

LONG-TERM CARE and MDS RESOURCE LINKS

This listing of resources is being provided as a service and does not constitute or imply endorsement of these organizations or their programs. OSDH is not responsible for the content of pages found at these sites. URL addresses are current as of March 26, 2025.

Agency for Health Care Research and Quality (AHRQ) Safety Program for Nursing Homes
<https://www.ahrq.gov/patient-safety/settings/long-term-care/resource/ontime/index.html>

Alzheimer's Association Resources
<https://www.alz.org>

American Geriatrics Society Clinical Practice Guidelines and Tools
<http://www.americangeriatrics.org>

The Society for Post-Acute and Long-Term Care Medical Association;
Clinical Practice Guidelines and Tools (Resources > Clinical Practice Guidelines)
<https://paltc.org/>

American Pain Society
<https://painmed.org/american-pain-society/>

Emerging Solutions in Pain Tools
<https://emerging-solutions.com/>

Association for Professionals in Infection Control and Epidemiology Practice Resources
<https://apic.org/Resources/Overview>

Centers for Disease Control and Prevention: Infection Control in Long-Term Care Facilities Guidelines
<https://www.cdc.gov/long-term-care-facilities/about/index.html>

State Operations Manual Appendix PP – Guidance to Surveyors for Long Term Care Facilities
<https://www.cms.gov/medicare/provider-enrollment-and-certification/guidanceforlawsAndRegulations/Nursing-homes.html>

Telligen Quality Improvement Organization (QIO) Facility Assessment Tool
<https://www.telligenqconnect.com/resource/facility-assessment-tool/>

Hartford Institute for Geriatric Nursing (HIGN)
(ConsultGeri Resources > Try This Series and also Geriatric Nursing Protocols)
<https://hign.org>

Institute for Safe Medication Practices
<http://www.ismp.org/>

Research in Gerontological Nursing
<https://www.healio.com/nursing/journals/jgn>

University of Missouri's Geriatric Examination Tool Kit
Multiple assessment tools
<http://geriatrictoolkit.missouri.edu/>

LINKS SORTED BY MDS 3.0 SECTIONS

SECTION B. HEARING, SPEECH, AND VISION

Try This: Hearing Screening in Older Adults—A Brief Hearing Loss Screener
(Go to ConsultGeri Resources> Scroll to bottom for Try This Series; Choose General Asmt, type in "hearing" in search)
<https://consultgeri.org/try-this/general-assessment/issue-12.pdf>

Vision and Dementia
<http://www.visionaware.org/info/emotional-support/for-family-and-friends/guidance-for-caregivers-of-individuals-who-are-blind-or-visually-impaired/tips-for-vision-loss-and-dementia/1235>

Visual Changes in Dementia Patients
<https://www.agingcare.com/articles/visual-changes-in-dementia-patients-205658.htm>

SECTION C. COGNITIVE PATTERNS

ALZHEIMERS: Alzheimer's Disease – 10 Warning Signs
https://www.alz.org/alzheimers-dementia/10_signs

Alzheimer's Disease
http://www.alz.org/national/documents/topicsheet_alzdisease.pdf

Stages of Alzheimer's Disease
http://www.alz.org/national/documents/topicsheet_stages.pdf

FDA-Approved Treatments for Alzheimer's
http://www.alz.org/national/documents/topicsheet_treatments.pdf

Barbara Broyles Alzheimer and Dementia Training Program for Nursing Assistants
<https://oklahoma.gov/content/dam/ok/en/health/health2/documents/barbara-broyles-alzheimer-and-dementia-training-program-for-nursing-assistants.pdf>

DEMENTIA: Guideline for Alzheimer’s Disease Management
<https://www.alzheimersla.org/wp-content/uploads/2016/01/Professionals-Guideline-FullReport-CA.pdf>

DELIRIUM: Comparison of the Clinical Features of Delirium, Dementia, and Depression
https://rناو.ca/sites/rناو-ca/files/Recommendation_Comparison_Chart.pdf

Common Risk Factors and Underlying Medical Conditions Associated With Delirium
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10768493/>

Delirium Tip Sheet: Acute Intervention Checklist
https://pcl.psychiatry.uw.edu/wp-content/uploads/2021/12/Delirium_Tip_Sheet.pdf

SECTION D. MOOD

DEPRESSION: *Aging: Suicide and the Elderly*
<https://www.agingcare.com/Articles/Suicide-and-the-Elderly-125788.htm>

Geriatric Depression Scale (Short Form)
http://geriatrictoolkit.missouri.edu/cog/GDS_SHORT_FORM.PDF

Clinical Process Guideline: Depression
<https://www.apa.org/depression-guideline>

SECTION E. BEHAVIOR

DEMENTIA How to Respond When Dementia Causes Unpredictable Behaviors
<https://www.seniorguidance.org/senior-living/how-to-deal-with-dementia-behavior-problems/>

WANDERING: Wandering Behavior—Preparing for and Preventing It
<https://www.alz.org/help-support/caregiving/safety/wandering>

