

## STANDING ORDERS for SKILLED NURSING FACILITIES

Minnesota Association of Geriatric Inspired Clinicians (MAGIC), Clinical Practice Alliance Committee (CPAC)

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The following standing orders are applicable for patients of on-site participating provider groups in skilled nursing facilities, including Transitional Care Units (TCU) or short-stay patients, and Long-Term Care Facilities (LTC). These orders are to be used instead of facility standing orders. **All orders initiated from standing orders should be communicated to the provider.**

**Participating Provider Groups:** Allina Senior Health, Bluestone Physician Services, CareChoice, Consultative Health and Medicine, Fairview Geriatric Services, Genevive, Hennepin Healthcare System, HealthEast Care System, HealthPartners Community Senior Care, Integrated Care by Medica, LifeSprk Health, Mayo Clinic, Olmsted Medical Center, Park Nicollet Community Senior Care, Twin Cities Physicians and University of Minnesota Physicians

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### Admission to Facility

- Long-Term Care:
  - Weekly vital signs (TPR, BP, and O<sub>2</sub> saturation) unless directed otherwise
  - Obtain weekly weights for four weeks, then monthly thereafter unless directed otherwise
  - May see audiologist, dentist, podiatrist, optometrist, psychology prn. Notify provider of psychology referral.
- Transitional Care/Short-Stay:
  - Daily vital signs (TPR, BP, and O<sub>2</sub> saturation) unless directed otherwise
  - Weekly weights for patient without Heart Failure unless directed otherwise
  - Physical Therapy, Occupational Therapy, and/or Speech Therapy to evaluate and treat as indicated
- Heart Failure Management
  - Daily weights for patients with Heart Failure unless directed otherwise
  - Call for weight gain >2.5# in 48 hours or 5# above admission weight unless directed otherwise
  - Assess lung sounds, peripheral edema, and respiratory effort daily unless directed otherwise
- Administer facility-specific cognitive screening tests
- Administer two-step Mantoux unless history of TB or positive PPD
  - If history of positive PPD and/or Mantoux is contraindicated, obtain (per facility protocol) one of the following tests. Notify provider only if there are abnormal results.
    - Past or current chest X-ray (CXR) for “active TB negative” status. The CXR needs to have been done within three months of the patient’s admission date. Obtain a copy of the CXR report to document the patient’s status. If no such report available, obtain a CXR within 72 hours of admission.
    - QuantiFERON-TB Gold (QFT-G) blood test
- May participate in therapeutic recreation activities without restrictions unless directed otherwise
- Activity level as tolerated unless otherwise ordered

### Immunizations

- Per CDC guidelines, administer COVID-19 vaccine upon admission and per recommended schedule, unless contraindicated
- Per CDC guidelines, administer influenza vaccine annually in autumn and/or to patients who have not already received it unless contraindicated
  - Refer to MAGIC’s Influenza Protocol for testing, treatment, and chemoprophylaxis orders. Also consult CDC guidelines and notify the medical director when an influenza outbreak is confirmed.
- Per CDC guidelines, administer pneumococcal vaccinations (PPSV23 or PCV13) to patients who have not already received it unless contraindicated
- LTC: Per CDC guidelines, substitute a 1-time dose of Tdap for Td booster, then boost with Td every 10 years

### Needle Stick

- For needle stick or body fluid exposure, facility has permission to draw Hepatitis Panel and HIV blood tests

## **Anticoagulation**

- For all patients on warfarin, draw an INR the day after admission unless the admission orders specify otherwise
- Call INR results to provider or institute the facility Coumadin management service (CAMP) if available during business hours
- If an antibiotic is started, check INR within 3 days if the patient is on warfarin

## **Diet**

- When specific diet orders are not present, the nurse or dietitian may initiate a diet that conforms to the facility's dietary options and best meets the patient's needs
- Qualified dietician, nutrition professional, speech therapist has been delegated the task of writing dietary orders consistent with state and federal guidelines
- The nurse or dietician may change diet to an equivalent facility diet
- If patient has a feeding tube, administer tap water 150 mL tid and 30 mL before and after intermittent feedings and medication administration via feeding tube unless directed otherwise
- For occluded G-tubes, may use a G-tube declogger device or proceed with facility protocol
  - Declogger option: Two Pancrelipase tablets (Viokase) and one 650mg Sodium Bicarbonate tablet. Crush the Pancrelipase and Sodium Bicarbonate tablets and mix together well. Add 5 to 15 ml of lukewarm water to the powder mixture and stir well. Instill into the feeding tube using gentle pressure. Clamp the tube for 15-30 minutes. Irrigate the tube gently with the 20ml of water. Repeat up to three times if unable to flush.
- Calorie/protein supplements per dietician/nursing as needed
- Regular diet prn for special occasions per nurse/dietician discretion; maintain ordered texture or thickened liquids
- Unless contraindicated, 1 alcoholic beverage (12 oz. beer, 5 oz. wine or 1 oz. liquor in mixed drink) prn for social events at the nurse's discretion

