

PLAZA *S* HEALTHCARE



Plaza Periodical

April 2023



A Message from the CEO

At the beginning of the year, Mona Smith our Chief Clinical Officer, informed me of her retirement upon finding a replacement. Her expertise, dedication, and leadership during one of the most difficult periods in Healthcare will not be forgotten.

I am pleased to announce however, that after an exhaustive search, we have hired Kimberly DeLorenzo as our new CCO. Kim graduated in 1998 with a Bachelor of Nursing from Waynesburg University in Pennsylvania. With over 25 years of experience in healthcare, Kim possesses the passion and desire necessary to continue leading Plaza Healthcare for years to come as one of the top facilities in the United States.

Kim started with us at the beginning of April and is excited to meet you and answer any questions you may have. One of Kim's immediate goals is infection control.

As the focus in the community begins to wane in regards to COVID-19 and society begins getting back to a sense of normalcy, we at Plaza Healthcare must continue the vigilance against infectious diseases.

New Superbugs have emerged such as Candida Auris and in response, Plaza Healthcare has introduced Enhanced Barrier Precautions for the entire building. This means that staff and visitors must wear appropriate PPE when involved with any patient interaction. In addition, Plaza Healthcare has begun a partnership with a new lab who will be able to provide culture results within 72 hours compared to the customary 5 days. This will help get residents on the right medication sooner and is in line with our antibiotic stewardship program.

Our Infection Control Committee meets monthly under the direction of Dr. Vipul Ganatra MD, Infection Specialist. Couple this with our monthly Quality Assurance and Performance Improvement meeting and Plaza Healthcare is poised not only to do what is best for you and your loved one, but also what is right.

A Message from Activities - Healing Through Activities

No one wakes up in the morning and plans to be in a skilled nursing facility. No one plans to have to deal with the challenges associated with a life now different than you ever expected. You find yourself or a loved one in a place that you never thought you would be. How does this affect one's psychosocial wellbeing? How do we navigate through this time in our lives?

Though skilled nursing facilities have many departments to take care of your physical needs, who steps in and helps you or your loved one with your/their psychological needs? Helps heal your spirit? Find a little bit of happiness in your life at some of the hardest times?

Activities are the answer.

Healing Through Activities (continued)

Activities have evolved over the years from more than just weekend BINGO or a card game to pass the time. Enjoyable activities are important to maintain and improve your quality of life. When you work on healing the spirit you work on allowing your body to heal.

Activities improve a person's mental health by reducing anxiety and depression, improve their self-esteem as well as their cognitive and physical function. Those who participate in activities have less social withdrawal, regain feelings of independence, and help combat loneliness. They can also provide structure and a sense of normalcy for the person.

At Plaza Healthcare we have a group of caring and compassionate staff in our Activities Department that are here to help you or your loved one through this difficult time. We provide person-centered care through activities at multiple skill levels throughout the day each and every day of the month to accommodate each individual's needs.

Just a few examples of activities are:

- Paintbrush to Canvas, our weekly painting class;
- Staying Active with RNA, a cooperative effort between the Activities and our Restorative Nursing Assistants to provide weekly active classes;
- Mixed Media Art Journaling, an opportunity to be artistically open
- Craft Social is our weekly craft class where we are able to create one of a kind art;
- Patio Gardening is currently bi-weekly as we assist in maintaining our above ground wheelchair accessible planters where we have planted fruit and vegetables;
- The Friendship Circle every Friday in the afternoon is an opportunity for our residents to connect with one another and make friends during their stay with others who understand where they are currently in their healing process, and so much more.

Let us help you find an activity that suits your needs. We work closely with other departments to ensure your needs are met physically, socially and emotionally. We offer an array of daily activities that can assist with both cognitive and physical functioning.

For your loved ones who are unable to participate in daily group activities, we provide one on one programs designed specifically for each resident. We pride ourselves on finding what works best for each of our residents and our one on one program allows us to take the activities to your loved one. Each resident is assigned an Activities Aide that comes and spends one on one time with you or them. This could be anything from reading, playing music, date and time orientation, conversation, reminiscing, environmental stimulation, sensory stimulation, pet visits and more.

Activities are here to provide you some sunshine on a cloudy day. We hope you or your loved one will join us and take part in this amazing program.



Meet our Pulmonary Director Dr. Alpa Shah Weaning: What to Expect

Decreasing ventilator support gradually over time is the process of ventilator weaning. The ventilator weaning protocol is a process driven by Audra Bonilla, the Director of Respiratory Therapy and her team under my supervision as the Pulmonary Director.

After the resident arrives at Plaza Healthcare on a vent, the respiratory team and I will assess the residents readiness to wean or continuance of weaning if they were already weaning before arrival. Their entire chart is reviewed including; medications, history and physical, bloodwork, chest X-rays, oxygenation/respiratory status, cognitive status, cardiovascular status, and tracheal secretions. These are all determining factors necessary to place them on our ventilator weaning protocol. If the underlying cause for the respiratory failure has not been resolved, it can make it difficult to wean the resident and unfortunately, sometimes it is not possible. Some known leading causes of vent weaning failure can include; cardiac failure, diaphragmatic dysfunction, acute respiratory illness (lung parenchyma disease, or upper or lower airway obstruction) neurological status, poor sleep quality, and intra-abdominal issues.

Gradually tapering down support settings over time can be utilized if a resident does not tolerate SBT. A technique called spontaneous breathing trials (SBT) allows the respiratory therapist and pulmonologist to decide whether a resident can breathe with little or no ventilator support. Although there are different approaches to SBT, the most common used for weaning is Pressure Support Ventilation or T-piece/trach collar trials. Not all residents wean the same way depending on their clinical status and levels of anxiety. This can have a notable impact on the weaning process.

All residents' needs are unique but the goal is to achieve liberation from the ventilator. There is no set time frame on how long it will take a resident to wean off the ventilator. Communication with the care team, resident and family is ongoing in order to deliver the best plan of care for the resident.

The respiratory team at Plaza is top notch and are willing and capable to answer any questions you may have regarding the weaning process or any of the other multiple respiratory treatments they perform 24 hours a day, 7 days a week. I too can be of assistance as I am at the facility multiple times per week and welcome any feedback or questions you may have.

Employees of the Month

February 2023



Jeff Rhodes has been with Plaza for 7 years as part of the Engineering Department. His electrical expertise and knowledge of the building makes him an integral part of our success, and his “we got this” attitude carries beyond his own department.

March 2023



Dustin Haines has been with Plaza for only 2 years as a Respiratory Therapist, however his leadership ability and work ethic were apparent from his first day. As a Lead RT, Dustin has been key to the respiratory success and care Plaza is known for.

Facility News

Plaza Chosen as the #1 Facility in Arizona

Newsweek and Statista, a global data research firm, have released their “2023 America’s Best Nursing Homes” list. Rankings were based on performance data, reputation score, and a COVID-19 score.

Arizona

1. Plaza Healthcare (Scottsdale)
2. Devon Gables Rehabilitation Center (Tucson)
3. Apache Junction Health Center

Facility News (continued)

Plaza Participates in the Annual Kidney Walk

In addition to being a major sponsor, Plaza Healthcare raised thousands of dollars for the National Kidney Foundation of Arizona's annual Kidney Walk. Plaza would like to thank all those who supported the efforts through their donations, their time, and their participation in the walk itself.



And to top it all off, our staff member who heads up Plaza's dialysis program just happened to win the "Most Spirited Walker" award.

Congratulations Matt, Carah must be very proud!

Plaza Goes Animal

This past month our residents and staff enjoyed life on the farm, or at least life in our front parking lot for a few hours.

