

Illinois Department of Public Health

STATEMENT OF DEFICIENCIES AND PLAN OF CORRECTION	(X1) PROVIDER/SUPPLIER/CLIA IDENTIFICATION NUMBER: IL6004147	(X2) MULTIPLE CONSTRUCTION A. BUILDING: _____ B. WING: _____	(X3) DATE SURVEY COMPLETED C 01/08/2024
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NAME OF PROVIDER OR SUPPLIER

STREET ADDRESS, CITY, STATE, ZIP CODE

APERION CARE PEORIA HEIGHTS

**1629 GARDNER LANE
PEORIA HEIGHTS, IL 61616**

(X4) ID PREFIX TAG	SUMMARY STATEMENT OF DEFICIENCIES (EACH DEFICIENCY MUST BE PRECEDED BY FULL REGULATORY OR LSC IDENTIFYING INFORMATION)	ID PREFIX TAG	PROVIDER'S PLAN OF CORRECTION (EACH CORRECTIVE ACTION SHOULD BE CROSS-REFERENCED TO THE APPROPRIATE DEFICIENCY)	(X5) COMPLETE DATE
S 000	Initial Comments Annual Licensure Survey Complaint Investigation: 23210014/IL167322	S 000		
S9999	Final Observations Statement of Licensure Violations I of II: 300.610a) 300.1210a) 300.1210b)4)5) 300.1210d)3)6) Section 300.610 Resident Care Policies a) The facility shall have written policies and procedures governing all services provided by the facility. The written policies and procedures shall be formulated by a Resident Care Policy Committee consisting of at least the administrator, the advisory physician or the medical advisory committee, and representatives of nursing and other services in the facility. The policies shall comply with the Act and this Part. The written policies shall be followed in operating the facility and shall be reviewed at least annually by this committee, documented by written, signed and dated minutes of the meeting. Section 300.1210 General Requirements for Nursing and Personal Care a) Comprehensive Resident Care Plan. A facility, with the participation of the resident and the resident's guardian or representative, as applicable, must develop and implement a comprehensive care plan for each resident that includes measurable objectives and timetables to meet the resident's medical, nursing, and mental and psychosocial needs that are identified in the resident's comprehensive assessment, which	S9999		

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LABORATORY DIRECTOR'S OR PROVIDER/SUPPLIER REPRESENTATIVE'S SIGNATURE

TITLE

(X6) DATE

Electronically Signed

02/09/24

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S9999	<p>Continued From page 1</p> <p>allow the resident to attain or maintain the highest practicable level of independent functioning, and provide for discharge planning to the least restrictive setting based on the resident's care needs. The assessment shall be developed with the active participation of the resident and the resident's guardian or representative, as applicable. (Section 3-202.2a of the Act)</p> <p>b) The facility shall provide the necessary care and services to attain or maintain the highest practicable physical, mental, and psychological well-being of the resident, in accordance with each resident's comprehensive resident care plan. Adequate and properly supervised nursing care and personal care shall be provided to each resident to meet the total nursing and personal care needs of the resident.</p> <p>4) All nursing personnel shall assist and encourage residents so that a resident's abilities in activities of daily living do not diminish unless circumstances of the individual's clinical condition demonstrate that diminution was unavoidable. This includes the resident's abilities to bathe, dress, and groom; transfer and ambulate; toilet; eat; and use speech, language, or other functional communication systems. A resident who is unable to carry out activities of daily living shall receive the services necessary to maintain good nutrition, grooming, and personal hygiene.</p> <p>5) All nursing personnel shall assist and encourage residents with ambulation and safe transfer activities as often as necessary in an effort to help them retain or maintain their highest practicable level of functioning.</p> <p>d) Pursuant to subsection (a), general nursing care shall include, at a minimum, the following</p>	S9999		

