

Treatment Definitions

Updated February 2013

Behavior

Behavior (Consult with skilled professional): Consulting with a professional for assistance in dealing with severe behavioral issues. A professional may be a physician, a mental health worker, a geriatric nurse practitioner or a nurse who works with challenging behaviors.

Behavior (Documented Plan): A written plan that documents specific, individualized interventions used by the care provider to prevent, limit or respond to behavioral symptoms that negatively impact the health and safety of an individual or others in the home or care setting.

Restraints (Hard Restraints): A restraint is a device to restrict or control a person's movement or behavior. Use of this type of restraint would be very rarely or never used.

Restraints (Soft Restraints): A restraint is a device to restrict or control a person's movement or behavior, such as a lap buddy, posey vest or side rails. Use of this type of restraint is limited.

Supervision to promote stability (Based on documented care plan): Supervision to promote stability requires documentation based on a care plan.

Bowel/Bladder

Bladder Irrigations (Routine): Rinsing the bladder with sterile fluid through catheter tubing.

Bladder Training (Prior to supra pubic catheter removal): This is bladder training that is typically done when a supra pubic catheter (the tube is in the bladder and exits from the abdomen) has been placed.

Catheter (Intermittent): The insertion of a catheter into the bladder when

necessary or as prescribed to drain fluid from the bladder.

Catheter (Medication Use): Administering medication through a catheter.

Catheter Care (Routine): Cleaning of the exposed area of a catheter, which has been inserted into the bladder.

Catheter, Urinary (with difficult insertion): The insertion of a catheter into the bladder when necessary or as prescribed by a physician, to drain fluid from the bladder.

Colostomy Care (New): Provide care of a new colostomy. A colostomy is a surgical procedure that creates an opening (stoma) in the abdominal wall through which waste leaves the body. A colostomy can be temporary or permanent.

Colostomy Care (Routine): Provide maintenance colostomy care. There are several types of ostomies, one of the most common being the colostomy where the opening of the large intestine results in a stoma. A colostomy is a surgical procedure that creates an opening (stoma) in the abdominal wall through which waste leaves the body. A colostomy can be temporary or permanent.

Dialysis (Hemo-dialysis): Hemo-dialysis is a process that uses a machine to clear wastes, such as urea from the blood, restore the proper balance of electrolytes in the blood and eliminate extra fluid from the body.

Dialysis (Peritoneal Dialysis): A process that replaces normal kidney function for people with chronic kidney disease or kidney failure. A thin internal membrane is used as a filter to remove excess fluid and waste from the blood without the use of a dialysis machine and can be done at home.

Enemas/Suppositories (Routine): Provide maintenance bowel care through use of enemas or suppositories. An enema is a process of inserting liquid into the intestine for treatment of constipation or other bowel disorders. A suppository is a solid but meltable medication for insertion into the rectum.

Ileostomy Care (New): Provide care of new ileostomy. An ileostomy is a surgical procedure of the small intestine that creates an opening (stoma) in the abdominal wall through which waste leaves the body.

Ileostomy Care (Routine): Provide maintenance ileostomy care. An ileostomy is a surgical procedure of the small intestine that creates an opening (stoma) in the abdominal wall through which waste leaves the body.

Impaction Removal: Is the digital (finger) means of removing a mass of hardened, clay-like stool lodged in the rectum.

Teaching related to new ostomy care: Teaching, by a healthcare professional, of the cleansing and maintenance of a new ostomy. This includes colostomy, ileostomy and urostomy.

Toileting Schedule: Scheduled toileting times for the purpose of preventing incontinence or for bowel or bladder training.

Urinary Output (Monitor fluid balance): Monitor fluid balance to check medical condition.

Urostomy Care (New): Provide care of a new urostomy. This is a surgical procedure that creates an opening (stoma) in the abdominal wall through which fluid leaves the body.

Urostomy Care (Routine): Provide maintenance urostomy care. This is a surgical procedure that creates an opening (stoma) in the abdominal wall through which urine leaves the body.

Eating

Aspiration of stomach contents prior to feeding: Measurement of residual stomach contents by the use of a syringe attached to the feeding tube.

