



MDS

Most of you know this but....

Wounds that were obtained in the hospital do not affect our quality measures initially. However, after 100 days, the wound will count against us if we have not healed it.

[CMS Makes Updates to Nursing Home Care Compare and Five Star](#)

Drop Third Cycle Standard Surveys from the Nursing Home Care Compare Health Inspection Rating

Beginning July 2025, CMS will no longer use the three most recent standard surveys and will only use the two most recent standard surveys for the health inspection rating calculation. CMS notes that this change is related to the continued standard survey backlogs. CMS will continue to use a three-year lookback period for complaint and infection control inspections to calculate the health inspection rating.

[Unrealistic staffing rules get a reality check – McKnight’s Long-Term Care News](#)

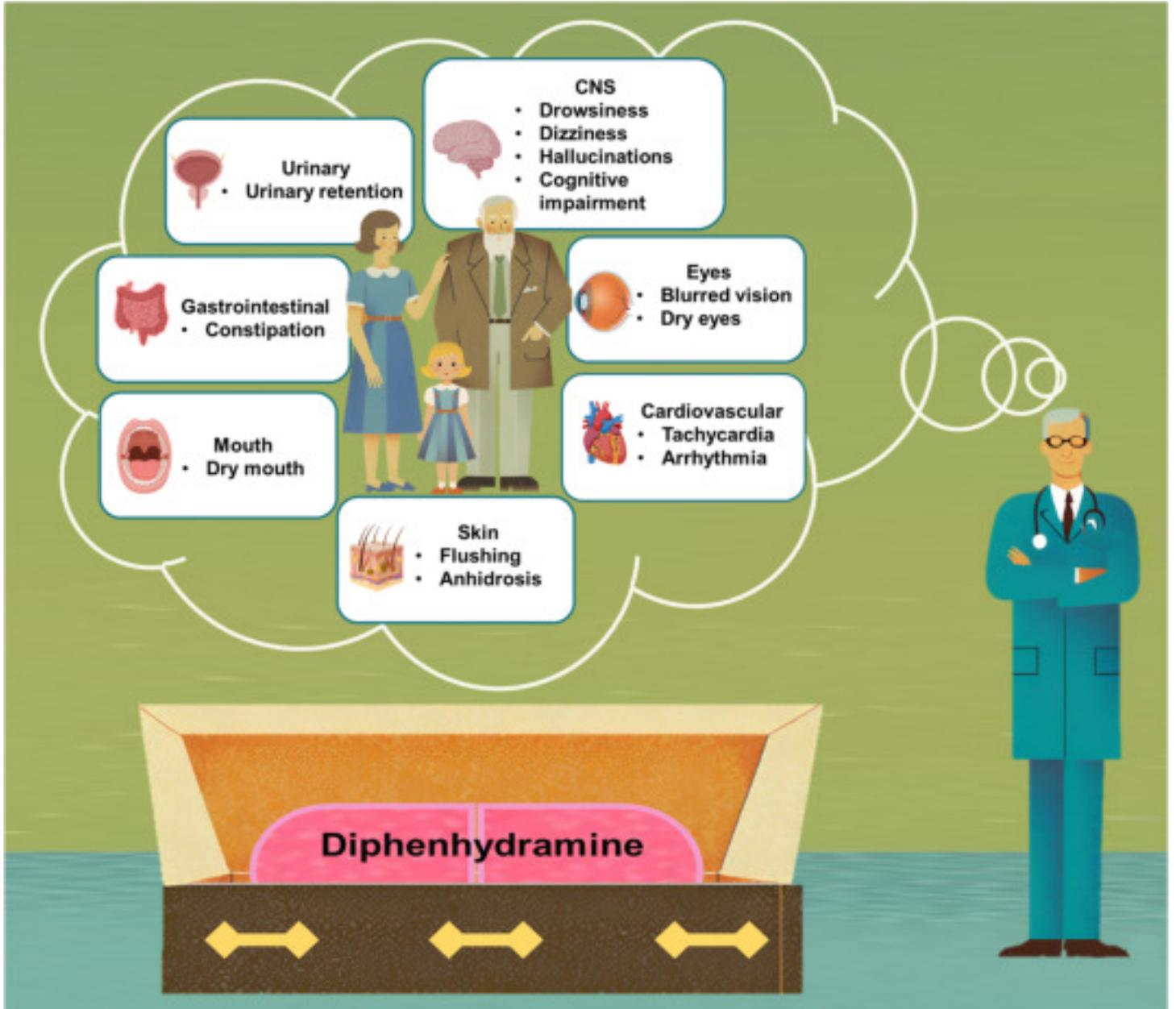
“That’s the message the Centers for Medicare & Medicaid Services just got from a federal judge in Iowa, who did what many skilled care operators had been hoping for: He hit pause on the most unrealistic parts of the staffing mandate. The 24/7 RN requirement and rigid nurse staffing rule minimums are now off the table — at least for now....”

End of Days for Benadryl (diphenhydramine)?

