

SECTION 2800 - PHYSICAL PLANT

2801. Facility Accommodations and Floor Area (II)

A. The facility shall provide a decorative, homelike, and comfortable environment that shall include, but not be limited to, pictures, books, magazines, clocks, plants, current calendars, stereos, television, and appropriate holiday or seasonal decorations. Consideration shall be given to the preferences of the residents in determining an appropriate homelike atmosphere in resident rooms and activity and dining areas.

B. There shall be sufficient living arrangements providing for residents' quiet reading, study, relaxation, entertainment, or recreation, to include living, dining, and recreational areas available for residents' use.

C. At least thirty (30) square feet per licensed bed shall be provided for resident dining and recreation.

D. All required care and services furnished at the facility shall be provided in a manner that does not require residents to ambulate from one site to another outside the building(s), nor impede residents from ambulating from one site to another due to the presence of physical barriers.

E. Methods for assuring visual and auditory privacy between residents, staff, and visitors shall be provided, as necessary.

2802. Resident Rooms

A. Each resident room shall be equipped with the following as a minimum for each resident:

1. A comfortable single bed equipped with assist rails when required for the safety or mobility of the resident, having a mattress with moisture-proof cover, sheets, blankets, bedspread, pillow, and pillowcases; roll-away type beds, cots, bunkbeds, and folding beds shall not be used. It is permissible to utilize a double bed, a recliner in lieu of a bed, remove a resident bed and place the mattress on a platform or pallet, or utilize a hometype bed, provided the space available in the room is adequate. Such cases of alternative bedding arrangements shall be approved by a physician or other legally authorized healthcare provider. As an exception, in the case of a couple sharing the same room, a double bed is permitted in lieu of two (2) licensed single beds if requested by the couple and approved by a physician or other legally authorized healthcare provider. For all other requirements, this room shall be considered a resident room with two (2) licensed beds; (II)

2. A closet or wardrobe, with at least four (4) square feet of floor space and at least five (5) feet of vertical hanging space, a bureau, and a compartmentalized bedside table or nightstand to adequately accommodate each resident's personal clothing, belongings, and toilet articles. Built-in storage is permitted. As an exception, in existing facilities, if square footage is limited, residents may share these storage

areas; however, specific spaces within these storage areas shall be provided particular to each resident;

3. A comfortable chair;

4. A reading lamp, at least one (1) wastebasket, and an overbed table, as needed;

5. With the exception of furniture (unless otherwise allowed by facility policy), a resident shall have the choice to bring familiar items from home as part of the furnishing to his or her room, *e.g.*, wall pictures, paintings, vases.

B. Each resident room shall be an outside room with an outside window or door. This window or door shall not open onto a common enclosed area, *e.g.*, screened porch. (II)

C. There shall be at least two (2) lockable casters on each bed, located either diagonally or on the same side of the bed.

D. Beds of household height may be used provided hospital type beds that can be elevated and adjusted are provided as necessary to enhance care delivery.

E. Beds shall not be placed in corridors, solaria, or other locations not designated as resident room areas. (II)

F. No resident room shall contain more than three (3) beds. There shall be at least three (3) feet between beds. (II)

G. No resident room shall be located in a basement.

H. Access to a resident room shall not be by way of another resident room, restroom, or kitchen.

I. No resident room shall be located more than one-hundred and fifty (150) feet from the staff work area.

J. Equipment such as bedpans, urinals, and emesis basins, necessary to meet resident needs, shall be provided. (II)

K. Assist rails may be utilized when required for safety or resident mobility. When there are special concerns, *e.g.*, residents with Alzheimer's disease and/or related dementia, assist rail usage shall be monitored by staff members in accordance with facility policies and procedures. (II)

L. Cubicle curtains with built-in curtain tracks shall be provided in all multiple bed rooms, which will shield each bed from other beds and also shield each bed from view from the corridor when the room door to the corridor is open. (II)

M. Consideration shall be given to resident compatibility in the assignment of rooms for which there is multiple occupancy.