Central IV Line (Fluid Admin): Flexible tubing that is surgically inserted to obtain continuous access to a central vein (usually around the heart) for administering fluids and/or medication.

Feeding Tube (Maintenance Care): Care of a stable feeding tube and the skin around the tube entrance.

G-Tube Feed (All Fluids/Nutrition): A feeding tube surgically inserted through

the abdomen into the stomach. Feeding tube can be used to provide fluids and nutrition.

G-Tube Feed (Supplemental): A feeding tube surgically inserted through the abdomen into the stomach. Feeding tube can be used to provide fluids and nutrition, in addition to other nutritional intake.

J-Tube Feed (All Fluids/Nutrition): A feeding tube surgically inserted through the abdomen into part of the small intestine called the jejunum to provide fluids and nutrition.

J-Tube Feed (Supplemental): A feeding tube surgically inserted through the abdomen into part of the small intestine called the jejunum to provide fluids and nutrition, in addition to other nutritional intake.

Nasogastric Tube Feed (All Fluids/Nutrition): A feeding tube inserted into the stomach through the nose. Feeding tube can be used to provide fluids and nutrition.

Nasogastric Tube Feed (Supplemental): A feeding tube inserted into the stomach through the nose. Feeding tube can be used to provide fluids and artificial nutrition, in addition to other nutritional intake.

Nasogastric Tube Insertions: A feeding tube inserted into the stomach through the nose. Feeding tube can be used to provide fluids and artificial nutrition, in addition to other nutritional intake.

Peripheral Intravenous Fluids: The administration of fluids through a vein usually located in the hand or arm.

Syringe Feeding (All Fluids/Nutrition): This is rarely used. It is a method of placing liquid nutrition in the back of the mouth when there is a problem associated with the oral phase of swallowing.

TPN (Total Parenteral Nutrition): TPN (sometimes referred to as Hyperalimentation) is a nutritionally adequate solution administered through a catheter into a vein when someone is unable to eat or obtain nutrition through another method.

Medication

Aerosol Therapy: Complex aerosol therapies do not include hand-held nebulizers or inhalers. Complex aerosol treatments consist of treatments delivered through the respiratory tract and tracheostomy utilizing humidification devices. These treatments consist of humidification or medication. Requires monitoring throughout the treatment.

CADD Pumps (If not self-administered/Requires assist): A small device located externally under the skin that delivers medication.

Central IV Line (Medication Admin): Flexible tubing that is surgically inserted to obtain continuous access to a central vein (usually around the heart) for administering fluids and/or medication.

Diabetic Monitoring (Blood sugar): Using a device that pricks the finger for measuring the amount of sugar in the blood.

Dialysis (Peritoneal Dialysis): A process that replaces normal kidney function for people with chronic kidney disease or kidney failure. A thin internal membrane is used as a filter to remove excess fluid and waste from the blood without the use of a dialysis machine and can be done at home.

Feeding Tube (Medication Admin): Medication administered through a feeding tube.

Hypodermoclysis: The administration of fluid under the skin for treatment of dehydration. This is used only in hospitals or nursing facilities.

Insulin Injections (Not Sliding Scale): A routine dosage of prescribed insulin that regulates blood sugar levels.

Insulin Injections (Sliding Scale): A pre-set dosage of insulin, which is prescribed and requires frequent physician assessments for dose adjustments. This is not a routine dosage. If ***Insulin Injections (Sliding Scale)*** is selected as a CAPS treatment, then the selection of ***Medications requiring skilled assessment/judgment/monitoring*** also needs to be selected.

Intramuscular Injections: This is not to be used for Insulin. An injection that is administered deep into muscle tissue. Can only be administered by a Licensed Nurse or qualified family member.

Intravenous Injections/Infusions: The administration of fluids and/or medication into a vein. Can only be administered by a Licensed Nurse, qualified family member or delegated by a Home Health or Hospice RN.