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S9999	<p>Continued From page 2</p> <p>and shall be practiced on a 24-hour, seven-day-a-week basis:</p> <p>3) Objective observations of changes in a resident's condition, including mental and emotional changes, as a means for analyzing and determining care required and the need for further medical evaluation and treatment shall be made by nursing staff and recorded in the resident's medical record.</p> <p>6) All necessary precautions shall be taken to assure that the residents' environment remains as free of accident hazards as possible. All nursing personnel shall evaluate residents to see that each resident receives adequate supervision and assistance to prevent accidents.</p> <p>This REQUIREMENT is not met as evidenced by:</p> <p>Based on interview and record review the facility failed to implement appropriate fall prevention interventions and failed to investigate a fall with an injury (10/6/23), for two of nine residents (R17 and R38) reviewed for falls, in a sample of 43. These failures resulted in R17 sustaining a second fall from the bed with a fracture on 12/2/23.</p> <p>Findings include:</p> <p>The facility policy, Fall Prevention Program, dated (revised) 11/21/17 directs staff, "The program will include measures which determine the individual needs of each resident by assessing the risk of falls and implementation of appropriate interventions to provide necessary supervision and assistive devices are utilized as necessary. The Fall Prevention Program includes the</p>	S9999		

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S9999	<p>Continued From page 3</p> <p>following components: Assessment time frames, Immediate change in interventions that were successful, Care Plan incorporates: Addresses each fall, Interventions are changed with each fall, Preventative measures."</p> <p>1. R17's facility Admission record documents that R17 was admitted to the facility on 6/19/23 with the following diagnoses: Syncope and Collapse (Principal Diagnosis), Unsteadiness on feet, history of Falling.</p> <p>R17's Care Plan, dated 6/20/23 includes the following Focus area: I am at risk for falls. Also included is the following Interventions: Anticipate and meet the resident's needs; Be sure the resident's call light is within reach and encourage the resident to use it for assistance as needed. The resident needs prompt response to all requests for assistance; Bed height to be placed where my feet are flat on the floor; PT (Physical Therapy) evaluate and treat as ordered or PRN (As needed).</p> <p>R17's (facility) Incident Notes, dated 7/17/23 at 1:12 P.M. document, "(R17) located in bathroom of (R17's) room in supine position with knees bent near the toilet. Moderate amount of blood to left brow bone noted. First aid administered; pressure applied. 911 called for transfer to ED (Emergency Department)."</p> <p>R17's Nursing Progress notes, dated 7/20/2023 at 12:09 P.M. documents, "Fall IDT (Inter Disciplinary Team) Note: Summary of the fall (7/17/23): (R17) attempted self-transfer and lost balance. Root cause of fall: (urinary) catheter wrapped around (R17's) leg. Intervention and care plan updated: (R17) to wear leg bag (urinary) catheter during the day, switch to</p>	S9999		

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S9999	<p>Continued From page 4</p> <p>(urinary catheter) (bed) bag at night after laying down."</p> <p>R17's Nursing Progress Notes, dated 10/6/23 at 11:02 P.M. document, "(R17) found sitting on the floor next to (R17's) bed at around 9:30 P.M. (R17) is very confused as usual when (R17) got here. No injury noted. Small amount of blood noted to (R17's) (urinary catheter) tubing." No facility Incident Report or Investigation was found in R17's chart.</p> <p>R17's (facility) Incident Notes, dated 12/2/23 at 10:00 P.M. documents, "On 12/2/23 at 10:00 P.M., (R17) was found lying on the floor on his right side, next to his bed. It appears that (R17) rolled out of bed. (R17) said he was lying in bed and when he tried to lay on his side (R17) rolled out of bed. No injuries noted."</p> <p>R17's Nursing Progress Note, dated 12/5/2023 at 1:27 A.M. document, "(R17) Follow up assessment post-fall. Swelling observed at site (right knee). Deep purple bruising noted. Reddish-purple bruising noted. Green bruising noted. Yellow bruising noted. Physician ordered a 2-view x-ray of the right knee."</p> <p>R17's Radiology Report, dated 12/5/23 documents, "Right Knee. Indication: Right knee bruising. Findings: Acute soft tissue swelling of the anterior knee with cortical irregularity of the lateral border of the medial femoral condyle on the front view. Consider MRI of the joint for bone bruise. Small crescentic avulsion fracture medial aspect of the femur."</p> <p>On 12/12/23 at 11:42 A.M., V1 (Administrator) verified there was no facility investigation into R17's 10/6/23 fall.</p>	S9999		

