

Weathering the Storm: The Survival Guide for Long Term Care Providers in Florida

By

Bob Asztalos

Florida Health Care Association

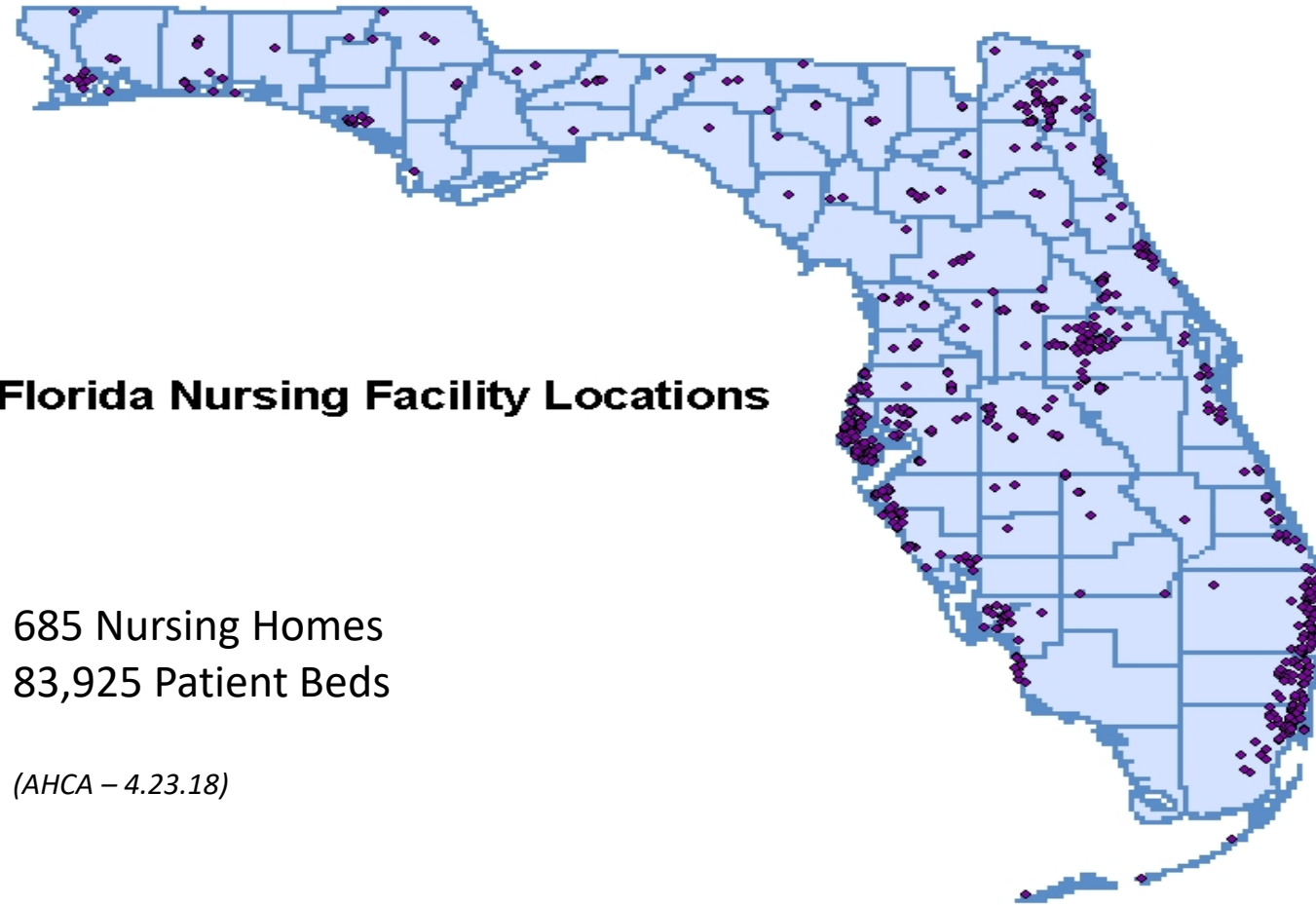


Long Term Care (LTC) in Florida



- 683 licensed Nursing Homes consisting of approximately 83,587 beds
- 3,109 licensed Assisted Living Facilities (ALFs) with approximately 92,000 beds
- Florida Health Care Association (FHCA) represents over 550 of the 683 Nursing Homes and approximately 100 ALFs
- Most Florida LTC facilities located close to water and in flood/evacuation zones