SECTION F. PREFERENCES FOR CUSTOMARY ROUTINE AND ACTIVITIES

CMS: Person-Centered Care

<https://www.cms.gov/priorities/innovation/key-concepts/person-centered-care>

Pioneer Network: Culture Change

<https://www.pioneernetwork.org/culture-change/what-is-culture-change/>

Tip Sheet: Using Person-Centered Language

https://www.resourcesforintegratedcare.com/wp-content/uploads/2020/04/Using_Person_Centered_Language_Tip_Sheet.pdf

SECTION GG. FUNCTIONAL STATUS

MOBILITY: Improve Balance in 10 minutes

<https://chairfitcamp.com/motivationalvideo/improve-your-balance-in-10-minutes/>

Mobility Decline Prevention

<https://www.nia.nih.gov/news/maintaining-mobility-and-preventing-disability-are-key-living-independently-we-age>

BATHING: Bathing

<https://www.alz.org/help-support/caregiving/daily-care/bathing>

Dementia and Bathing: Tips for Caregivers

<https://www.nccdp.org/dementia-and-bathing-tips-for-caregivers/>

SECTION H. BLADDER AND BOWEL

Urinary Incontinence in LTC Guidelines (AMDA)

<https://www.clearchoicehc.com/pcp/files/CPG/CPG-Urinary-Incontinence.pdf>

SECTION I. ACTIVE DIAGNOSES

ICD-10

CMS ICD-10 Coding

<https://www.cms.gov/Medicare/Coding/ICD10/index.html>

HEART:

Heart Failure Society of America (Patient Hub)

<https://www.ahajournals.org/doi/full/10.1161/CIR.0000000000001309>

**KIDNEY
DISEASE**

Top 10 Takeaways for Management of Chronic Kidney Disease
<https://kdigo.org/wp-content/uploads/2024/03/KDIGO-2024-CKD-Guideline-Top-10-Takeaways-for-Nephrologists-Management.pdf>

DIABETES

Clinical Guidance for Diabetes
<https://www.cdc.gov/diabetes/hcp/clinical-guidance/index.html>

SECTION J. HEALTH CONDITIONS

PAIN:

Pain Assessment in Advanced Dementia (PAINAD) Scale
<https://geriatrictoolkit.missouri.edu/cog/painad.pdf>

Pain Management for Older Adults
<https://hign.org/consultgeri/resources/protocols/pain-management-older-adults>

Pain Assessment and Management in Older Adults: UCLA Intensive Course
<https://medschool.ucla.edu/sites/g/files/oketem456/files/media/documents/Angela%20Yeh%20Pain%20Management%20in%20Older%20Adults%20Geriatric%20Intensive%20Course.pdf>

Pain Management
<https://geriatricpain.org/clinicians/pain-management>

FALLS:

Clinical Practice Guideline: Evaluation of Falls/Risks
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3717891/>

Try This: Fall Risk Assessment for Older Adults: The Hendrich II Fall Risk Model
<https://hign.org/sites/default/files/2022-11/Hendrich%20II%20Fall%20Risk%20Model.pdf>

Falls: Chair Exercises for Seniors
<https://www.seniorfitness.org/chair-exercises-for-seniors/>

Post Falls Investigation Report
<https://blog.healthpropress.com/2018/01/after-the-fall-a-step-by-step-approach-to-post-fall-assessment/>

SECTION K. SWALLOWING/NUTRITIONAL STATUS

Clinical Process Guideline: Altered Nutritional Status

(Go to Resources > Clinical Practice Guideline)

<https://paltmed.org/sites/default/files/2024-10/Altered%20Nutrition%20Status%20CPG%2008092024.pdf>

Try This: Assessing Nutrition in Older Adults

<https://hign.org/consultgeri/try-this-series/assessing-nutrition-older-adults>

Try This: Eating and Feeding Issues in Older Adults With Dementia, Part I

<https://hign.org/consultgeri/try-this-series/eating-and-feeding-issues-older-adults-dementia-part-i-assessment>

Try This: Eating and Feeding Issues in Older Adults with Dementia, Part II

<https://hign.org/consultgeri/try-this-series/eating-and-feeding-issues-older-adults-dementia-part-ii-interventions>

Interventions to Improve Hydration in Older Adults

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8537864/>

SECTION L. ORAL/DENTAL STATUS

OK Senior Smiles Toolkit

<https://oklahoma.gov/health/services/children-family-health/dental-health-service/ok-senior-smiles-project.html>

Try This: The Kayser-Jones Brief Oral Health Status Examination (BOHSE)

https://hign.org/sites/default/files/2020-06/Try_This_General_Assessment_18.pdf

Oral Health for Older Adults: Quick Tips

<https://odphp.health.gov/myhealthfinder/doctor-visits/regular-checkups/oral-health-older-adults-quick-tips>

SECTION M. SKIN CONDITIONS

Braden Scale for Predicting Pressure Sore Risk

https://www.in.gov/health/files/Braden_Scale.pdf

Try This: Predicting Pressure Ulcer Risk

<https://hign.org/consultgeri/try-this-series/predicting-pressure-injury-risk>

NPIAP Pressure Injury Training

<https://learn.npiap.com/products/npiap-pressure-injury-training-modules-1-3-2024-release>

