**Physical Assessment & Evaluation**

**Competency**

Training Plan

**Training Plan – Resident Evaluation/Physical Assessment**

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| **Training Name: - Resident Evaluation/Physical Assessment** | | |
|  | q **Training** q **Simulation** q **Workshop** þ **Presentation** | |
| ***Training Objectives*** | * The learner will understand a systems approach to physical assessment * The learner will demonstrate a systematic Head to Toe Assessment * The learner will be familiar with common physical changes associated with aging * The learner will be familiar with common signs and symptoms of CHF, COPD and MI | |
| ***Connection to Overall Project Goals*** | The training is part of the overall project to educate and support nursing facility operators and staff regarding the requirements of participation for nursing homes as it relates to Resident Evaluation/Physical Assessment. | |
| ***Participants:***  ***Who should attend?*** | * Nursing Staff | |
| **What training should they attend before this one?** | * No pre-requisite |
| **What training should they attend after this?** | * Annually and as needed |
| ***Facilitators:***  ***(How many trainers should participate and whom?)*** | One presenter will be needed to facilitate the PowerPoint presentation, discussion and post-test | |
| **Logistics Requirements** | **What is needed?** |  |
| * Room for training * Projector * Screen or other blank light- colored surface |  |

**Training References and Resources**

* Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17) Advance Copy 6/29/22: <https://www.cms.gov/files/document/appendix-pp-guidance-surveyor-long-term-care-facilities.pdf>
* Centers for Medicare & Medicaid Services Long-Term Care Facility Resident Assessment Instrument 3.0 User’s Manual: <https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/MDS30RAIManual.html>
* LTC Survey Pathways (Download) CMS 20131 Resident Assessment Critical Element Pathway : <https://www.cms.gov/files/zip/ce-pathways.zip>
* Stefanacci, R., Physical Changes With Aging, May 2022, Merck Manual: <https://www.merckmanuals.com/professional/geriatrics/approach-to-the-geriatric-patient/physical-changes-with-aging>
* Toney-Butler TJ, Unison-Pace WJ. Nursing Admission Assessment and Examination. [Updated 2021 Aug 30]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK493211/>
* Registered Nursing.org, Techniques of Physical Assessment: NCLEX-RN: <https://www.registerednursing.org/nclex/techniques-physical-assessment/>
* U.S. Department of Health and Human Services Million Hearts Campaign: <https://millionhearts.hhs.gov/>
* American Medical Directors Association (AMDA) Clinical Practice Guideline – Heart Failure: <https://paltc.org/product-store/heart-failure-cpg-pocket-guide>
* Mayo Clinic: Heart Failure: <https://www.mayoclinic.org/diseases-conditions/heart-failure/symptoms-causes/syc-20373142>
* Centers for Disease Control and Prevention: COPD: <https://www.cdc.gov/copd/basics-about.html>
* US. Department of Health & Human Services: NIH-National Heart, Lung, and Blood Institute. COPD: <https://www.nhlbi.nih.gov/health-topics/copd>
* American Lung Association: <https://www.lung.org/>
* Lung Institute: <https://lunginstitute.com/>
* American Medical Directors Association (AMDA) Clinical Practice Guidelines: COPD Management: <https://paltc.org/product-type/cpgs-clinical-practice-guidelines>
* American Heart Association, Heart Attack Symptoms in Women: <https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack/heart-attack-symptoms-in-women>