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S9999	<p>Continued From page 5</p> <p>On 12/13/23 at 9:23 A.M., V19 (Licensed Practical Nurse/Care Plan Coordinator/Minimum Data Set Coordinator) stated, "I am part of the Fall Inter Disciplinary Team that reviews all falls. When a resident falls or rolls out of bed, we place fall mats around their bed. I don't know why we didn't add fall mats for R17 after he was found next to his bed (on 10/6/23). Maybe it would have prevented the injury to his knee (from the fall on 12/2/23)."</p> <p>2. R38 was admitted on 5/25/18 with diagnoses of Type 2 Diabetes Mellitus, Schizophrenia and Morbid Obesity.</p> <p>On 8/29/2023 at 12:00 PM, the record noted "Resident in the dining room and stated (R38) slid off the toilet onto the floor and denies hitting (R38's) head. No redness or bruising noted. V2 (Director of Nursing) and V25 (doctor) notified of fall."</p> <p>On 9/1/23 at 10:47 AM, a Physician Note stated "Patient was seen today for a fall f/u (follow up). Patient slipped out of the w/c (wheelchair) C/O (complains of) R (Right) foot pain. Discoloration noted to R foot. No c/o SOB (shortness of breath), chest pain, generalized pain, HA (headache), N/V/D (nausea, vomiting and diarrhea), dysuria (difficulty urinating), or any other complaints. Plan: R foot x-ray."</p> <p>On 9/6/2023 at 1:06 PM, a Nurses Note noted "n.o. (new order) referral to ortho (orthopedics/bone doctor) for fracture rt (right) foot."</p> <p>On 9/5/2023 at 11:33 AM, the Fall IDT (Interdisciplinary) Note noted "Summary of the</p>	S9999			

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S9999	<p>Continued From page 6</p> <p>fall: res (resident) slid off onto floor while using the toilet. Root cause of fall: res did not utilize staff assist. Intervention and care plan updated: res to utilize staff assist for transfers on/off toilet."</p> <p>On 12/10/23 at 1:00 PM, R38 was observed to have a boot at bedside and R38 stated "I wear it (the boot) when I get up. I broke my foot."</p> <p>On 12/10/23 at 1:10 PM, R38's bathroom toilet had handrails mounted to the toilet although were loose, slid side to side and was unstable.</p> <p>The Witnessed Fall Investigation Report dated 8/29/23 noted "Resident was in (R38's) bed when (R38) made the statement. Roommate stated she/he seen (R38) slide off toilet. No injuries observed at time of incident. Ambulatory without assistance." The Witnessed Fall Investigation lacked documentation R38 complained of pain in right foot, had an x-ray, was ordered a boot for right foot fracture nor was an investigation conducted to ensure safety intervention were functioning.</p> <p>The care plan dated 10/30/23 lacked documentation of right foot pain, foot fracture or safety measures related to the foot fracture and/or boot and equipment.</p> <p>On 12/13/23 at 2:00 PM, V2 (Director of Nursing) stated the facility failed to implement appropriate interventions to reduce a resident's risk of a fall with an injury and failed to investigate a fall with an injury.</p> <p>"B"</p> <p>Statement of Licensure Violations II of II:</p>	S9999		

