

# FOR IMMEDIATE RELEASE

## Announcing the awarding of Civil Monetary Penalty Funds (CMP)

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### **Person-Centered Trauma-Informed Care Training / 2-year project**

Virginia Commonwealth University & the Family and Children's Trust Fund of Virginia intend to develop a training program focused on teaching resilience skills to direct care workers and building trauma-informed and resilience-focused organizational cultures within licensed nursing facilities and skilled nursing facilities that provide rehabilitative services.

Over the course of the project, VCU will work to develop a multi-modal resilience-training program focused on teaching resilience skills to the direct care workforce and building trauma-informed and resilience-focused organizational cultures within licensed nursing facilities and, secondarily as a subset of nursing facilities, skilled nursing facilities (SNFs) that provide rehabilitative services.

Trauma-informed care gives NF staff a concrete, consistent framework for providing person-centered care to all residents, so that even residents who may not have a trauma history will benefit. When NF staff can work collaboratively together in a trauma-informed way, residents received more person-centered care and, as a result, they may experience less anxiety and a greater sense of trust and safety in NFs.

### **Restorative Sleep Program in Virginia / 2-year project**

The Riverside Center for Excellence in Aging will coordinate a project that will 1) implement the person-centered and evidence-based Restorative Sleep Program in two nursing facilities in Virginia and 2) form a learning collaborative allowing interested nursing facilities, state surveyors, and ombudsmen in Virginia to receive training on restorative sleep and real-time insight on how to implement the program.

Through the Restorative Sleep Program we will address the many factors over which the nursing homes have direct and immediate control to ensure residents get a good night sleep. This will make a night and day difference in the quality of life for residents.

Year 1: *Nighttime disruptions*: (noise, light, sleeping environment, continence and positioning needs)

Year 2: *Daytime routine* (napping, medications, pain, inactivity/activity, diet)

The goal of this project is to support residents' overall health and well-being by ensuring residents have more restful, refreshing, and uninterrupted sleep throughout the night.

### **Virginia Advance Nurse Aide Certification Initiative / 3-year project**

LeadingAge Virginia will lead this pilot project and provide training for certified nurse aides (C.N.A.) to receive advanced certification to improve the care and well-being of nursing facility residents. The project will address an unmet need as the Virginia Board of Nursing has requirements for certification of Advanced Nurse Aides in place (18VAC90-25-110), but there is currently no curriculum available to enable C.N.A.s to obtain advanced certification. Advanced Certified C.N.A.s would have more training in care plan development and implementation, documentation, noting changes in residents, prevention of skin issues, and care of the cognitively

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impaired client with teaching understanding and interventions for communication and behavior management.

The first phase of the project is to develop a curriculum for certified nurse aides (C.N.A.) to receive advanced certification to improve the care and well-being of nursing home residents. The second phase is to develop an education framework using the curriculum and provide training to C.N.A.s to enable them to receive the advanced certification to provide enhanced care to nursing home residents. (Note: Regulations exist for Advanced C.N.A. but a curriculum to implement it does not exist)

### **Holistic Wellness Program / 3-year project**

Birmingham Green will develop a three-year holistic wellness program using an engagement technology entitled Birdsong) and embracing the Eden Principles designed by Dr. Bill Thomas. The vision of the Eden Philosophy seeks to eliminate helplessness, loneliness and boredom, by embracing innovation, empowerment and integrity.

The project includes training for team members and easy-to-use, touchscreen bedside computer tablets for use by older adults designed to engage brain function and add quality to their life. The interactive technology enables older adults to remain connected to family and friends while enhancing or maintaining their cognitive skills.

The goal of this Holistic Wellness Program is to provide our team members the understanding and tools they need to establish the environment to fully support our elders; an environment which offers the opportunity to grow and learn, maintain or enhance a sense of purpose and an overall positive sense of well-being.

### **Reducing Preventable Re-hospitalizations / 2-year project**

Virginia Health Care Association will provide a series of statewide training sessions to nursing facility staff and administrators, as well as hospital emergency department and case management staff, on the INTERACT Quality Improvement Program using the INTERACT 4.0 Tools. INTERACT® is an acronym for *Interventions to Reduce Acute Care Transfers*, a quality improvement program designed to improve the identification, evaluation, and communication about changes in resident status in nursing facilities. These tools are designed to improve the overall quality of care for nursing facility residents using early identification, evaluation, management, documentation, and communication about acute changes in the condition of residents in nursing facilities and other care settings.

Ultimately, increased communication will help in reducing unnecessary hospital admissions, unnecessary transportation of skilled nursing facility residents, and improving care, service, and quality of life for all residents of Virginia's nursing facilities while decreasing healthcare costs associated with preventable hospital admissions.

The goal of this project is to achieve a combined 10% overall reduction in preventable rehospitalizations for individuals who reside in nursing facilities throughout Virginia over the next two years.

### **The Music & Memory Initiative / 3-year project**

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George Mason University proposes this project to implement and sustain a person-centered, non-pharmacological intervention (MUSIC & MEMORY®) for Virginia nursing facility residents with dementia that will positively affect behavior and stimulate emotions. The project also provides continuous, web-based, micro-learning modules that help direct care workers and other staff who closely interact with the residents to understand the value of personalized music and how and when to use it.

Research has shown positive effects of personalized music on people with cognitive impairment. Listening to favorite music stimulates different parts of the brain and taps into deep memories not lost to dementia. It also improves nursing facility residents' mood and helps them focus and engage. These positive effects promote the relationship between nursing facility staff and residents. Personalized music has also been reported to be effective in reducing the use of antipsychotic and antianxiety medications, which contributes to reduction of fall risks.

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