STATE OF WASHINGTON
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Home and Community Living Administration
Residential Care Services • P.O. Box 45600 • Olympia, Washington 98504

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HCLA: NH #2026-019
Cardiopulmonary Resuscitation (CPR) Requirements in Long Term Care Facilities

Dear Nursing Home Administrator:

The Department of Social and Health Services (DSHS) has been receiving questions about Certified Nursing Assistants (CNA) and other caregivers delaying or not providing cardiopulmonary resuscitations (CPR) when needed (i.e. CNA seeking out a registered nurse (RN) to determine what to do rather than implement CPR).

DSHS wants to remind providers of the importance of not delaying CPR. CPR is defined as a core competency and a "basic technical skill" for nursing assistants under WAC 246-841A-400, requiring them to "demonstrate proficiency in CPR and perform CPR independently."

In addition, the presence of facility policies that NACs are not permitted to initiate CPR conflicts with nursing home and staff competency requirements and has the potential to interfere with a resident's right to formulate an advanced directive. This potentially can result in negative outcomes for residents.

Please review some resources below, in addition to your own facility resources, when determining requirements around CPR, advanced directives and code standards.

Professional Standards of Practice & Competencies
As a reminder, there are CPR requirements when holding a professional certificate or license:

- WAC 246-841-400(9)(d)(i)-(iii) A nursing assistant demonstrates the ability to support the care needs of clients or residents during life transitions with competency in the following areas: Knowledge of legal documents like advanced directives, portable orders for life sustaining treatment (POLST) and do not resuscitate (DNR).

Federal Standards
On January 23, 2015, the Center of Medicare and Medicaid Services (CMS) re-issued S&C Memo 14-01-NH Revised (originally issued October 18, 2013) regarding cardiopulmonary resuscitation (CPR) in nursing homes.

Advanced Directives and Staff Training Requirements

- Under 42 CFR 483.24(a)(3) Personnel provide basic life support, including CPR (F678)
    - Personnel provide basic life support, including CPR, to a resident requiring such emergency care prior to the arrival of emergency medical personnel and subject to related physician orders and the resident's advanced directives.
    - CMS's intent of this regulation, as explained in the SOM, is to ensure that the facility is able and does provide emergency basic life support **immediately** when

needed, including CPR, to any resident requiring such care prior to the arrival of emergency medical personnel.

Other Applicable Federal Regulatory Requirements

- Under 42 CFR 483.10(c)(6) and (8) Formulate Advanced Directives (F578)
- Under 42 CFR 483.35 Nursing Services and proficiency of nurse aides (F726)
- Under 42 CFR 483.35(d)(7) Regular in-service education (F730)
- Under 42 CFR 483.71 Facility assessment (F838)

Washington State Nursing Home Standards

- WAC 388-97-1660(1)(a) and (c) Staff and equipment:
  - A nursing home must ensure that sufficient numbers of appropriately qualified and trained staff are available to provide necessary care and services under routine conditions, as well as fire, emergency, and disaster situations;
  - All staff, including management, provide care and services consistent with empowering each resident to attain or maintain the highest practicable physical, mental, and psychological well-being, self-care and independence.
- WAC 388-97-1620(2)(ii) General administration: The nursing home must operate and provide services in compliance with accepted professional standards and principles that apply to professionals providing services in nursing homes.

American Heart Association (AHA) Guidelines

In accordance with the AHA guidelines, the CMS latest revisions include the following:

- Facilities must not implement a facility-wide “no CPR” policy as this policy may prevent implementation of a resident’s advance directives and does not meet professional standards of quality.
- Staff in the nursing home must maintain current CPR certification. Online only certification is not allowed. Certification that includes an online knowledge component but still requires an in-person demonstration is acceptable.

Thank you for your continued commitment to resident safety. For questions related to the information in this letter, please contact RCSPolicy@dshs.wa.gov.

Sincerely,

Amy Abbot, Director
Residential Care Services

DSHS: *“Partnering with People”*