N. At least one (1) private room, if available, shall be provided in each area served by a staff work area for incompatibility, personality conflicts, *etc.* (II)

2803. Resident Room Floor Area

A. The resident room floor area is a usable or net area and does not include wardrobes (built-in or freestanding), closets, entry door swing area, or the entry alcove to the room. The following is the minimum floor space allowed: (II)

1. Rooms for only one (1) resident: one-hundred (100) square feet;
2. Rooms for more than one (1) resident: eighty (80) square feet per resident.

B. In determining room design, consideration shall be given to the needs of the resident(s) including, but not limited to, accessibility to bed, restroom, closet, and possessions.

2804. Isolation Room (II)

At least one (1) single resident room shall be designated for an infection isolation room, as needed, and shall have:

1. An adjoining room with a toilet and a handwashing sink;
2. A handwashing sink located between the entry door and the nearest bed;
3. An uncarpeted floor.

2805. Baths and Restrooms

A. Separate bathroom accommodations, toilet, and handwashing sink shall be provided in sufficient numbers to serve the needs of staff members.

B. In baths and restrooms, the restroom floor area shall not be less than thirty (30) square feet. If the room contains only a toilet and handwashing sink, the minimum area of the room shall be eighteen (18) square feet. (II)

C. For residents, the minimum number of toilets shall be one (1) toilet for each four (4) licensed beds or fraction thereof.

D. There shall be at least one (1) handwashing sink adjacent to each toilet. (II)

E. There shall be one (1) bathtub or shower for each twelve (12) licensed beds or fraction thereof. (II)

F. All bathtubs, toilets, and showers used by residents shall have approved grab bars securely fastened in a usable fashion on at least one (1) side of the bathtub, toilet, and shower and shall be mounted thirty-three to thirty-six (33-36) inches above the floor. (II)

G. Privacy shall be provided at toilets, urinals, bathtubs, and showers. (II)

H. Toilets shall be provided for meal service staff and shall be located at, or near, the kitchen. The doors of all restrooms located at, or near, the kitchen shall be self-closing. These restrooms shall be located within the same building.

I. Facilities for persons with disabilities shall be provided as per the applicable sections of the adopted State, Federal, or local codes, ordinances, and regulations, whichever is most stringent, regardless whether any of the residents are classified as having a disability. (II)

J. All restroom floors shall be covered with an approved nonabsorbent covering. Walls shall be nonabsorbent, washable surfaces to the highest level reached by splash or spray. (II)

K. There shall be a mirror above each restroom handwashing sink. (II)

L. An adequate supply of toilet tissue shall be maintained in each restroom.

M. Easily cleanable waste receptacles shall be provided.

N. Soap, bath towels, and washcloths shall be provided to each resident as needed. Bath linens assigned to specific residents may not be stored in centrally located restrooms. As an exception, bath linens assigned to specific residents for immediate use may be stored in the restroom provided the restroom serves a single occupancy (one (1) resident) room, or is shared by occupants of adjoining rooms, for a maximum of six (6) residents. A method that distinguishes linen assignment and discourages common usage shall be implemented. (II)

2806. Handwashing Sinks

A. Each resident room shall have a handwashing sink unless there is an adjoining toilet with a handwashing sink.

B. Each handwashing sink used for handwashing shall be equipped with valves that can be operated without the use of hands.

C. Separate handwashing fixtures shall be provided in the main kitchen, convenient to serving, food preparation, and dishwashing areas, and shall be so located that the individual in charge may supervise handwashing by meal service staff. (II)

D. Handwashing fixtures shall be provided in other service rooms and adjacent to or in all restrooms. (II)

E. Handwashing fixtures shall include hot and cold or tempered running water, handcleansing antibacterial soap from an approved dispenser, and a sanitary individualized method of drying hands. (II)

2807. Staff Work Area (II)

A. A staff work area shall be provided for each sixty (60) licensed beds or fraction thereof.

B. The staff work area shall contain at least a telephone, bulletin board, a refrigerator and adequate space for maintaining resident records as well as for administrative activities.

