

PLAZA *S* HEALTHCARE



Plaza Periodical

February 2023



A Message from the CCO

Healthcare staffing nationwide is facing staffing challenges. Despite the pandemic creating unprecedented stress on healthcare, Plaza Healthcare continues to be successful in attracting and retaining quality healthcare workers. We are committed to ensuring high-quality, safe and effective care delivery for our residents. I am proud to continue and develop and maintain Plaza Healthcare's reputation for excellence in care. We focus on the implementation of innovative initiatives to improve the resident experience. We commit to ensuring that Plaza Healthcare is equipped with the right tools and the right staff to provide our residents with compassionate and evidence-based care that is individualized to their needs.



A Message from Case Management Navigating the ALTCS Application

Understanding insurance and the options available can be daunting but the Plaza Healthcare Case Management Department is here to help you navigate the process to alleviate any stress or confusion related to SNF coverage.

For those that qualify, ALTCS can be a source of relief for coverage. My team is skilled at the requirements and process for developing a successful application. In addition, my staff have the resources available for those requiring a Millers Trust, spenddown strategies and claims appeal.

To qualify for ALTCS, there are three basic steps. The processing of your application can take between 45-60 days, so it is important to have everything prepared prior to applying.

1. DETERMINE YOUR NEED

ALTCS is a program designed for elderly and disabled individuals who need long term care either in their home or a long term care facility such as Assisted Living or Skilled Nursing.

2. QUALIFY MEDICALLY

People who qualify medically for ALTCS are people who cannot live on their own because their physical, medical and psychological/neurological conditions prevent them from doing so safely and maintain good health.

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Applicants must be at least 65 years old or have a recognized disability and be a resident of Arizona. Ensure you have all your medical documents ready prior to applying.

3. QUALIFY FINANCIALLY

People who qualify financially can have no more than \$2000.00 in countable resources such as checking, savings account balances, life insurance policy values, up to and including larger assets such as a second home.

In addition, there is also a limit on monthly gross income. As of January 2023, less than \$2,742.00 for an individual, or \$5,484 combined for a married couple. The Plaza Case Manager will be more than happy to go through assets with potential applicants that have concerns about qualifying.

The Plaza Case Manager will also assist if additional documentation is required. If not currently on social security/disability, one must apply. If military, either you or your spouse, a VA application must be completed.

Often times, a person may be slightly over resourced but still can't afford long term care. For those in this situation, Plaza Case Managers are available to assist with a MILLERS TRUST. This can be explained upon applying. Ensure you have all your financial documents ready prior to applying.

ALTCS SHARE OF COST (SOC)

For a person residing in their home, this does not apply but ALTCS will pay for care only after an ALTCS members income has first been put towards their care. The member living in an Assisted Living or Residential Care Setting, pays first and ALTCS pays second.

The share of cost can vary if the member has a spouse or disabled dependents.

Please feel free to call Plaza's CM team with any questions or concerns regarding the ALTCS process. We are here to help.



Meet our Nephrology Director Dr. Shefali Gupta Blood: How is it Filtered?

Dr. Gupta attended Indira Gandhi Medical College, in India with her Residency at University of Texas, Houston. Fellowship includes Nephrology, University of Texas Health Memorial Hermann Hospital, Houston. Dr. Gupta has Board Certification for Internal Medicine and Nephrology, American Board of Internal Medicine.

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Dialysis is a lifesaving procedure that nearly 800,000 Americans depend on to help maintain a somewhat normal lifestyle while still living with End-stage renal disease. Dialysis can be broken up into 2 different categories; hemodialysis and peritoneal dialysis. At Plaza Healthcare, we are fortunate to provide both services in-house, and are currently the only skilled nursing facility to provide peritoneal dialysis to our residents.

Your kidneys are in charge of filtering waste and extra fluid out of your blood. Waste and extra fluid is filtered and turned into urine that can then be excreted from the body. When your kidneys are not functioning properly, dialysis may be needed.

Hemodialysis acts as an artificial kidney. Blood is removed from the body via a dialysis catheter, fistula or graft and passes through a filter also known as a dialyzer. The dialyzer is divided into 2 parts separated by a thin membrane wall. As the blood passes through the membrane into the inner portion of the dialyzer, the dialysate solution or “bath” stays on the outside of the membrane. Small pores in the membrane allow waste and extra fluid to be pulled into dialysate solution. Your clean blood is then returned to the body free of waste and excess fluid. This process is normally completed 3 times a week.

Peritoneal dialysis differs from hemodialysis in that there is no blood leaving your body and the procedure happens daily, usually while you are sleeping at night. With peritoneal dialysis there is a catheter placed in your abdomen that ends in the peritoneal cavity. At night the peritoneal cavity is filled with an electrolyte solution. This solution dwells in the peritoneal cavity collecting waste and extra fluid. At the end of the dwell, the fluid along with waste and excessive fluid is drained from your peritoneal cavity.

The type of dialysis you require will be determined by you and your nephrologist. While at Plaza Healthcare, your nephrologist will monitor your labs and make adjustments as needed. For some residents, dialysis may not be needed long term. Our nephrologist will work with the resident and the dialysis staff to determine if stopping dialysis may be possible.

Employees of the Month

December 2022



Damaris Rebollar is one of our Hospitality Aides. She joined Plaza in March 2020 and has been an tremendous team player during COVID and beyond. Thank you for all you do!

January 2023



Karla Yrra has been with Plaza for 12 years next month. She is part of our Restorative Nursing Program as an RNA and is one of the reasons this program is so successful. Great job!

Facility News

Plaza is excited to announce the arrival of 24 brand new hospital grade state-of-the-art Philips Trilogy EV 300 ventilators adding to our existing inventory.

The Trilogy EV300 ventilator provides invasive ventilation for our airway residents requiring mechanical ventilation as well as non-invasive ventilation for the care of patients with (OSA) Obstructive Sleep Apnea or obesity hypoventilation syndrome in the form of AVAPS or BIPAP.

The EV300 is equipped with features to treat chronic and critical patients in any setting, providing volume and pressure modes, AVAPS, AVAPS-AE, and alarms of every parameter to allow for adaptable care.

The EV300 has advanced patient-ventilator synchrony with Auto-Trak. The Philips Auto-Trak feature was shown to deliver the highest level of ventilatory synchrony, a quality directly linked to an improved patient experience. A modular oxygen blender and enhanced shock and vibration technology allows for smooth transport and transitions.

Their battery life can last up to 15 hours to support portability which will easily accommodate our transports from room to room, showers and those patients receiving dialysis.