



Tip 2: My Life! My Choice!!

As we take a “selfie” and examine ourselves, we see the things that are important and unique to us. We have a favorite color, a hairstyle we prefer and favorite foods we love to eat. We make many choices each day that make us satisfied or happy.

National Nursing Home Quality Improvement Campaign has developed the Person-Centered Care Tracking Tool to take a deeper look into residents’ preferences and choices.

This tool takes the MDS 3.0, Section F, “Customary Routines and Preferences,” and goes a step further. For example, we now not only ask Mrs. Jones if it is important to her to choose her own bedtime, but we find out if she has been satisfied with choosing her own bedtime over the past several weeks. This allows for the opportunity to make sure we are honoring the choices and preferences residents have identified.

Action Items

- Download the Person-Centered Care Tracking Tool at <https://www.nhqualitycampaign.org/goaldetail.aspx?g=pcc#tab2>.
- Do a practice run of the tracking tool by using staff members on your team as “test residents.” Enter their answers for both preferences and satisfaction using the Preference Congruence Interview form, located at <https://www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#tab4>.
- Discuss with your team how you might be able to begin implementing the use of the tracking tool, starting with a small group of residents in your community.

For more information and training...

- About the National Nursing Home Quality Improvement Campaign Person-Centered Care Goal, go to <https://www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#>.
- About how to conduct a Learning Circle, go to <http://actionpact.com/assets/cache/learning-circle.pdf>.
- About person-centered care in Missouri, go to the MC5 website at <http://www.momc5.com/>.
- About person-centered care across the country, go to the Pioneer Network’s website at <http://www.pioneernetwork.net/>.



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