- FDA approved in 1946, before rigorous medication testing standards
- Other countries have taken action to limit diphenhydramine’s availability by making it available by prescription only: Germany, Netherlands, Sweden.



- Crosses the blood-brain barrier to block histamine in the CNS.
- Histamine is a neurotransmitter.
- Acts to block neurotransmitter effect of histamine within the CNS leading to sedation, drowsiness, and psychomotor impairment, urine retention,
- Increases risk of dementia and global cognitive impairment
 - [Cumulative Use of Strong Anticholinergics and Incident Dementia: A Prospective Cohort Study | Dementia and Cognitive Impairment | JAMA Internal Medicine | JAMA Network](#)
- Half-life in elderly can be up to 18 hours.
- Due to long half life it can lead to daytime sedation, poor concentration, reduced memory, reduced sensory-motor performance.
- May impair driving performance as much or more than alcohol
 - [Effects of fexofenadine, diphenhydramine, and alcohol on driving performance. A randomized, placebo-controlled trial in the Iowa driving simulator - PubMed](#)
- [CSACI position statement: Newer generation H1-antihistamines are safer than first-generation H1-antihistamines and should be the first-line antihistamines for the treatment of allergic rhinitis and urticaria - PubMed](#)
- Insomnia
 - Fall asleep faster but sleep quality if not good.
 - Decreases REM sleep
 - Reduces deep sleep (slow wave sleep)
 - tolerance can develop
 - increased risk for falls, urine retention, constipation, cognitive impairment,
- Urticaria / hives
 - Second generation antihistamines (cetirizine, loratidine) are recommended first line agents for urticaria. They are equally effective with fewer side effects.
 - Cetirizine is approved for treatment of chronic idiopathic urticaria
- Noted to enhance the sedative and hypnotic effects of benzodiazepines.



[Is It Really Time to Say Goodbye to Benadryl? | MedPage Today](#)

[Diphenhydramine: It is time to say a final goodbye - World Allergy Organization Journal](#)

We believe that diphenhydramine has reached the end of its life cycle, and in its class of therapies is a relatively greater public health hazard. We recommend it should no longer be widely prescribed or continue to be readily available over the counter.

[Diphenhydramine: It is time to say a final goodbye - World Allergy Organization Journal](#)

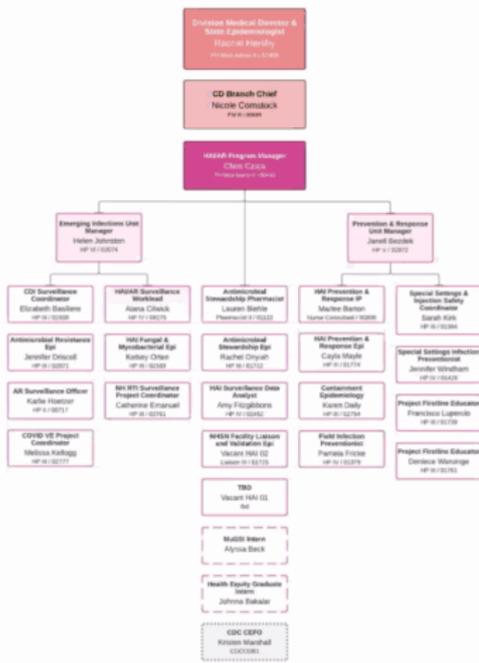


Healthcare Associated Infections and Antibiotic Resistance

CDPHE introduced the HAI/AR program led by Dr. Chris Czar MD.

Mission: To prevent health care-associated infections and control the spread of emerging antimicrobial-resistance threats in all health care settings in Colorado through surveillance, containment and response, infection prevention, and antimicrobial stewardship

Organization and activities



- Public health surveillance – Population- and health care facility-based
- Response – Antibiotic resistance (AR), outbreaks, infection control breaches
- Infection prevention – Guidance and preventive assessment
- Education – Firstline education to health care providers
- Antimicrobial stewardship – Support core elements
- Laboratory – Work with clinical and public health laboratories
- Partnerships – Health care, public health, academic, quality improvement, community
- Emerging infectious diseases – Special pathogens, AR threats



Wildfire Smoke and Facility Preparedness

Please be sure that we are prepared for any type of natural disaster but especially the possibility of a fire.

- Ensure fire drills and other natural disaster drill are up to date and that we are prepared for such incidents.



- Ensure communication methods and protocols are reviewed.
- Ensure we know who our partners are and who/how to contact for each partner organization.

[How Wildfire Smoke Affects Your Body | Wildfires | CDC](#)

Use state and local alerts for air quality

Sign up for state and local air quality alerts

[Colorado alerts \(CDPHE\)](#)

[Your county or city alerts](#)

[Adams County - Adams Alerts](#)

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Email: rsigman@adcogov.org

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- [Aurora](#) ☎: 303-739-7636 | mchapman@auroragov.org | [Aurora Alerts](#)
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[CDPHE - Colorado.gov/AirQuality](https://colorado.gov/AirQuality)

[CDPHE - Colorado.gov/AirQuality](https://colorado.gov/AirQuality)

[AirNow Fire and Smoke Map](#)