

**TESS-NH
THERAPEUTIC ENVIRONMENT SCREENING SURVEY FOR NURSING HOMES
UNIT OBSERVATION CHECKLIST**

DATE _____ / _____ / _____ (date) TIME _____ : _____ (time) AM PM (ampm)

FACILITY ID _____ (facilid) OBSERVER INITIALS _____ (observer)

UNIT _____ (unit) of _____ Total # of Units (units)

UNIT DESCRIPTION

Complete the following descriptive information before beginning the unit walk-through.

A1. Type of unit: Dementia Special Care Unit (segregated)..... 1
 Special Care Unit (cluster)..... 2
 Non Special Care Dementia Unit..... 3
 Other Unit..... 4 (typeunit)
 ⇩
 Describe: _____

A2. Resident Rooms On Unit:

	# of Rooms	# of Beds	
		Occupied	Unoccupied
a. Private Rooms	_____ (singroom)	_____ (sinbeds1)	_____ (sinbeds2)
b. Semiprivate Rooms	_____ (doubroom)	_____ (dblbeds1)	_____ (dblbeds2)
c. Rooms with 3+ Beds	_____ (moreroom)	_____ (morbeds1)	_____ (morbeds2)

A3. a. Total rooms for unit _____ (totroom)
 b. Resident capacity _____ (capacity)
 c. Number of residents sleeping on unit today _____ (totalres)

WALK-THROUGH DIRECTIONS: After identifying the geographical limits of the unit, spend approximately 15-45 minutes slowly walking throughout the unit, noting environmental features. Complete the checklist below by circling the numbers next to the appropriate responses or filling in the blanks. For some questions, if a condition is not directly observable, you may need to ask staff.

SCORING: For information on scoring, please refer to the manual for the Therapeutic Environment Screening Survey-for Nursing Homes (TESS-NH).

STANDARDIZED OBSERVATIONS: All observations should be standardized. If you are looking at different units within different nursing homes, you should conduct your observations within the same timeframe. All observations should occur between 9:00am and 5:00pm on weekdays, excluding mealtimes.

UNIT AUTONOMY

1. Which of the following statements best describes the relationship between the unit and the nursing station?

- The unit has its own nursing station which..... 2
does not serve other units.
- The unit’s nursing station also serves..... 1
other units.
- No nursing station serves this unit..... 0 (NH1)

2. What provision is made for caregiving staff to do paperwork?

	<u>Yes</u>	<u>No</u>	
a. Nursing station	1	0	(NH2a)
b. Separate desk in public area/alcove	1	0	(NH2b)
c. Counter/work area (other than nursing station) combined with other area (e.g. activity room)	1	0	(NH2c)
d. Enclosed work room not meeting the definition of a nursing station	1	0	(NH2d)

3. Does the unit serve as a pathway from one part of the facility to another?

Yes.....1

No.....0 (NH3)

4. Where do residents.....

	a.	b.	c.
	Eat	Engage in Formal Activities	Shower or Bathe
ALL 100% on this unit	3	3	3
MOST 99-51% on this unit	2	2	2
SOME 50-1% on this unit	1	1	1
NONE 0% on this unit	0	0	0
	(NH4a)	(NH4b)	(NH4c)

EXIT CONTROL

5. Does the physical layout or the decoration of the exits of this unit disguise the presence of a door from residents?

Yes: Exit doors disguised so they are not clearly visible to residents from most areas of the unit.

To some extent: Exit doors are partially hidden or disguised.

No: No disguise.

N/A

	a.	b.
	Doors to the rest of facility	Doors to the outside
	2	2
	1	1
	0	0
	9	9
	(NH5a)	(NH5b)

6. How is unauthorized resident exit from this unit controlled? (Exclude doors that lead to enclosed courtyards. Think about all other doors that exit the unit when answering this question. Circle all that apply.)

