can the facility be sure they are providing continuity of care when delivering her diet?
  - a. Talk to the facility's registered dietitian nutritionist to decide if she needs a pureed diet.
  - b. Ask Mrs. Jones what her diet was in the hospital.
  - c. Put her on the diet she was on before going to the emergency room.
  - d. Contact the hospital and request information on special dietary needs (diet consistency) from Mrs. Jones's medical record.
4. Which of the following from the transfer paperwork is of interest for the facility registered dietitian nutritionist but not necessary to assure continuity of nutrition care?
  - a. Weight
  - b. Diet order
  - c. Food preferences
  - d. Blood glucose results

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Mrs. Jones' was discharged to her home 8 weeks after her fall, after therapy for her stroke was completed and her cast was removed.

5. What should the facility's discharge planners do to help assure she has access to food after her discharge?
  - a. Provide her family with information on home meal delivery and community nutrition programs for older adults.
  - b. Change her diet consistency to something that might be easier for her to manage at home.
  - c. Give her a list of foods to avoid.
  - d. Assume Mrs. Jones can use the same resources to obtain food that she used before her stroke.