

COLORADO

Part 18. RESIDENT CARE UNIT

18.1 RESIDENT CARE UNIT. A resident care unit means a designated area of a long-term care facility consisting of a bedroom or a grouping of bedrooms with supporting facilities and services that are planned, organized, operated, and maintained to provide adequate nursing and supportive care of not more than sixty residents.

18.2 PRIVATE AND MULTIPLE BEDROOMS. The long-term care facility shall provide private and multiple bedrooms to meet resident needs. There shall be no more than four beds per room.

18.2.1 * Minimum room area, exclusive of closets, lockers, wardrobes of any type, vestibules and toilet rooms, shall be 100 sq. ft. for one-bed rooms and 80 sq. ft. per bed in multi-bed rooms.

18.2.2 * Privacy shall be provided for each resident in a multiple bedroom by the installation of opaque flame retardant cubicle curtains or movable screening.

18.2.3 * Each bedroom shall have an exterior window with area not less than 1/8 of the floor area. The sills of such windows shall not be located below the finished ground level and shall not be more than 32 inches above the floor level. The ground level shall be maintained at or below the window sill for a distance of at least eight feet measured perpendicular to the window. One-half of the required window area shall be openable without the use of tools.

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If a mechanical ventilation system is provided, a portion of the required window shall be openable without the use of tools. Privacy for the resident and control of light shall be provided at each window.

18.2.4 * Each bedroom shall have direct entry from a corridor. Such entry shall have a door at least equal in fire resistance to 1-3/4 inches thick solid core wood door. The door shall be at least 3'8" in width (4' width is recommended) and shall not swing into the corridor.

18.2.5 * Artificial light shall be provided and include: 1) General illumination; 2) Other sources of illumination for reading, observation, examinations, and treatments; 3) Night light controlled at the door of the bedroom; 4) Quiet-operating switches.

18.2.6 * A lavatory complete with mixing faucet, blade controls, soap and sanitary hand-drying accommodations shall be provided in each bedroom.

The lavatory may be installed within the toilet room in private bedrooms. Mirrors should be arranged for convenient use by residents in wheelchairs as well as by residents in a standing position.

18.2.7 * A toilet room, directly accessible from each bedroom, without going through a general corridor, shall be provided. One toilet may serve two resident rooms but not more than four beds. The minimum dimensions for any room containing only one water closet shall be 3'0" x 6'0". The door to the toilet room must be at least 2'10" in width and shall not swing into the toilet room unless provided with rescue hardware permitting the door to swing outward. The toilet room shall be provided with the following:

- 1) Toilet preferably with bedpan flushing equipment;
- 2) Grab bars convenient for the safety of residents;
- 3) Waste paper receptacle with a removable impervious liner.

18.2.8 Comfortable bedrooms shall be equipped with movable furniture and equipment with the following for each resident:

- 1) Adjustable, washable bed (roll away type beds, cots and folding beds shall not be used) mattress protected by water-proof material, mattress pad, and a comfortable pillow;
- 2) Cabinet or bedside table;
- 3) Over bed table as applicable;
- 4) Waste paper receptacle with impervious, disposable liner or disposable waste receptacle;
- 5) Complete personal care equipment including water carafe, mouth wash cup, emesis basin, wash basin, bedpan and, when necessary, a urinal;
- 6) Comfortable chair;
- 7) Storage facilities adequate for residents' personal articles and grooming.

18.2.9 *Each bedroom shall be provided with a separate closet or locker for each resident. The minimum size of closet or locker in a nursing care facility shall be - 1'8" wide by 1'10" deep with full length hanging space, clothes rod and shelf.

18.2.10 * Each resident shall be furnished with a nurse call signal system that registers a visual signal from the resident at the corridor bedroom door and at the clean and soiled holding areas and a visual and audible signal at the Nurse's Station. Calling stations shall be located at the resident's bed, toilet room and at each tub and shower. The nurses call in toilet, tub or shower shall be an emergency call.

* Other approved facilities for resident services may be substituted to meet the requirements specified in 18.2.1 through 18.2.7, 18.2.9 through 18.2.10, 18.3.1 through 18.3.10 and 18.4.

18.3 SERVICE FACILITIES. The following service areas shall be provided on each floor housing residents and located conveniently for patient care.

18.3.1 * The Nurses Station shall be designed and equipped for medical record recording, communications, and storage for supplies and nurses' personal effects.

18.3.2 * The medication preparation area shall be equipped with:

- 1) Cabinets with suitable locking devices to protect drugs stored therein;
- 2) Refrigerator equipped with thermometer and used exclusively for pharmaceutical storage;
- 3) Counter work space;
- 4) sink with approved handwashing facilities;
- 5) Antidote, incompatibility, and metriapothecary conversion charts. Only medications, equipment, and supplies for their preparation and administration shall be stored in the medication preparation area. Test reagents, general disinfectants, cleaning agents, and other similar products shall not be stored in the medication area.