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S9999	<p>Continued From page 7</p> <p>300.610a) 300.2020 300.2100</p> <p>Section 300.610 Resident Care Policies a) The facility shall have written policies and procedures governing all services provided by the facility. The written policies and procedures shall be formulated by a Resident Care Policy Committee consisting of at least the administrator, the advisory physician or the medical advisory committee, and representatives of nursing and other services in the facility. The policies shall comply with the Act and this Part. The written policies shall be followed in operating the facility and shall be reviewed at least annually by this committee, documented by written, signed and dated minutes of the meeting.</p> <p>Section 300.2020 Dietary Staff in Addition to Director of Food Services There shall be sufficient number of food service personnel employed and on duty to meet the dietary needs of all persons eating meals in the facility. Their working hours shall be scheduled to meet the total dietary needs of the residents. All dietary employees' time schedules and work assignments shall be posted in the kitchen. Dietary duties and job procedures shall be available in the dietary department for employees' knowledge and use.</p> <p>Section 300.2100 Food Handling Sanitation Every facility shall comply with the Department's rules entitled "Food Service Sanitation" (77 Ill. Adm. Code 750).</p> <p>This REQUIREMENT is not met as evidenced by:</p>	S9999		

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S9999	<p>Continued From page 8</p> <p>Based on observation, interview and record review, the facility failed to maintain a clean kitchen that includes ovens, ranges, mixers, beverage drip trays, grease trays, microwave oven, large containers steam table area. The facility failed to label and date food products for refrigerated foods and dry goods. The facility placed raw meat under ready to eat food or food ingredients and failed to put raw meat in leak proof pans. The facility failed to consistently check the level of Quaternary Ammonia in the sanitation buckets. The facility failed to keep food off the floor of the walk-in refrigerator and walk-in freezer. The facility failed to place thermometers inside the walk-in refrigerator and walk-in freezer. The facility failed to keep dished up food in the cooler. The facility failed to store the dishes and silverware so that dust/grime could not reach the serving area of the dishes and silverware. The facility failed to consistently record steam table food temperatures and failed to follow/attain recommendations in heating foods in a microwave oven. These failures have the potential to affect all 82 residents living in the facility.</p> <p>The findings include:</p> <p>The kitchen was entered on 12/10/23 at 10:10 AM. V7 (Cook) was washing dishes. V7 stated, "I'm working by myself. I'm new and we don't have a Dietary Manager." The kitchen was toured. The convection oven had dust wads on the top of the appliance and a buildup of black grease, grime, and food particles/crumbs on both the ledge on the outside of the oven and on the inside bottom of the oven. The windows on the oven were opaque with a layers of buildup</p>	S9999		

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S9999	Continued From page 9 grease. The pipes behind the convection oven were covered in cobwebs. The range has dried food splatters on the burners and on the back splash area. A drip pan on the side of the range was full of grease, some older layers that smelled rancid. The drip tray located under the burners had a buildup of dried splashes, unknown food particles/chunks, grease, and dust. The range and oven had dried food particles and grease burned on the bottom inside of the oven. The outside/front of the appliances had splashes of dried food/smears. The food preparation table across from the range has plates stored on a shelf underneath that are not upside down to prevent being exposed to dust/contaminants. Silverware and kitchen utensils do not have a cover over them to prevent contamination. The counter had a ham sitting in a pan uncovered. The cook's purse and personal drink container was sitting next to the pan. The area above the steam table and under the shelf to the dining room is full of old dried food splashes. The handwashing sinks all needed to be scoured/cleaned. One handwashing sink did not have soap in the soap dispenser, another handwashing sink did not have paper towels in the paper towel machine. The electrical boxes and the pipes on the ceiling have a layer of dust/grime by the food preparation table and by the beverage table. Another personal drink container was sitting on the beverage table. A rack holding two trays of fruit cocktail was sitting next to the walk-in refrigerator. V7 did not know how long it had been sitting out and stated, "It may have been from Friday night (12/08/23)." The walk-in refrigerator had five crates of milk and one crate of juice concentrate sitting on the floor. The second shelf held four ten-pound tubes of raw hamburger, unopened and one tube of raw hamburger, opened with 50 % used, no	S9999		

