



FOCUS POINT NEWSLETTER -- 7 / 27 / 2021

VIRGINIA TNA ➔ CNA

When Gov. Ralph Northam allowed the Commonwealth of Virginia’s public health emergency (PHE) to expire on June 30, 2021, the expiration removed the authority the Virginia Board of Nursing (BON) had to accept applications for the temporary nurse aide to certified nursing assistant TNA2CNA test pathway. It is important to remember, however, that per QSO-21-17, CMS is not ending the current nurse aide waiver.



Both VHCA/VCAL and LeadingAge Virginia have been discussing with policy makers whether the Board of Nursing [BON] could be granted the authority to accept those applications to be deemed eligible to take the National Nurse Aide Assessment Program (NNAAP) examination through the 120 days after the expiration of the federal PHE or the CMS 1135 waiver, whichever date comes first. In the QSO memo, CMS has recognized that time worked by nurse aides during the PHE may count towards meeting the federal 75-hour training requirement. CMS has also clarified that the four-month regulatory timeframe for completing the nurse aide training and competency evaluation requirements after hire will be reinstated when the blanket waiver ends and **will start at that time. Nurse aides will have the full four-month period starting from the end of the blanket waiver to successfully complete the required training and certification, regardless of the amount of time worked during the time the waiver was in effect.**

What does this mean for Virginia SNFs now? You may still employ and use a TNA as long as they have completed the 8-hour training and demonstrated the required competency. The TNA may work for up to 120 days as a TNA. We are hoping that the Governor will reinstate the authority to the Board of Nursing to accept applications for the TNA to take the National Nurse Aide Assessment Program (NNAAP) examination. In the meantime, if possible, encourage your TNA to enroll in a CNA course that meets the Virginia requirements to take the NNAAP examination.

SNF Survey Focus – F578 Advanced Directive and F678 CPR

We have seen a resurgence of citations regarding Advanced Directives; these deficiencies range in nature of not have an order for DDNR or full code, for not reviewing the resident’s preference with them regularly, for not having a completed DDNR form, etc. In addition, we have seen deficiency at F678 when the CPR is not initiated per the resident’s decision. This is an opportunity for you to review related processes.



- Process for providing and assisting residents with information on Advanced Directives
- Process for documenting discussion with resident/resident representatives about Advanced Directives and Advanced Care Planning
- Process for periodic review of the resident’s choices for Advanced Directives
- Auditing the DDNR forms are fully completed
- Auditing that any type of “flagging” or code status identifiers are current for each resident

Live webinar by Judy Wilhide Brandt

Learn how to know whether the resident has benefit days available and requires skilled care. We'll also discuss the latest PHE extension and how to determine when the SNF waivers apply now

August 3, 1:00 PM Eastern Time \$150.00 or free for PDPM Master Class Members; more information and registration at [Ensuring Medicare Eligibility in a SNF: Free for PDPM Master Class \(podia.com\)](https://www.podia.com)



5 Common Mistakes When Feeling Overwhelmed

When we are overwhelmed and challenged by a busy day, the way we react can actually make things worse. Being self-aware of the 5 common patterns overwhelmed people fall into can help you get past this feeling and on with your day.

1. ***You think you don't have time for actions that might help you.*** Take a deep breath and do something to help yourself immediately, such as calling a friend or talking with residents you love.
2. ***You don't use your unconscious mind enough.*** We can't be focused all the time but recharging our focus might be accomplished with a brisk walk or a quiet space to let your mind wander for a bit.
3. ***You interpret feeling overwhelmed as a weakness.*** Instead replace your self-criticism with compassionate self-talk and a plan to overcome this feeling.
4. ***You default to your traditional approaches and defenses.*** Knowing your instinctive reactions can help you manage them and will also help you to stay flexible in your problem solving.
5. ***You withdraw from your support system.*** Find ways to connect with people even when you have limited emotional energy. These connections will help restore your balance.