C. A restroom used exclusively by staff shall be provided in close proximity to the staff work area.

2808. Medicine Preparation Room (II)

There shall be at, or near, each staff work area a separate space for the storage of supplies and a separate medicine preparation room having a cabinet with one (1) or more locked sections for medications, narcotics and poisons, cabinet space, work space, and handwashing sink. As an exception, in lieu of a medicine preparation room, a medicine work area equipped as described in Section 2808 shall be acceptable under the following conditions:

1. A unit dose system is used in which final medication preparation is not performed at or near the staff work area; and
2. A twenty-four-hour (24-hour) pharmacy is on the premises; and
3. Written procedures are in place that preclude medication preparation.

2809. Signal System (II)

A. A signal system listed and tested by a recognized testing laboratory for use in nursing homes shall be provided for each resident. The system shall consist of:

1. A signal device for each bed, toilet, shower, bathtub, treatment, and examination room used by residents that shall be easily accessible and reachable at all times by the resident;
2. A light over each resident room door visible from the corridor;
3. A control panel receiver at the staff work area showing room or bed number;
4. Indicators in utility rooms, treatment and examination rooms, medicine preparation rooms, nurse lounges, and nourishment stations.

B. Indicators and control panels shall employ an audible and visual signal.

2810. Meal Service Operations

A. Meal service operations shall be separated from living and sleeping quarters by complete, ceiling-high walls, and a minimum one and three-quarter (1 3/4) inch solid wood core, self-closing doors with positive latching hardware. As an exception, doors and partitions are not required if the open kitchen area is protected by an

automatic sprinkler system that provides a deluge type “water curtain,” based on the spacing and design requirements of NFPA 13, around the entire open space and as approved by the Department.

B. All kitchen areas shall be adequately ventilated to protect from excessive heat, steam, condensation, vapors, smoke, and fumes.

2811. Utility Rooms (II)

A. At least one (1) soiled utility room per staff work area shall be provided that contains a clinical sink, work counter, and waste receptacle. As an exception, the clinical sink shall not be required if each resident toilet is equipped with bedpan cleaning lugs, spray hose and elevated vacuum breaker.

B. At least one (1) clean utility room per staff work area shall be provided that contains a work counter with handwashing sink and space for the storage and assembly of supplies for nursing procedures.

2812. Doors (II)

A. Doors to resident occupied rooms (sleeping or treatment) shall conform to the requirements of the applicable sections of the adopted State, Federal, or local codes, ordinances, and regulations, whichever is most stringent, and large enough to accommodate bed movement.

B. Door widths on exit doors, bath and restroom door openings, and doors that have locks shall conform to the requirements of the applicable sections of the adopted State, Federal, or local codes, ordinances, and regulations, whichever is most stringent.

C. All resident rooms, restrooms, and rooms where bathing takes place shall have nontransparent doors.

D. All glass doors, including sliding or patio type doors shall have a contrasting or other indicator that causes the glass to be observable, *e.g.*, a decal located at eye level.

E. Exit doors required from each floor shall swing in the direction of exit travel. Doors, except those to spaces such as small closets that are not subject to occupancy, shall not swing into corridors in a manner that obstructs corridor traffic flow or reduces the corridor width to less than one-half the required width during the opening process.

F. Doorways from resident occupied rooms or exit-access passageways to the outside of the facility shall be at least eighty (80) inches in height and forty-four (44) inches in width.

2813. Elevators (II)

A. Buildings having resident accommodations, such as resident rooms, dining rooms, recreation areas, located in an area other than the main floor, shall have at least one (1) elevator that can transport a hospital-type bed.

B. Elevators shall be inspected and tested upon installation, prior to first use, and annually thereafter by a certified elevator inspector.