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S9999	<p>Continued From page 11</p> <p>morning, V7 was observed leaving the kitchen and returning without washing hands and putting new gloves on. V7 would change gloves without washing hands.</p> <p>On 12/10/23 at 10:15 AM, V7 (Cook) was working alone in the kitchen, currently washing dishes in the dish machine. V7 stated, "I'm working by myself again. I've only been here for seven days and have worked the majority of the days by myself or with one other person. A couple of Certified Nursing Assistants came into the kitchen this morning to help me cook and get breakfast out. If they hadn't helped me, I don't know when I would have gotten the breakfast ready."</p> <p>The Facility Assessment, last reviewed on 5/2023, states, "Dietary: Food Service Staff - Seven Dietary Workers per day."</p> <p>The Dietary work schedule for December, shows that for the first 10 days, only one day was fully staffed. One day with only two staff; four days with only three staff; two days with only four staff; two days with only five staff.</p> <p>On 12/10/23 at 10:30 AM, V2 (Director of Nursing) and V20 (Wound Nurse) came into the kitchen to assist V7. V20 put gloves on without washing her hands and began running the dishwasher. V20 was observed going from handling soiled dishes and pots and pans on the dirty side of the dish machine to pulling racks out of the dishwasher that had clean dishes, pots and pans and then handling these items and putting them on a cart to put away, all without washing V20's hands and putting clean gloves on. V20 did not have an Illinois Food Handlers Sanitation</p>	S9999		

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S9999	<p>Continued From page 12</p> <p>Certificate.</p> <p>On 12/10/23 at 10:45 AM, V2 (Director of Nursing), entered the kitchen and did not wash her hands or don gloves. V2 went inside of the Walk-In Refrigerator where V2 rummaged among the food items. After a few minutes, V2 came out of the walk-in and stated, "I'm looking for the ham." When V2 found the ham sitting out on the food preparation table, V2 got a large roll of tin foil, wrapped the ham, and placed it into the convection oven. V2 stated, "The kitchen is short staffed so I do what I can to help them out."</p> <p>On 12/10/23, V1 (Administrator) at 10:45 AM, went around the kitchen. V1 confirmed these issues. When V1 was asked to check the level of Quaternary Ammonia in the Sanitation bucket, V1 looked around and stated that he had not seen or used the strips to check the sanitation level since he had been in the kitchen. V7 also stated that she had not seen any test strips for the sanitation bucket since she had started working at the facility. V1 stated, "I've only been here for seven weeks. I'm more concerned with the nursing care of the residents than how clean the kitchen is. We spent a lot of money on getting the new floor in the kitchen just recently. We didn't have time to come in and thoroughly clean the whole kitchen. It was difficult moving appliances for the new floor. The maintenance man had just one usable arm and has since left our employment. The new maintenance guy won't be starting until another three weeks. Our Dietary Manager left on 11/20/23. Other staff (not dietary) have been helping. My wife and I worked the kitchen last weekend. The new dietary manager starts tomorrow. My I'm more concerned about a resident that might have a wound than the</p>	S9999			