- a. Number of exits off of the unit (exclude doors that lead to an enclosed courtyard) _____ (NH6a)
- b. Number of elevators that can be used to exit the unit. _____ (NH6b)

If there are no exit doors from the unit, proceed to Question 7.

LOCKS:

- c. Are doors locked to monitor resident exit? Yes No
1 0 ***If no, go to Question 6g.***
If yes, answer questions 6d-6f. (NH6c)

	<u>Yes</u>	<u>No</u>	
d. Doors with a locking device that is triggered by resident approach (NH Resident wears an electronic trigger).	1	0	(NH6d)
e. Doors routinely locked which can be unlocked by using a keypad or switch.	1	0	(NH6e)
f. Doors are locked at night and unlocked during the day, except doors that lead to the outside which may also be locked during bad weather.	1	0	(NH6f)

ALARMS:

- g. Are doors alarmed to monitor resident exit? Yes No
1 0 ***If no, go to Question 7.***
If yes, answer questions 6h-6j. (NH6g)

	<u>Yes</u>	<u>No</u>	
h. Alarm sounds that is triggered by device worn by a resident.	1	0	(NH6h)
i. The alarm sounds unless disengaged using a keypad, card, or switch.	1	0	(NH6i)
j. Alarm which sounds with all entries and exits.	1	0	(NH6j)

MAINTENANCE

7. Rate the general maintenance of each of the following areas.

	a.	b.	c.	d.
	Shared Social Spaces	Halls	Residents' Rooms	Residents' Bathrooms
Well maintained	2	2	2	2
In need of some repairs	1	1	1	1
In need of extensive repairs	0	0	0	0
	(NH7a)	(NH7b)	(NH7c)	(NH7d)

CLEANLINESS

8. Rate the general cleanliness of each of the following areas.

	a.	b.	c.	d.
	Shared Social Spaces	Halls	Residents' Rooms	Residents' Bathrooms
Very clean	2	2	2	2
Moderately clean	1	1	1	1
Poor level of cleanliness	0	0	0	0
	(NH8a)	(NH8b)	(NH8c)	(NH8d)

9. To what extent are odors of bodily excretions (urine and feces) present in public areas and in residents' bedrooms?

	a.	b.
	Public Areas	Residents' Rooms
Rarely or not at all	2	2
Noticeable in some areas	1	1
Noticeable throughout much or all of the unit	0	0
	(NH9a)	(NH9b)

SAFETY

10. Rate the floor surface of each of the following areas.

	a.	b.	c.	d.
	Shared Social Spaces	Halls	Residents' Rooms	Residents' Bathrooms
No slippery and/ or uneven surfaces	2	2	2	2
Mostly free of slippery and/or uneven surfaces	1	1	1	1
Slippery and/or uneven surfaces	0	0	0	0
	(NH10a)	(NH10a)	(NH10a)	(NH10a)

11. To what extent are handrails present on the unit?

	a.	b.
	Hallways	Bathrooms
Extensively	2	2
Somewhat	1	1
Little or None	0	0
	(NH11a)	(NH11b)

LIGHTING

12. Rate the light intensity (present during the time of the rating) in hallways, activity areas, and residents' rooms.

	a.	b.	c.
	Hallways	Activity Areas	Residents' Rooms
Ample	2	2	2
Good	1	1	1
Barely Adequate/Inadequate	0	0	0
	(NH12a)	(NH12b)	(NH12c)

13. To what extent is glare present in hallways, activity areas, and residents' rooms.

	a. Hallways	b. Activity Areas	c. Residents' Rooms
A little or none	2	2	2
In a few areas	1	1	1
In many areas	0	0	0
	(NH13a)	(NH13b)	(NH13c)

14. Is lighting even in the hallways, activity areas and in residents' rooms?

	a. Hallways	b. Activity Areas	c. Residents' Rooms
Even throughout the area	2	2	2
Mostly even throughout the area	1	1	1
Uneven; many shadows throughout the area	0	0	0
	(NH14a)	(NH14b)	(NH14c)

SPACE/SEATING

15. What percentage of the rooms have a chair per person (*the chair may provided by the facility or it may be the resident's personal chair*)?