LTC in Florida



Florida Nursing Facility Locations

685 Nursing Homes
83,925 Patient Beds

(AHCA – 4.23.18)

Florida Emergency Management (EM) Structure

- State Emergency Operations Center (SEOC) located in Tallahassee
- Each of the 67 counties has an EOC: Many have coastlines

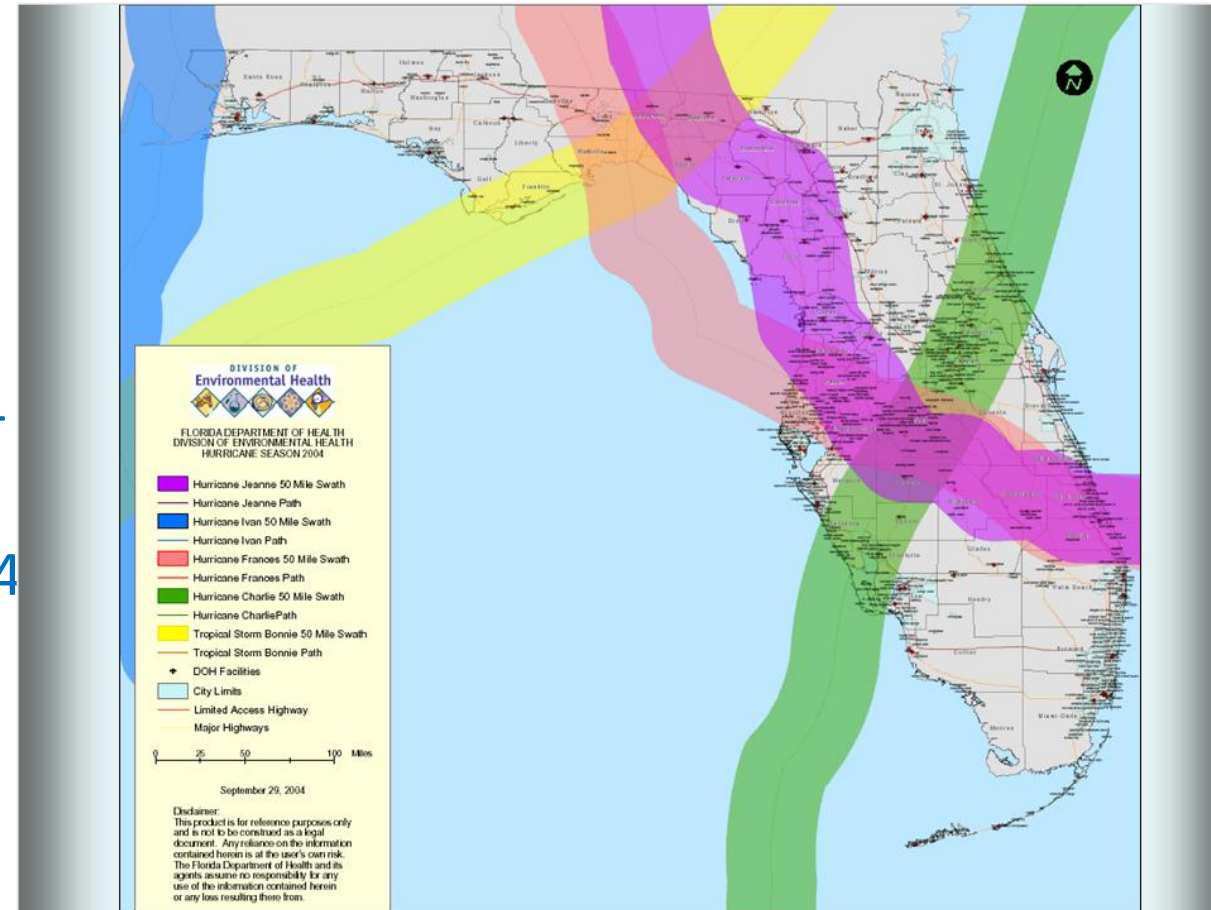


Remember 2004

- 5 storms
- 4 w/in 44 days

How Florida EM Grew Up

- Hurricane Andrew, August 24, 1992
- Hurricane Season of 2004 and 2005
 - Hurricane Charley, August 13, 2004
 - Hurricane Frances, September 4, 2004
 - Hurricane Ivan, September 16, 2004
 - Hurricane Jeanne, September 26, 2004
 - Hurricane Katrina, August 25, 2005
 - Hurricane Wilma, October 24, 2005