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S9999	<p>Continued From page 13</p> <p>kitchen. When the importance of a balanced diet (to help prevent wounds) and sanitation (to prevent foodborne illness) was emphasized to V1. V1 stated, "I started out as a Certified Nursing Assistant, so that side of nursing care is where I am most concerned."</p> <p>The document, Daily Data Sheet, used to record the sanitation bucket sanitation level three times daily, were reviewed for the past 30 days. Only eleven sheets for the sanitation buckets were dated and filled in during that time; four sheets were blank, two sheets had been logged for breakfast; three sheets had been logged for breakfast and lunch; two sheets had been logged for breakfast, lunch, and dinner.</p> <p>On 12/10/23 at 12:30 PM, V7 (Cook) was asked when she would be ready do take the steam table food temperatures. V7 stated, "No one told me that I had to take temperatures!" V7 began to take the food temperatures. When asked what the temperatures should be for food on the steam table, she said, "Honestly, I don't know." V8 (Cook for evenings) came over and stated, "The ham should be 165 degrees Fahrenheit (F). When asked what the lowest temperature that food could be when in the steam table, V8 stated, "165 degrees F." When V7 and V8 were asked what the danger zone temperature is, V8 stated, 70- or 90-degrees F. Neither V7 nor V8 were able to tell the lowest temperature allowed on the steam table (135 degrees F) or the correct danger zone temperature (which is 41 to 135 degrees F). V16 (Dietary Aide) got a book out and showed it to V7, and stated, "This is where you record the temperatures after you take them."</p> <p>The last 30 days were reviewed on the Daily Data Sheet for Food Temperatures. Of the 30 days,</p>	S9999		

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S9999	<p>Continued From page 14</p> <p>only eleven sheets had meal temperatures logged: 20 days there were no temperature sheets; two days no temperatures were logged for any meal, but the sheets were provided; four days breakfast and luncheon temperatures were logged; two days temperatures were partially logged; and only two days the meal temperatures were logged for all three meals.</p> <p>On 12/10/23 at 2:05 PM, all the entree on the menu, which was ham, had been used. Several residents had not received their meal. V7 (Cook) got diced turkey out of the cooler and filled a large bowl full, putting it into the microwave oven. The turkey was heated for a few minutes. V7 took the turkey out of the microwave and immediately went to serve it. When asked what the temperature was, V7 got the thermometer and took the temperature in only one spot in the bowl of diced turkey. The temperature was 80 degrees Fahrenheit. V7 returned the large bowl of turkey to the microwave and heated the turkey, taking the temperature as required, with prompts. When asked, V7 stated she was unaware of the proper procedure for heating foods in a microwave oven.</p> <p>On 12/10/23, V3 (Assistant Director of Nursing) provided the Facility's Resident Roster, which shows that 82 residents are living in the facility.</p> <p>The document, Food Storage (Dry, Refrigerated, and Frozen), dated 2020, states, "General storage guidelines to be followed: All food items will be labeled. The label must include the name of the food and the date by which it should be discarded. Keep potentially hazardous food out of the temperature danger zone (41 degrees to 135 degrees Fahrenheit). Refrigerated storage</p>	S9999			

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S9999	<p>Continued From page 15</p> <p>guidelines to be followed: Place a thermometer in the warmest part of the refrigerator to monitor the air temperature in the refrigerator. Store raw animal food such as eggs, meat, poultry, and fish separately from cooked and ready-to-eat food. If they cannot be stored separately, place raw meat, poultry, and fish items on shelves beneath cooked and ready-to-eat items. Raw animal foods should be stored in drip proof containers. Wrap foods properly. Never leave any food item uncovered and not labeled."</p> <p>The document, Proper Hand Washing and Glove Use, dated 2020, states, "All employees will wash hands upon entering the kitchen from any other location, after all breaks, and between all tasks. Gloves are changed any time hand washing would be required. When gloves are changed, they are removed, and hand washing is required. Gloves are never placed on dirty hands."</p> <p>The document, Sanitation of Dining and Food Service Areas, dated 2020, states, "Dietary Services Staff will uphold sanitation. A cleaning schedule will be posted for all cleaning tasks."</p> <p>The document, Sanitizing and Disinfectant Solutions, dated 2020, states, "The employee will prepare sanitizer solution in accordance with manufacturer guidelines."</p> <p>The document, Storing Dishes tableware and Equipment, dated 2020, states, "Clean and sanitized dishes, utensils and equipment will be stored in a clean and dry location in a way that keeps them from contamination by splash, dust or other means."</p> <p>The document, Cleaning Rotation, dated 2020, states, "Items cleaned and sanitized after every</p>	S9999			