2814. Ramps (II)

Ramps shall discharge onto a surface that is firm and negotiable by persons with disabilities in all weather conditions and to a location accessible for loading into a vehicle.

2815. Landings (II)

Exit doorways shall not open immediately upon a flight of stairs. A landing shall be provided that is at least the width of the door and is the same elevation as the finished floor at the exit.

2816. Handrails (II)

Handrails, which are located not less than thirty (30) inches nor more than thirty-six (36) inches above the finished floor shall be provided on both sides of halls and/or corridors. Ends of handrails shall return to the wall.

2817. Screens (II)

Windows, doors and openings intended for ventilation shall be provided with insect screens unless the facility is completely air conditioned and mechanically ventilated.

2818. Window Dressings (II)

In restrooms and resident rooms, window dressings shall provide privacy.

2819. Janitor's Closet (II)

A lockable janitor's closet of a minimum of twenty (20) square feet shall be provided for each area served by a staff work area and main food preparation center. Each closet shall be equipped with a mop sink or receptor and space (shelves and brackets) for the storage of supplies and equipment.

2820. Storage Areas

A. Storage buildings on the premises within thirty (30) feet of the facility shall meet the applicable sections of the adopted State, Federal, or local codes, ordinances, and regulations, whichever is most stringent. Storage in buildings other than on the facility premises shall be secure and accessible. An appropriate controlled environment shall be provided if necessary for storage of items requiring such an environment.

B. At least ten (10) square feet per licensed bed shall be provided for storage areas. Each area served by a staff work area shall contain separate spaces for the storage of clean linen, soiled linen, wheelchairs, and supplies and equipment. (II)

C. In storage areas provided with a sprinkler system, a minimum vertical distance of eighteen (18) inches shall be maintained between the top of stored items and the sprinkler heads. The tops of storage cabinets and shelves attached to or built into the perimeter walls may be closer than eighteen (18) inches below the sprinkler heads. In nonsprinklered storage areas, there shall be at least twenty-four (24) inches of storage clearance from the ceiling. (I)

D. In mechanical equipment rooms used for storage, the stored items shall be located away from mechanical equipment and shall not be stored in a manner that might create a fire or other hazard. (I)

E. Supplies and equipment shall not be stored directly on the floor. Supplies and equipment susceptible to water damage or contamination shall not be stored under sinks or other areas with a propensity for water leakage. (II)

F. Sufficient space shall be provided in each area served by a staff work area for stretcher and wheelchair parking. Such space shall be out of corridor traffic.

2821. Telephone Service

At least one (1) telephone shall be available and easily accessible on each floor of the facility for use by residents for their private, discretionary use. Telephones shall be portable to accommodate bedridden or ambulatory-impaired residents.

Telephones capable of only local calls are acceptable for this purpose, provided other arrangements exist to offer residents discretionary access to a telephone capable of long distance service.

2822. Facility Design and Site Location

A. Facility design and site location shall conform to the requirements of the applicable sections of the adopted State, Federal, or local codes, ordinances, and regulations, whichever is most stringent.

B. Outdoor areas routinely used by residents where unsafe, unprotected physical hazards exist shall be enclosed by a fence or a natural barrier of a size, shape, and density that effectively impedes access to the hazardous area. Such areas include, but are not limited to, steep grades, cliffs, open pits, high voltage electrical equipment, ponds and swimming pools, and roads exceeding two (2) lanes, excluding turn lanes. (I)

C. Fenced areas that are part of a fire exit from the building shall have a gate that unlocks in case of emergency per Special Locking Arrangements in the applicable sections of the adopted State, Federal, or local codes, ordinances, and regulations, whichever is most stringent.

D. Mechanical or equipment rooms that open to the outside of the facility shall be protected from unauthorized individuals. (II)

E. Swimming pools shall be designed, constructed, and maintained pursuant to R.61-51. (II)