## **Comfort**

- Acetaminophen 650 mg PO q 4 hours prn for pain/fever (acetaminophen not to exceed 3 grams per 24 hours)
  - Notify provider for any new fever episode  $> 101.3^{\circ}$  or for temperature  $> 2^{\circ}$  above patient's baseline
- Cepacol or therapeutic equivalent (regular or sugar free) 1 lozenge dissolved in mouth q 2 hours prn for sore throat; contraindicated in dysphagia
- Cough Drop 1 lozenge dissolved in mouth q 2 hours PRN for cough; contraindicated for dysphagia
- Apply ice/cold pack for 20 min qid prn to injuries with inflammation
- Preparation H or Anusol ointment (or therapeutic equivalent) per package instructions qid prn after bowel movement for hemorrhoid pain
- Lidocaine 1% 1.8 mL as a diluent with IM Rocephin prn for local anesthesia
- Artificial tear formulation 2 drops qid prn to affected eye(s)
- Anti-dandruff shampoo qd prn for dry scalp
- Aromatherapy per facility policy

## **Medications**

- Medications may be crushed or given in liquid form unless contraindicated or otherwise specified
- For prn medications in which dosing quantity (e.g., # of tablets, dosing interval) is not singular or specific:
  - Always use shortest interval of time ordered
  - Administer 1 dose for severity rated 1-5/10; 2 doses for severity rated 6-10/10
- If condition warrants, patient may go on a therapeutic leave of absence prn with scheduled medications in non-child proof containers per healthcare coverage with resident/responsible party signing release of responsibility
- Initiate self-administration of medication (SAM) evaluation after patient demonstrates ability to safely self-administer specific medication
- May adjust medication administration times for special events/patient request
- Discontinue prn orders for antipsychotic medications after 14 days and call provider with an update
- Unless a longer duration is specified, discontinue prn orders for antidepressants, anxiolytics and hypnotics after 14 days and call provider with an update

## **Suspected or Known Narcotic Overdose**

- If suspected or known narcotic overdose, administer 0.4mg of Naloxone (Narcan) IM if available. Call 911.

## **Respiratory**

- Guaifenesin 400 mg PO q 4 hours prn (expectorant)
- Albuterol 2.5 mg/3mL NEB x one dose prn for dyspnea or wheezing; update provider with nursing assessment.
  - Do not administer nebulizer if any concern for COVID-19.
- Initiate and titrate supplemental O<sub>2</sub> from 1-4 L/min via nasal cannula prn for dyspnea, hypoxia (O<sub>2</sub> saturation < 88%) or acute angina to keep O<sub>2</sub> saturations >88%; immediately update provider with nursing assessment
- May wean supplemental O<sub>2</sub> per nursing judgment to maintain O<sub>2</sub> saturation > 88%; monitor O<sub>2</sub> saturations tid x 3 days after O<sub>2</sub> is discontinued, including one O<sub>2</sub> saturation during night-time sleep
- In patients with a tracheostomy, initiate trach care per facility protocol, suction prn and use a trach dome when O<sub>2</sub> is indicated

## **Cardiovascular**

- Nitroglycerin 0.4 mg SL prn for chest pain or other signs/symptoms of acute angina; may repeat q 5 minutes x 2
- If chest pain/acute angina is not relieved after two doses of nitroglycerin, unless contrary to advance directives call 911; notify provider immediately

## **Diabetic Management**

- Initiate qid blood glucose monitoring upon admission x 3 days for ALL diabetic patients unless ordered otherwise
- Notify provider if two BG results are < 70 or > 400 in a 24-hour timeframe and/or change in condition; if no condition change, notify provider on the next business day
- Unless specified otherwise, no sliding scale insulin coverage at HS

## **Hypoglycemia (BG <70)**

- If patient is symptomatic, conscious, and able to swallow or has a feeding tube:
  - Administer 6 oz. fruit juice, milk, regular pop or other high carbohydrate beverage (e.g., Ensure, Boost) orally or via feeding tube
  - Repeat BG after 15 minutes; if < 70, repeat above intervention
  - If after 2 attempts to treat and BG is still < 70, notify provider
- If patient is unresponsive or unable to swallow and does not have a feeding tube:
  - Administer Glucagon 1 mg IM
  - Repeat BG after 10 minutes; if < 70 and patient still unresponsive, repeat Glucagon
  - After giving second Glucagon dose, if patient is still unresponsive, unless contrary to advance directives - call 911 and notify provider immediately
  - If BG remains < 70 but patient is conscious, initiate interventions for the conscious patient
- Once patient is stable, recheck BG after 60 minutes
- Communicate occurrence of any hypoglycemic event to provider the next business day