Turning and Repositioning

https://www.medline.com/media/assets/pdf/OTH_SH_Turning_Repositioning_ebook.pdf

Clinical Fact Sheet: Quick Assessment of Leg Ulcers

https://hqin.org/wp-content/uploads/2021/06/PU-Clinical-Fact-Sheet-Leg-Ulcers_6.21.21_508.pdf

PUSH Tool

<https://npiap.com/page/PUSHTool>

Pressure Ulcer Category Staging Illustrations

<https://npiap.com/general/custom.asp?page=PressureInjuryStages>

The Role of Nutrition in Pressure Ulcer Prevention and Treatment

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5930532/>

SECTION N. MEDICATIONS

Drug Classifications

<https://www.drugs.com/drug-classes.html>

Drug Reference

<https://globalrph.com/>

USP Pharmacological Classification of Drugs

<https://www.usp.org/health-quality-safety/usp-drug-classification-syste>

Directions: Scroll to the bottom of this webpage and click on the pdf download for “USP DC”.

Medline Plus

<https://www.nlm.nih.gov/medlineplus/druginformation.html>

Beers Criteria for Potentially Inappropriate Medication Use in Older Adults

<https://my.clevelandclinic.org/health/articles/24946-beers-criteria>

SECTION O. SPECIAL TREATMENTS, PROCEDURES, AND PROGRAMS

Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings (2007) [Also review [Updates to this guideline.](#)]

<https://www.cdc.gov/infection-control/hcp/isolation-precautions/index.html>

A Unit Guide to Infection Prevention for Long-Term Care Staff

<https://www.ahrq.gov/hai/quality/tools/cauti-ltc/modules/resources/guides/infection-prevent.html>

Toolkit to Reduce CAUTI and Other HAIs in LTC

<https://www.ahrq.gov/hai/quality/tools/cauti-ltc/index.html>

MRSA Change Strategies

<https://www.ahrq.gov/hai/tools/mrsa-prevention/toolkit/key-strategies.html>

HAND HYGIENE: Guideline for Hand Hygiene in Health Care Settings

<https://www.cdc.gov/clean-hands/hcp/clinical-safety/index.html>

SECTION Q. PARTICIPATION IN ASSESSMENT AND GOAL SETTING

Planning for Your Discharge: A checklist for patients and caregivers preparing to leave a hospital, nursing home, or other health care setting.

<https://www.medicare.gov/pubs/pdf/11376-discharge-planning-checklist.pdf>

CULTURE CHANGE: CONSISTENT ASSIGNMENT

<https://www.pioneernetwork.org/wp-content/uploads/2016/10/Consistent-Assignment-Tip-Sheet.pdf>

END OF LIFE CARE

Clinical Process Guideline: End of Life Care

<https://ltctoolkit.rnao.ca/clinical-topics/end-of-life-care>

Grief Worksheets (Potential Inservice Material)

<https://www.therapistaid.com/therapy-worksheets/grief/none>

QUALITY MANAGEMENT

AHRQ Ways to Approach Quality Improvement: Rapid Cycle to Achieve Results

<https://www.ahrq.gov/cahps/quality-improvement/improvement-guide/4-approach-qi-process/sect4part2.html>

MDS Quality Measures User's Manual:

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/NHQIQualityMeasures.html>

SNF Quality Reporting Program

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/Skilled-Nursing-Facility-Quality-Reporting-Program/SNF-Quality-Reporting-Program-Overview.html>

SNF Quality Reporting Program Questions

<https://www.cms.gov/medicare/quality/snf-quality-reporting-program/faqs>

GENERAL RESOURCES

Oklahoma State Department of Health-QIES Help Desk

❖ MDShelp@health.ok.gov

❖ Phone: 405.426.8160

MDS 3.0 RAI Manual

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/MDS30RAIManual.html>

QIES TECHNICAL SUPPORT OFFICE (QTSO)

<https://qtso.cms.gov>

HARP/iQIES/CCSQ Help Desk

HARP Login: <https://harp.cms.gov/login>

HARP Training Videos

<https://www.youtube.com/playlist?list=PLaV7m2-zFKphoCXj7slx2G1fwMZQQ0EJP>

iQIES Login:

<https://iqies.cms.gov/iqies>

CCSQ Help Desk (HARP and iQIES assistance/iQIES Idea Portal)

https://cmsqualitysupport.servicenowservices.com/ccsq_support_central

Care Compare (Nursing Homes):

<https://www.medicare.gov/care-compare/>

CMS Five-Star Quality Rating System

<https://www.cms.gov/medicare/health-safety-standards/certification-compliance/five-star-quality-rating-system>

Five-Star questions, comments and ideas

BetterCare@cms.hhs.gov

SNF Value-Based Purchasing Questions

SNFVBP@rti.org

SNF Quality Reporting Program (QRP)

SNFQualityQuestions@cms.hhs.gov

SNFQRPreconsiderations@cms.hhs.gov