- 75% or more..... 3
- 50-74%..... 2
- 25-49%..... 1
- Less than 25%..... 0 (NH15)

16. Inventory of the indoor public rooms and areas that are on the unit. Do not include hallways as “other”.

Type of Area	1. Exclusively for Unit		2. Seating Capacity	3. Square Footage	4. Adjacent Toilet		
	<u>Yes</u>	<u>No</u>			<u>Yes</u>	<u>No</u>	
a. Multi-purpose room	1	0	_____	_____	1	0	(NH16a1-NH16a4)
b. Activity room	1	0	_____	_____	1	0	(NH16b1-NH16b4)
c. Dining room	1	0	_____	_____	1	0	(NH16c1-NH16c4)
d. Lounge	1	0	_____	_____	1	0	(NH16d1-NH16d4)
e. Alcove	1	0	_____	_____	1	0	(NH16e1-NH16e4)
f. Other _____	1	0	_____	_____	1	0	(NH16f1-NH16f4)
g. Other _____	1	0	_____	_____	1	0	(NH16g1-NH16g4)
h. Other _____	1	0	_____	_____	1	0	(NH16h1-NH16h4)
i. Other _____	1	0	_____	_____	1	0	(NH16i1-NH16i4)

17. To what extent does the unit facilitate wandering behavior (by absence of dead ends and provision of places to sit along corridors?)

a. Dead Ends:

Path with no dead ends..... 1

Path that leads to dead ends or
alarmed/secured doors..... 0

(NH17a)

b. Places to Sit:

Path with places to sit..... 1
(along or adjacent to corridor including alcoves)

Path with no places to sit..... 0

(NH17b)

18. Which of the following describes the configuration of most of the rooms/spaces on the unit?

No hallways; rooms open into living (common) area..... 2

Short hallways; common areas easily visible from resident room doorways..... 1

Long hallway; public spaces not visible from doorways..... 0 (NH18)

FAMILIARITY/HOMELIKENESS

19. To what extent do the public areas contain furniture, decorations, and other features that give them a homelike (residential as opposed to institutional) atmosphere?

Very homelike:
(75% or more of public areas are “residential”)..... 3

Moderately homelike:
(50-74% of the public areas are “residential”)..... 2

Somewhat homelike:
(25-49% of public areas are “residential”)..... 1

Not homelike:
(less than 25% of the public areas are “residential”)..... 0 (NH19)

20. Is there a kitchen located on the unit available for activities and resident and/or family use?

Kitchen facility available for use..... 2

Selected kitchen appliances available for use..... 1

No access to kitchen appliances..... 0 (NH20)

21. To what extent are pictures and mementos present in the residents' rooms?

75% or more of the residents have at least three personal pictures and/or mementos in their rooms..... 3

50-74% of the residents have at least three personal pictures and/or mementos in their room..... 2

25-49% of the residents have at least three personal pictures and/or mementos in their room..... 1

Less than 25% of the residents have at least three personal pictures and/or mementos in their rooms..... 0

(NH21)

22. To what extent is non-institutional furniture present in the resident's rooms?

75% or more have non-institutional furniture.....3

50-74% have non-institutional furniture..... 2

25-49% have non-institutional furniture..... 1

Less than 25% have non-institutional furniture..... 0

(NH22)

23. To what extent does the appearance of residents in public areas reflect attention to individual identity and add to the physical environment of the unit?

