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## FOCUS POINT NEWSLETTER - April 1, 2021



*Wishing you a very  
Happy Easter with  
hope that you will  
have many blessings  
in the year to come.*



### CHC Team On-site Visits

On-Site Visits may be available soon. The CHC team has been fully vaccinated, positivity rates are down in many areas, we are still being cautious, and we will follow all infection precautions for each client, and on site visits are on the horizon. We are beginning to consider scheduling some on-site visits beginning in May. Some visits may include a hybrid approach in which there are reduced number of CHC associates on-site while other CHC team members support the visit remotely; each visit will be tailored to meet the needs and requirements of the client and will take into consideration the availability and safety of the CHC team member. An on-site visit may be cancelled, rescheduled or changed if the facility has an outbreak [resident or staff], if facility/local community positivity rate changes significantly or if a CHC team member has become exposed. If you are interested in having an on-site visit, please contact Mary at [mary@chileshealthcare.com](mailto:mary@chileshealthcare.com) for further discussion and planning.



### Assisted Living Update and Clinical and Operational Opportunities

April 20, 2021 | 2:00 – 3:00 pm

Tara Ragland will provide an update from the Virginia Department of Social Services and review of the top 10 assisted living deficiencies. Mary Chiles will discuss the outcomes and trends of an inspection and how those can provide new opportunities and form best practices going forward. Registration: [Events Calendar | Virginia Health Care Association | Virginia Center for Assisted Living \(vhca.org\)](#)



### You gave them. What happened with MDS Coding?

This Office Hours session will focus on Minimum Data Set (MDS) requirements for clinical assessment to improve flu and pneumococcal vaccination rates. We will also discuss Interdisciplinary person-centered processes to ensure all long stay residents have been assessed and appropriately vaccinated for influenza and pneumonia. Note: registration is open to all nursing homes. Registration Link: [https://hqin-org.zoom.us/webinar/register/WN\\_0\\_V-jGVDQ-iPFbFG7eY6Zw](https://hqin-org.zoom.us/webinar/register/WN_0_V-jGVDQ-iPFbFG7eY6Zw)

**COVID-19 Vaccination Tracking Tools** -- As COVID-19 vaccination rates increase there is an opportunity for your facility to ensure accurate vaccine tracking among team members and residents. The Health Quality Innovation Network (HQIN) has developed COVID-19 vaccination administration and tracking tools to show you at-a-glance where your facility coverage stands and what gaps you need to address. Not only do these tools strengthen compliance monitoring, they also can assist with optional NHSN COVID-19 vaccine reporting. During this 30-minute Office Hours session, an infection preventionist and LTC nurse will walk you through the new tools to facilitate vaccine tracking compliance and target improvement efforts. This educational session and resource tools are free to all nursing homes. [Register Here!](#)

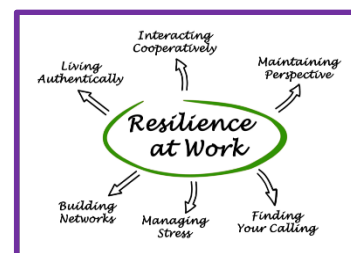
Resource links:

- <https://hqin.org/resource/staff-covid-19-vaccine-administration-form/>
- <https://hqin.org/resource/resident-vaccine-administration-form/>
- <https://hqin.org/resource/covid-vaccination-tracking-tool/>
- <https://hqin.org/resource/covid-19-vaccine-administration-quick-reference/>

## Building Your Resilience

The ability to bounce back from setbacks is often described as the difference between successful and unsuccessful people. Resilience has been shown to positively influence work satisfaction and engagement, as well as overall well-being, and can lower depression levels. Research also shows that resilience can help protect us from physical illness.

Additionally, research shows that resilience is not purely an individual characteristic but is also heavily enabled by strong relationships and networks. We can build our resilience through a wide variety of interactions with people in our personal and professional lives. These interactions can help us to shift or push back on work demands and alter the magnitude of the challenge we are facing. These relationships help us find purpose in what we are doing and help us see a path forward to overcome any setback.



People in our support systems can provide empathy or simply help us to shift our perspective and remind us we are not alone. In short, resilience is not something we need to dig deep inside ourselves rather we become more resilient in the process of connecting with others in the most challenging of times.