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S9999	<p>Continued From page 16</p> <p>use: Can Opener, Mixer, Worktables and Counters. Items cleaned daily: Stove Top, Grill Microwave Oven; Hand Washing Sink; Exterior of Large Appliances. Monthly clean: Refrigerators and Freezers, Clean and Sanitize Ingredient Bins. Weekly: Clean Ovens."</p> <p>The document, Daily Cleaning Schedule, dated 2020, states, "Wash and sanitize the can opener; wash and sanitize mixer; Wash and sanitize beverage table; Clean Stovetop/Grill; Clean Microwave Oven; Clean Handwashing sink; Clean Food Carts."</p> <p>The document, Weekly Cleaning Schedule, dated 2020 states, "Clean shelves, clean ovens."</p> <p>The document, Dining Services Opening and Closing Checklist, dated 2020, states, "Opening Duties: Prepare sanitation solution and test for proper concentration, log concentration. Closing Duties: Complete Daily Cleaning Schedule; Label, date, store all ingredients used."</p> <p>The document, Serving Temperatures for Hot and Cold Food, dated 2020, states, "Foods will be served at the following temperatures to ensure a safe and appetizing dining experience. The minimum serving temperatures do not reflect the required temperatures needed for preparation, cooking, or cooling of foods. These are minimum serving/holding temperatures. Hot food temperatures should range from 135 to 170 degrees Fahrenheit. The cook will take temperatures of hot food items using approved food thermometers prior to each meal service."</p> <p>The document, Daily Data Sheet, Food Temperatures, unknown date of publication, dated on a daily basis, states, "Temperature</p>	S9999		

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S9999	Continued From page 17 Danger Zone 40 degrees to 140 degrees Fahrenheit. * Do not serve foods at inappropriate Temperature." *Note this is not the correct temperature range for the State of Illinois Sanitation requirements. The facility was unable to provide a policy and procedure for Microwave use. The Microwave Oven use recommendations of the United States Department of Agriculture (USDA), Food Safety and Inspection Service, dated 8/08/13, states, "Microwaves do not cook food from the inside out. Microwaves penetrate the food to a depth of 1 to 1½ inches. In thicker pieces of food, the microwaves don't reach the center. That area would cook by conduction of heat from the outer areas of the food into the middle. Bacteria will be destroyed during microwave cooking just as in other types of ovens, so food is safe cooked in a microwave oven. However, the food can cook less evenly than in a conventional oven. Microwave cooking can be uneven just as with frying and grilling. For that reason, it is important to use a food thermometer and test food in several places to be sure it has reached the recommended temperature to destroy bacteria and other pathogens that could cause foodborne illness. To promote uniform cooking, arrange food items evenly in a covered dish and add some liquid if needed. Cover the dish with a lid or plastic wrap. Allow enough space between the food and the top of the dish so that plastic wrap does not touch the food. Loosen or vent the lid or wrap to allow steam to vent. The moist heat that is created will help destroy harmful bacteria and ensure uniform cooking. Cooking bags also provide safe, even cooking. Stir, rotate, or turn foods upside down (where possible) midway through the microwaving time to even the cooking and eliminate cold spots where harmful bacteria	S9999		

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S9999	Continued From page 18 can survive. Even if the microwave oven has a turntable, it's still helpful to stir and turn food top to bottom. Observe the "standing time." Cooking continues and is completed during standing time. Most importantly, follow the manufacturer's instructions. Microwaves cause water, fat, and sugar molecules to vibrate 2.5 million times per second, producing heat. After the oven is off or food is removed from the oven, the molecules continue to generate heat as they come to a standstill. This additional cooking after microwaving stops is called "carryover cooking time," "resting time," or "standing time." It occurs for a longer time in dense foods such as a whole turkey or beef roast than in less-dense foods like breads, small vegetables, and fruits. During this time, the temperature of a food can increase several degrees. For that reason, directions may advise to let a food "rest" for a few minutes after turning off the oven or removing food from the oven." "B"	S9999			