Medications requiring skills assessment/judgment/monitoring: For necessity of dose, which require additional physician assessment for dose adjustment and effectiveness beyond routine medications. The necessary task(s) require daily observation and monitoring with oversight by a licensed healthcare professional, no less than quarterly, and the facility staff or caregiver is trained to provide the service and does provide the service. This includes Sliding Scale Insulin. If Insulin Injections (Sliding Scale) is selected as a CAPS treatment, then the selection of ***Medications requiring skilled assessment/judgment/ monitoring*** also needs to be selected.

Percussion: Rhythmic striking of the chest wall with a cupped hand or mechanical device placed directly over the lung segment(s) being drained. This is used in conjunction with postural drainage.

Postural Drainage: Positioning the body and using gravity to drain secretions from the lungs into the trachea where they can be removed by cough or mechanical aspiration. Often used in conjunction with percussion.

Professional teaching related to complex procedure: One-time or ongoing instruction by a health care professional to a client or care provider to maintain the client's health.

Routine/Regularly Scheduled Medications: Medications that are taken at regularly scheduled times. This does not include medications that require frequent physician assessment for dose adjustment and effectiveness.

Topical Medications/Treatments: Medications or treatments usually in the form of creams or ointments, which are typically applied to the skin and scalp.

Mobility

Ambulation Exercises: Therapeutic exercise performed through walking.

Cast or Brace Care: Monitoring a cast or brace for proper brace placement and skin integrity.

Fracture (Unstable Fracture/New Cast): The care of a fracture as directed by a physician, that cannot be immediately treated or repaired.

Hip Precautions (Total): Specific guidelines for sitting, bending and moving immediately following hip replacement surgery to prevent dislocation of the hip.

Hoyer Lift Transfer: A mechanical device used to facilitate safe transfers, such as from a bed to a chair.

Non/partial Weight Bearing (Assist Required): When directed by a physician or therapist, assisting with or supervising ambulation and transfers of individuals who cannot support the full weight of their body on their legs.

Physical Therapy-Cold Therapy: The treatment of disorders by a physical therapist with the use of cold to rehabilitate or restore function after an injury or illness.

Physical Therapy-Heat Therapy: The treatment of disorders by a physical therapist with the use of heat to rehabilitate or restore function after an injury or illness.

Prosthesis: An artificial device to replace a missing or impaired part of the body. Typically, this is a limb, such as a leg, arm or hand.

Prosthesis and Stump Care (Maintenance): Daily cleansing of skin around a stump and monitoring both the stump and prosthesis for soreness or pressure spots causing irritation or skin breakdown.

Range of Motion (ROM)-Active: Purposeful exercise of muscles and joints that a person can do independently (actively), such as raising and lowering the arm or leg for the purpose of restoring or maintaining function.

Range of Motion (ROM)-Passive: Exercise of muscles and joints that must be done by another person, such as rotating the ankle or ending the elbow for the purpose of restoring or maintaining function.

Stump Care (New): Monitoring for infection, cleaning and use of elastic compression bandage or garment to control swelling and promote healing of a new amputation.

Traction Care: Provide care to an individual receiving traction. Traction is a pulling force exerted on a skeletal structure, such as in a fracture, by means of a special device, like a traction splint.

Traction Care (24-hr Observation/Assessment): Provide 24-hour observation and assessment to an individual receiving traction. Traction is a pulling force exerted on a skeletal structure, such as in a fracture, by means of a special device, like a traction splint.

Oxygen

BIPAP (Biphasic Positive Airway Pressure): A BIPAP machine is a respirator that delivers intermittent, variable pressure to treat conditions such as sleep apnea.

CPAP (Continuous Positive Airway Pressure): A CPAP machine is a respirator that delivers continuous, positive airway pressure to treat conditions such as sleep apnea.

Oxygen (Equipment and Supply Maintenance): Clean, organize and order oxygen equipment and supplies (O₂ tubing, nebulizers, etc.).

Oxygen Administration: Oxygen delivered via nasal cannula or mask as prescribed by a physician.

Oxygen Saturation Testing: Oxygen saturation is the percentage of hemoglobin that is carrying oxygen. Testing is performed by placing a sensor clip on a finger or earlobe to read the saturation content.