Extensively
(75% or more of the residents are well groomed)..... 2

Quite a bit
(25-75% of the residents are well groomed)..... 1

Little
(less than 25% of the residents are well groomed)..... 0

(NH23)

VISUAL/TACTILE STIMULATION

24. What percent of the rooms have access to a view of a courtyard/open vista, etc.?

	a. Bedrooms	b. Public Areas
75% or more have view	3	3
50-74% have view	2	2
25-49% have view	1	1
24% or less have view	0	0

(NH24a) (NH24b)

25. Are opportunities for stimulation easily available for residents?

	a. Tactile	b. Visual
Extensively in several program areas and in hallways	3	3
Quite a bit at least in one program area and in hallways	2	2
Somewhat only in a specific program area	1	1
None no source of stimulation	0	0

(NH25a) (NH25b)

ACCESS TO OUTDOORS

26. Is there an enclosed outdoor courtyard and/or an enclosed outdoor wandering area that is directly accessible to residents?

Enclosed outdoor area adjacent to unit;
residents may go out on their own..... 3

Enclosed outdoor area adjacent to unit; staff must
unsecure door and accompany all residents..... 2

Enclosed outdoor area present but is
away from unit..... 1

No enclosed outdoor area present at this facility..... 0

(NH26)

27. Overall, how attractive and functional is/are the courtyard(s)?

	a.	b.
	Attractive	Functional
Very	3	3
Somewhat	2	2
Not at all	1	1
No courtyard	0	0
	(NH27a)	(NH27b)

ORIENTATION/CUEING

28. Which of the following cues are available for the following areas?

	<u>Yes</u>	<u>No</u>	
1)Resident Rooms:			
a) doors routinely left open	1	0	(NH28a1)
b) resident names on/near door (2'')	1	0	(NH28b1)
c) current picture of resident on/near door	1	0	(NH28c1)
d) old picture of resident on/near door	1	0	(NH28d1)
e) objects of personal significance on/near door	1	0	(NH28e1)
f) room numbers on/near door (2'')	1	0	(NH28f1)
g) identifying colors: color coding	1	0	(NH28g1)
2)Resident Bathrooms:			
a) door open and toilet visible from resident bed	1	0	(NH28a2)
b) door open, but toilet not visible from bed	1	0	(NH28b2)
c) door closed; picture, graphic or sign to indicate bathroom	1	0	(NH28c2)
3)Activity Area			
a) visible (can view area) from doorway of 50%+ of resident rooms	1	0	(NH28a3)
b) a visual indicator such as an awning, statue, flag, etc. that is visible from doorway of 50%+ of resident rooms	1	0	(NH28b3)
c) directional, identification sign that is visible from doorway of at least 50% of resident rooms	1	0	(NH28c3)

PRIVACY

29. In shared rooms (NH rooms shared by two or more residents) how is privacy accommodated? If there are no shared rooms circle "9".

	<u>Yes</u>	<u>No</u>	<u>All private rooms</u>	
Privacy Curtain	1	0	9	(NH29a)
Other*	1	0	9	(NH29b)

*If "other", describe _____.

30. During the observation interval what was the status of the television in the main public area?

- The television was off all of the time..... 2
- The television was on some of the time..... 1
- The television was on all of the time..... 0
- The television was on all of the time for an activity..... 6
- No television present..... 9 (NH30)

31. During the observation interval, to what extent do you hear any of the following noises?

	a.	b.	c.	d.	e.	f.
	Resident Screaming or Calling Out	Staff Screaming or Calling Out	TV/ Radio Noise	Loud Speaker or Intercom	Alarm or Call Bells	Other Machines (ice, buffer)
Not at all	2	2	2	2	2	2
Sometimes	1	1	1	1	1	1
Constantly or high intensity	0	0	0	0	0	0
	(NH31a)	(NH31b)	(NH31c)	(NH31d)	(NH31e)	(NH31f)

OVERALL PHYSICAL ENVIRONMENT

32. On a scale of 1 to 10, provide your global assessment of the physical environment of the unit as it appeared during your observation.

Low	Moderate								High
1	2	3	4	5	6	7	8	9	10
Distinctly unpleasant negative, and non-functional.									Quite pleasant, positive, and functional.
									(NH32)