18.3.3 * The clean supply holding room shall be equipped with:

- 1) Counter, sink with mixing faucet, blade controls, soap, and sanitary hand-drying facility;
- 2) Waste container with cover (foot controlled recommended) and impervious, disposable liner;
- 3) Cupboards or carts for supplies.

18.3.4 * There shall be a separate closed area in the clean supply holding room, on a cart, or in a separate closet for clean linen supplies.

18.3.5 * The soiled holding room shall be equipped with: 1) Suitable counter, double-sink with mixing faucet, blade controls, soap, and sanitary hand-drying facility; 2) Waste container with cover (foot controlled recommended) and impervious, disposable liner; 3) Soiled linen cart or hamper with impervious liner; 4) Accommodations and provisions for enclosed soiled articles; 5) Space for short-time holding of specimens awaiting delivery to laboratory; 6) Adequate shelf and counter space; and in nursing care facilities 7) Clinical flushing sink.

18.3.6 * The janitor's closet shall be equipped with:

- 1) Sink, preferably depressed or floor mounted, with mixing faucets;
- 2) Hook strip for mop handles from which soiled mopheads have been removed;
- 3) Shelving for cleaning materials;
- 4) Approved handwashing facilities;
- 5) Waste receptacles with impervious liner. The floor area should be adequate to store mop buckets on a roller carriage, wet and dry vacuum machine, and floor scrubbing machine.

18.3.7 * A storage room should be provided on the Resident Care Unit. Storage space for stretchers and wheelchairs should be recessed off the corridor.

18.3.8 * BATHING FACILITIES. Resident bathing facilities shall be provided in the ratio of one tub or one shower for each fifteen residents. Approved grab bars shall be installed at each tub or shower and tubs shall be of non-slip surface. The room shall provide privacy and be sufficiently large to provide space for wheelchair movement. The entry door shall be at least 36" in width. Curbs should be omitted from showers. There shall be toilet and lavatory facilities in the bathroom with mixing faucet, blade controls, soap, and sanitary hand-drying accommodations.

18.3.9 * Nourishment stations shall be provided with storage space and sink for serving between-meal nourishments.

18.3.10 * An examination and treatment room shall be provided on at least one Resident Care Unit and shall be equipped with a treatment table, storage cabinet for supplies and instruments; and a lavatory complete with blade controls.

* Other approved facilities for resident services may be substituted to meet the requirements specified in 18.2.1 through 18.2.7, 18.2.9 through 18.2.10, 18.3.1 through 18.3.10 and 18.4.

18.4 * PERSONNEL TOILET FACILITIES. Toilet facilities shall be provided for personnel on each Resident Care Unit.

* Other approved facilities for resident services may be substituted to meet the requirements specified in 18.2.1 through 18.2.7, 18.2.9 through 18.2.10, 18.3.1 through 18.3.10 and 18.4.

18.5 EMERGENCY EQUIPMENT AND SUPPLIES. The following shall be readily available at all times: 1) Oxygen; 2) Suction; 3) Portable emergency equipment, supplies and medications; and in nursing care facilities 4) Compatible supplies and equipment for immediate intravenous therapy to be administered only in accordance with applicable Colorado laws.

18.6 THERMOMETER. A disinfected thermometer shall be used each time a resident's temperature is taken.

18.7 DRESSINGS. There shall be individual resident equipment and supplies for changing dressings.

18.8 MODIFICATIONS. If the facility was licensed as a nursing home before July 1, 1988, the facility shall comply with Life Safety Code requirements, except as modified herein. The modifications are as follows: *[Eff. 04/30/2009]*

18.8.1 Notwithstanding Section 18.2.1, the minimum room area shall be 100 sq. ft. for one-bed room and 80 sq. ft. per bed in multiple-bed rooms.

18.8.2 Notwithstanding Section 18.2.4, the door width for bedroom doors with direct entry into the corridor may be 3'6".

18.8.3 Notwithstanding Section 18.2.5, the facility shall provide artificial lighting for general illumination, reading lamps, and night lights (plug-in types approved). However, lighting shall conform to Life Safety Code requirements.

18.8.4 Notwithstanding Section 18.2.6, handwashing facilities may be installed in a toilet room adjacent to the bedroom.

18.8.5 Notwithstanding Section 18.2.7, if centralized toilet facilities are provided, one toilet shall be provided for each eight residents of each sex. If toilet facilities are provided between adjacent bedrooms, the ratio shall be one facility for not more than four beds.

18.8.6 Notwithstanding Section 18.2.10, the resident call signal is not required to register at clean or soiled areas. Calling stations are not required at toilets, tubs, or showers.