How Florida EM Continues to Learn

- Hurricane Matthew, October 7, 2016



- Hurricane Irma, September 10, 2017



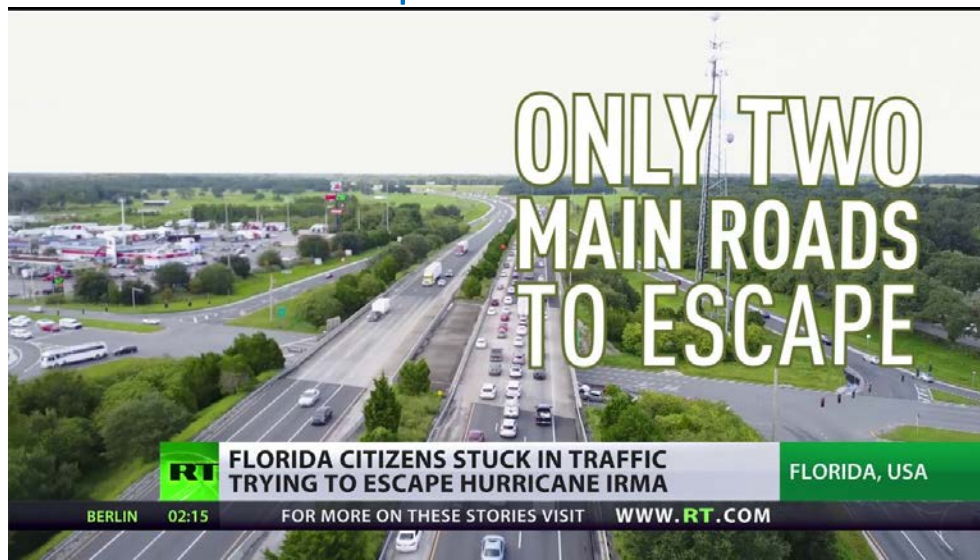
Challenges: Pre-Storm Impact



- Should we stay or go?
 - Have a solid Comprehensive Emergency Plan and follow it.
 - Evacuation/Transfer Trauma/Conflict with Local Emergency Management
 - Communicate, Communicate, Communicate! Families, friends and regulators want to know
 - Preparation for sheltering in place
 - Transfer most vulnerable population/those that can be with family
 - 3-7 Days of food, water, supplies and ICE
 - Staff and family bunk up and a work rotation schedule
 - Dialyze as close to storm as possible
 - Ice and fuel replenishment and service for the generator

Challenges: Pre-Storm Impact

- Should we stay or go (continued)?
 - Preparing to evacuate
 - Pick the most appropriate facility/facilities looking at geography and distance and ability to house residents
 - Transportation assets arranged and have a backup plan
 - Plan to transport records, staff and supplies together with residents
 - Avoid the temptation to wait until last minute when the roads are jammed and the storm is bearing down on your residents' in transit.
 - Be flexible and prepared. Plans will fall through and residents may end up in a place not contemplated.



