

Vancouver Coastal Health

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(8)

COMMUNITY CARE FACILITIES LICENSING REPORT

Facility Information: Villa Cathav Care Home 970 Union Vancouver, BC V6A 3V1 Site Phone: (604) 254-5621	Facility Number: 3078006 Report Number: 42 Inspection Date: February 20, 2006 Community: 75
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Facility Category: CCFL - Residential, Intermediate Care
Inspection Type: Routine: N/A
Action(s) Taken: Information Exchanged
Delivery Method: Electronic Mail

Opening Comments and Observations:

Announced visit to do review. Resident population: 161 Chinese residents. Age ranges from 60 - 100+ years. Facility is receiving funding from VCH for an additional 10 temporary beds in the 'private wing' of the facility. The number of extended care residents are increasing and so is care level e.g. there are 48 residents with diabetes mellitus, 25 residents with dysphagia, 1 resident is on enteral tube feeding, 6 residents have pressure ulcers, 3 residents are on hemodialysis and 42 residents are on high protein high calorie nutritional supplements because of poor appetite, chronic renal failure and other nutritional needs.

There is a full time Registered Dietitian (Director of Food & Nutrition Services) in charge. Facility has just hired another part-time Registered Dietitian to be responsible mainly for food services at this time but she is also expected to be the relief person for the Director of Food & Nutrition Services when she is on vacation etc.; it is expected that the part time Dietitian will become full time and also assumes the responsibilities of the Dining Room Manager when this manager retires in April, 2006.

Facility is planning to expand the first floor dining room so all the residents can have their meals at one seating. New tables will be purchased to accommodate all the residents.

Observations and Recommendations

CCFL - Residential: Care - Policies

- 1 New: 0 / Resolved: 0
 - Facility has some policies and procedures in place.
 - The Director of Food & Nutrition Services is in the process of working with the other Dietitian to ensure all relevant policies and procedures are in place and complied with best practices

CCFL - Residential: Records/Plans - Resident Records

- 2 New: 0 / Resolved: 0
 - Height and weight of each resident are recorded on admission
 - Weight of each resident is monitored and recorded monthly thereafter
 - Appropriate intervention is initiated when a resident experiences a significant weight change

CCFL - Residential: Records/Plans - Nutrition Care Plan

- 3 New: 0 / Resolved: 0
 - There are nutrition care plans for the residents
 - The Director of Food and Nutrition Services ensures that a nutrition care plan is developed for each new resident within 2 weeks of admission
 - Nutrition care plans are documented in the residents' care plans and they are reviewed at least once within 14 weeks of admission
 - The Director of Food and Nutrition Services monitors the nutrition care plan to ensure implementation

CCFL - Residential: Nutrition - Storage/Preparation/Service

- 4 New: 0 / Resolved: 0

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Facility Contact:

Community: Vancouver
Report Date: February 22, 2006

Observations and Recommendations

CCFL - Residential: Nutrition - Storage/Preparation/Service

- Facility belongs to the Long Term Care purchasing group. Food and other supplies are ordered and delivered weekly from approved suppliers.
- There is adequate food supply to meet the needs of the residents

CCFL - Residential: Nutrition - Food Handlers (Training/Education)

- 5 New: 0 / Resolved: 0
- It is my understanding that the Director of Food and Nutrition Services and all the other food services staff have had Foodsafe 1.
 - The new Dietitian has Foodsafe 1 and Foodsafe 2; she will be more involved with the food service operation
 - The Director of Food and Nutrition Services informed me that she has short meetings with the staff weekly to discuss relevant issues or instruct them on different topics such as safe food practices, dysphagia, infection control etc.

CCFL - Residential: Nutrition - Cycle Menu

- 6 New: 0 / Resolved: 0
- Facility has a four week cycle menu. It is my understanding that the Director of Food & Nutrition Services creates the master menu and then she will revise the menu, with residents' input, according to the seasonal variations.

CCFL - Residential: Nutrition - Nutritive Value

- 7 New: 0 / Resolved: 0
- Based on the menu audit done by the Dietitian, the menu meets the Canada's Food Guide to Healthy Eating. It is my understanding that warm milk is offered at all three meals and for bedtime snack, so it is estimated that residents get about 2 1/2 cups of milk per day and in addition, custard is on the menu regularly. Lactaid milk is offered to the residents who can not tolerate regular milk.
 - Skim and 2% fluid milk are purchased for the residents' consumption. Also, 100% fruit juices are served to the residents
 - Facility pays for all the nutritional supplements required by the residents, these include but not limited to Ensure, Glucerna and Nepro
 - The resident who is on enteral tube feeding receives Isosource HN and she is tolerating this well
 - Facility purchases thickened apple juice for the residents with dysphagia; facility staff prepare the thickened milk and nutritional supplements

CCFL - Residential: Nutrition - Food Service Records

- 8 New: 0 / Resolved: 0
- It is my understanding that all food service records are kept for at least one year

CCFL - Residential: Nutrition - Meal Times

- 9 New: 0 / Resolved: 0
- Breakfast: first seating is served at 7:30 AM, second seating is at 8:15 AM
 - Lunch: first seating is served at 11:30 AM; second seating is at 12:15 AM
 - Dinner: first seating is at 5:00 PM, second seating is at 5:40 PM
 - Meals are served, 15 minutes before the first seating, to the residents who need assistance with eating
 - It is my understanding that when the main dining area is renovated, all the meals will be served within the time frame specified in Section 7 of the Adult Care Regulations
 - AM snack of apple juice is offered to the residents at 10:00 AM; PM snack is offered at 2:00 PM and HS snack is offered at 8:00 PM

CCFL - Residential: Nutrition - Eating Aids/Assistance

- 10 New: 0 / Resolved: 0
- It is estimated that over 50% of the residents at the first meal seating needs eating assistance; about 30% of the residents who have their meals on the second floor needs eating assistance.
 - The facility's plan is to change the meal service system to one seating; this change will increase the availability of staff to assist residents at all meals
 - Eating aids, such as special spoons, are provided to the residents who need them

CCFL - Residential: Nutrition - Client Participation

- 11 New: 0 / Resolved: 0

Villa Cathay Care Home

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Facility Contact:

Community: Vancouver

Report Date: February 22, 2006

Observations and Recommendations

CCFL - Residential: Nutrition - Client Participation

- The Director of Food and Nutrition Services attends the Resident Council meetings whenever she is invited. It is my understanding that the cycle menu is revised with input from the residents.

CCFL - Residential: Nutrition - Audit Program

12 New: 0 / Resolved: 0

- Facility has an audit program similar to the one in Audits and More

- On the day of the review, I conducted the chart audit, diet order implementation audit and the weight audit with the Director of Food and Nutrition Services. All the audits met the acceptable audit scores

<p>Owner or Agent Acknowledgement</p> <hr/> <p>I have read and understood this report.</p>	<p>Inspector</p> <hr/> <p>Callie Wong, Licensing Nutritionist</p>
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