## **Bowel and Bladder Management**

### **Bowel: Diarrhea** (Perform steps sequentially)

- Perform rectal check to determine if impaction is present
  - If impacted, follow guidelines for constipation
  - If not impacted, hold all cathartic-related (constipation) meds and observe for 24 hours
- If diarrhea resolves, resume cathartic-related (constipation) meds
- If diarrhea continues:
  - Notify provider of the change in condition to determine if testing for C. difficile toxin A and B is indicated
  - If testing for C. difficile toxin is ordered, collect only diarrheal (unformed) stool
  - Maintain hydration

### **Bowel: Constipation** (Perform steps sequentially)

- Perform rectal check to determine if impaction is present
- Encourage 2,000 ml daily fluid intake unless contraindicated
- Consult nutrition services for dietary recommendations
- Senna 2 tablets PO at HS prn
- Bisacodyl suppository 10 mg PR bid prn
- Reattempt Senna or Bisacodyl if no results after 24 hours and notify provider

## **Bladder**

- Bladder scan PRN for no void in 8 hours, or suprapubic pain, bladder spasms, or urgency
  - Straight cath prn for post void residual > 250 mL on bladder scan
- If there are orders to remove a Foley catheter, use the following protocol after removing the catheter:
  - Assess voiding q 6 hours with bladder scan or history x 24 hours
  - Straight catheterize prn for post void residual > 250 mL on bladder scan, no voiding in 6 hours, full bladder on palpation or if the patient is uncomfortable
  - May use lidocaine jelly 2% catheter lubricant prn for local anesthesia with straight cath
  - Continue straight cath q 6 hours until patient voiding spontaneously; notify provider next business day
- Care of indwelling catheter
  - Do not irrigate
  - Change catheter prn for leaking or decreased urinary output using a similar-sized catheter
  - Change catheter and tubing prior to obtaining sample for UA/UC
  - May attach leg bag when patient is out of bed; reattach to straight drainage when in bed

## **Skin and Wound Management**

- Institute facility wound management process if available
- If facility wound management process not available:
  - Moisturizing cream (facility stock) bid prn for dry skin
  - Moisture barrier ointment (facility stock) bid as indicated to keep irritants or moisture from skin surface
  - Treat minor skin tears by cleansing with water and non-cytotoxic wound cleanser; approximate edges and apply steri-strips or transparent dressing
  - Treat abrasions by cleansing daily with water and non-cytotoxic wound cleanser; cover with non-adherent dressing; may secure with Kerlix
  - Stage II or III wounds with drainage: cleanse with water, apply foam composite dressing (facility stock); change q 3 days and prn; notify provider next business day
  - Stage II or III wounds without drainage: cleanse with water, apply hydrogel (facility stock) and cover with non-adherent dressing; change daily and prn; notify provider next business day
  - May initiate pressure reduction mattress and/or occupational therapy wheelchair positioning eval and treat as clinically indicated for patients with, or at high risk for, skin breakdown (e.g., mobility impairment, prolonged bed rest or fragile skin)
  - Multivitamin with minerals one tablet PO daily for Stage II, III and IV wounds
  - Discontinue dressings and other treatments when wound resolved

## **Indigestion**

- Calcium carbonate 500 mg 1 tab PO (chewable) qid prn or
- Liquid antacid (facility stock) 30 mL PO qid prn
- **Note:** do not use magnesium-based products in patients with renal failure

## **Sleep**

- Institute a 3-day sleep record if the patient is complaining of difficulty sleeping

## **Cerumen**

- Debrox or mineral oil 3 drops to affected ear at bedtime x 3 days
- Gently irrigate affected ear canal with tepid water on the 4<sup>th</sup> day
- Repeat x 1 if indicated and update provider

## **IV Line Management**

- Initiate routine IV line and site care per facility protocol
- May replace peripheral line per facility protocol or prn for site infiltration or phlebitis
- May discontinue peripheral IV line if no indication for use
- Do not remove PICC or central lines without an order from provider

## **Falls**

- Fall with no injury: notify provider during business hours, including next business day if fall occurs during non-business hours. On-call providers do not need to be notified of fall without injury or concern.

**Advance Directives**

- Review POLST and advance directives before calling 911
- LTC: Release body to mortuary at time of an expected death; contraindicated if meets coroner notification
- Notify provider during business hours of death, next business day if death occurs after-hours

**Additional Facility-Specific Orders or noted changes from CPAC Version:**

**Patient Name/Sticker:**

**Provider Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_