Challenges: Storm Impact



- Generator and fuel ready
- Radio and satellite phone to stay in contact for storm updates: Don't just depend on cell phone
- Stay in communication with local Emergency Management and be ready when things go wrong
 - May have to evacuate or evacuate up, or to an area of refuge in the facility
 - Staff for any acute episode that may occur
- Activities for residents, staff, family members and event pets



Challenges: Post-Storm Impact

- Once winds die down, assess situation, notify local EM/regulators and prepare to be on your own
 - Is the building safe or is evacuation necessary
 - No major structural damage or flooding
 - No Power? Generator working and plan to refuel
 - Maintain a safe temperature
 - Sanitation, lift station down may cause evacuation
 - Access to water and ice/supplies/trash storage/laundry/
 - Cash works when credit cards don't
 - Don't allow staff to burn out
 - Rotate and rest staff
 - Allow them to visit their homes
 - Think fuel and transportation to allow them to commute from home



Challenges: Post-Storm Impact

- Caring for residents while on generator power
 - Monitor temperatures and hydrate/lots of ice
 - Dialysis, three days comes fast
 - May transfer ventilator residents if on a generator
 - Hospitals want to send residents back and you will want to transfer residents in distress
 - EM looking to transfer in as special needs shelters close





FHCA Role in Disaster Preparation



- Disaster preparation prior to storm
 - Emergency Preparedness Committee, (Volunteer FHCA members, Associate Members and EM personnel at state and local levels) mobilize efforts to support local nursing homes
 - In the 18 months prior to Hurricane Irma, nearly 1,500 LTC and EM professionals participated in 35 FHCA-sponsored joint trainings/educational seminars across Florida, many with table top exercises.
 - A recent survey by Emory University reported that 94% of Florida nursing centers have regular communications with local emergency management agencies to discuss emergency preparedness ... 88% discuss emergency preparedness with their residents ... 85% share emergency preparedness policies with residents' families.
 - Host daily call with state regulators and EM personnel for LTC providers same time each day (11:00 AM) from one week prior to event until all power restored

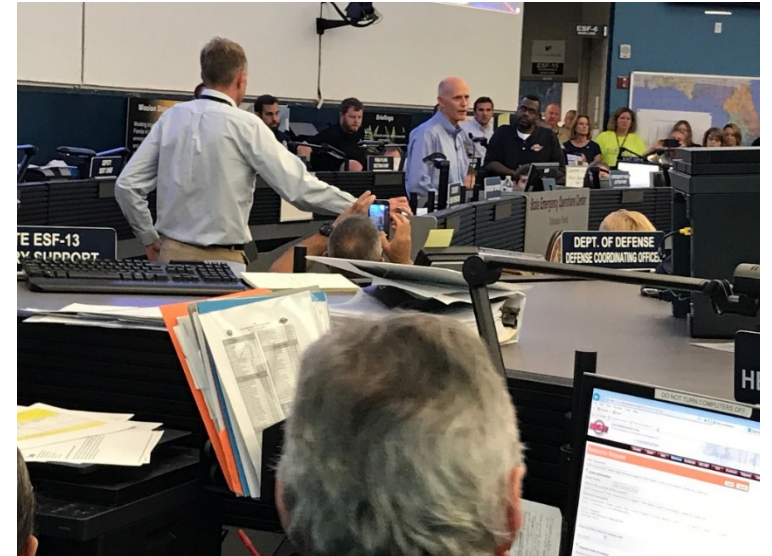
FHCA and the State EOC

- Born out of a workout in the gym
- Activate with the State EOC prior to and through event
 - Along with Agency and partners, man the ESF-8 LTC facility desk (Augment government partners)
 - Operate desk 12 to 24 hours per day depending on need
 - Other partners include the Florida Hospital Association. Other associations consulted as needed.
 - All hands-on-deck for FHCA staff who work from FHCA office



FHCA and the State EOC

- Activate with the EOC prior to and through event (continued)
 - Assist the Agency for Health Care Administration (licensing agency)
 - Assist all facilities, whether member or not
 - Can have better dialogue with facilities
 - Can access private resources in addition to Government provided
 - Provide accurate intelligence to Agency/EM
 - FHCA members staff select county EOCs
 - Train with State EM and Agency Personnel all year.



How Did Florida Facilities Weather Irma

- During Hurricane Irma:
 - 350 nursing homes/1,677 ALFs lost power (1/2 in excess of 2 days), and continued to successfully care for 68,000 residents throughout the storm.
 - 862 total healthcare facilities (including 88 nursing homes/635 ALFs) successfully evacuated
 - More than 500 nursing homes and 2,000 ALFs successfully sheltered their residents in place.
 - 90 LTC providers returned post-evacuation before full power was restored



Hollywood Hills Nursing and Rehabilitation

- What happened?
- Will the new laws prevent another Hollywood Hills?