Professional teaching related to complex procedures: One-time or ongoing

instruction by a health care professional to a client or care provider to maintain the client's health.

Respirator Dependent: see Ventilator Dependent

Respiratory Isolation: Per a physician's directive, the separation from others and the use of masks to prevent the spread of an active respiratory disease. This would include diseases, such as active SARS, TB, etc. It would not include the common cold or flu.

Respiratory Therapy: Therapies that include inhalers and breathing treatments, such as a nebulizer.

Ventilator Dependent: A person is connected to a machine called a ventilator or respirator if unable to breathe on his or her own. A tube (called an endotracheal tube, or ET tube) is placed into the mouth and down the windpipe (trachea) or directly into the trachea. The ET tube is connected to the ventilator, which pumps oxygen into the lungs.

Skin/Nails

Decubitus Ulcer (Stage III or IV): Also called Pressure Ulcer. Inflammation, opening or deep sore caused by prolonged or increased pressure to the site. This is limited to Stages III and IV. *Stage III:* Full loss of skin and tissue that may extend down to the muscle. *Stage IV:* Full loss of skin and tissue that extends down into the muscle and may go to the bone.

Isolation-contact: Separation from others and the use of barriers such as gloves, masks and gowns to prevent the spread of highly contagious infections that may be spread by direct contact.

Massage or Application of Lotions: When prescribed for a specific need.

Nail Care (Diabetic): Routine finger and toe nail care performed by a professional or trained care provider for an individual with diabetes.

Nail Care (Maintenance): Routine finger and toe nail care performed by another person for the purpose of health and hygiene.

Pain (Cold Treatment): The application of cold to a specific area of the body to reduce pain.

Pain (Heat Treatment): The application of controlled heat to a specific area of the body to reduce pain.

Positioning/Turning: Moving an individual who cannot position or turn themselves to relieve pressure and pain.

Stasis Ulcer (Deep or Infected): A deep or infected sore on the skin of the lower leg that is caused by poor circulation.

Wound (Open): These wounds do not include Decubitus or Stasis Ulcers. An open area, which requires assessment by a practitioner or nurse to evaluate appropriate treatment to prevent infection and promote healing. Examples include: *Incisions*: a cut caused by a sharp object or knife, this includes surgical incisions. *Lacerations*: a jagged or irregular breaking or tearing of soft tissues. *Punctures*: a piercing wound that causes a small hole in the tissue.

Tracheostomy

Nasopharyngeal Suctioning: Sterile tubing inserted through the nose and into the airway to remove secretions.

Oral Suction by Bulb Syringe: Manual suctioning of the mouth using a small syringe-like device with a bulb tip. Rarely used.

Oral Suction by Suction Machine: Tubing inserted through the mouth and into the airway to remove secretions using a suction machine.

Oxygen Saturation Test: Oxygen saturation is the percentage of hemoglobin that is carrying oxygen.

Professional teaching related to complex procedures: One-time or ongoing instruction by a health care professional to a client or care provider to maintain the client's health.

Stoma Care: A stoma is the opening the tracheostomy tube is inserted into. The

stoma and the surrounding area require cleaning with mild soap and warm water when soiled or as directed by the physician.

Stoma Dressing Changes: A stoma is the opening the tracheostomy tube is inserted into. The stoma and the surrounding area require cleaning with mild soap and warm water when soiled or as directed by the physician. There is a gauze dressing under the tracheostomy tube that requires changing when soiled.

Tracheal Suctioning: Sterile tubing inserted through a surgical opening in the neck (tracheostomy) to remove secretions. Can be administered by a Licensed Healthcare Professional, qualified family member or a person delegated by a Registered Nurse.

Tracheostomy (Care and maintenance): Provide care and maintenance of tracheostomy. A tracheostomy is a surgical procedure that creates a permanent opening in the neck to the windpipe (trachea) and a tube is put into this opening to allow for air exchange.

Tracheostomy Cuff Inflation: Forms a seal between the tracheostomy tube and tracheal wall to prevent aspiration and/or facilitate effective ventilation with a ventilation bag/mechanical ventilator.