Nursing Home/ALF Emergency Power Rules

- Nursing Homes

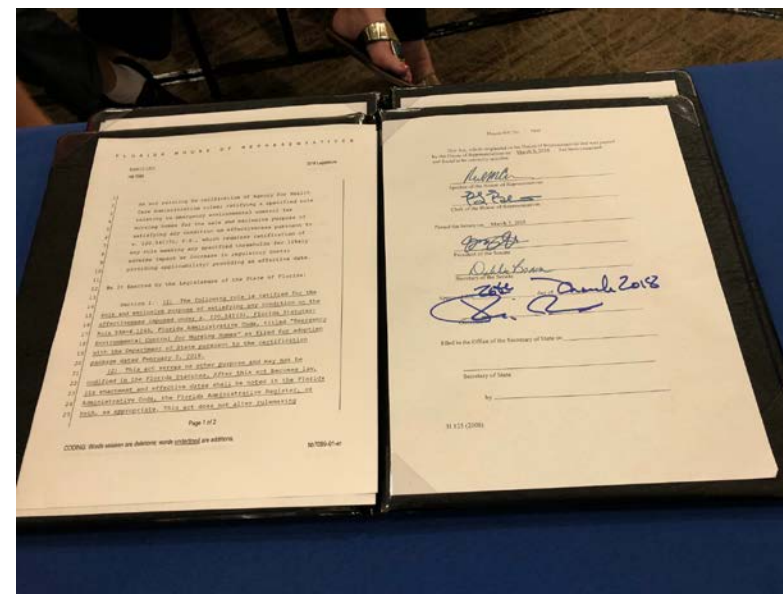
- AHCA Rule 59A-4.1265/HB 7099

http://ahca.myflorida.com/MCHQ/Health_Facility_Regulation/Long_Term_Care/docs/Nursing_Homes/59A-4.1265_EmergencyEnvironmentalControlFoNNursingHomes.pdf

- ALFs

- DOEA Rule 58A-5.036/SB 7028

http://ahca.myflorida.com/MCHQ/Health_Facility_Regulation/Assisted_Living/docs/alf/58A-5.036EmergencyEnvironmentalControlForAssistedLivingFacilities.pdf



Nursing Home/ALF Emergency Power Rules

- Safe temperatures at all times for residents for minimum 96 hours
 - Must support area of refuge with internal temperatures of maximum 81 degrees and no less than 30 square feet per resident
- Emergency power source maintained at the facility when residents on premises
- Piped gas or 72 hours onsite fuel with additional 24 hours of fuel brought onsite (to achieve 96 hours) upon Declaration of an Emergency
- If fuel storage is restricted by regulations and piped gas is not available, must replenish 24 hours prior to depletion

ALF Emergency Power Rules

- Same as Nursing Home rule except:
 - Must support area of refuge with internal temperatures of a maximum of 81 degrees for no less than 20 square feet per resident, may use 80% of licensed capacity to calculate/resident choice/monitor
- 72 hours onsite fuel or piped gas for 17+ beds
- 48 hours onsite fuel or piped gas for 16 or less beds
- Bring additional fuel onsite (to achieve 96 hours) upon Declaration of an Emergency
- Carbon monoxide detectors are required



Emergency Power Source Guidelines for LTC Facilities

- Implement plans by June 1, 2018
- Extend until January 1, 2019 for certain delays
 - Must still arrange for safe temperatures
 - Have an alternative power source onsite or contract for delivery within 24 hours of state of emergency
 - May evacuate if in an evacuation zone
- Additional extensions by Rule Variance after January 1, 2019





Lessons Learned



- **682 Nursing Homes and over 3,000 ALFs got it right**

- Participate in training
- Solid Comprehensive Emergency Plan and followed it
- Have alternative plans and be flexible if it does not work
- Know your Emergency Management Personnel before the disaster
- Keep staff, families and EM informed
- You are not wrong if you do what is in the best interest of your residents
- Do what it takes to keep your residents safe
- You are not alone, if you need help reach out and if you don't get an answer keep reaching out.