

Illinois Health Care Association and Long Term Care Nurses Association
Presents

13th Annual Resources for Success

AGENDA

Wednesday, April 7

8 - 9 a.m.	Registration
9 - 10:30 a.m.	Plated Breakfast and Opening Session— Barb's Best Bets
10:45 - 12:15 p.m.	Geriatric Gems: Evaluation of the Older Adult
12:15 - 1:15 p.m.	Plated Lunch
1:15 - 2:45 p.m.	Geriatric Gems: Evaluation of the Older Adult (cont'd)
3 - 4:30 p.m.	It's More than What you Write
4:30 - 6 :30 p.m.	"Just for You" Reception

Thursday, April 8

8:30 - 10 a.m.	Challenges and Leadership in Long Term Care Nursing
10:15 - 11:45 a.m.	Ounce of Prevention...Pound of Infection Control
11:45 - 1:15 p.m.	Lunch/Trade Show
1:15 -2:45 p.m.	Ounce of Prevention...Pound of Infection Control (cont'd)
2:45 - 3 p.m.	Cash and Prize Giveaways

OVERVIEW

Barb's Best Bets

Barb Bancroft, RN, MSN, PNP, CPP Associates, Inc.

Barb presents a lively and humorous look at the wonderful world of nursing. She shares her 30+ years experience by weaving tales from yesteryear with current nursing and medical progress. Barb's best bets for maintaining an exciting and fulfilling nursing career will have you laughing your way to another healthy and prosperous year in the nursing profession.

At the end of this session, the participant should be able to:

- Identify ways to never stop being a student
- Recognize learning opportunities from your residents regardless of their age
- Assess personal behaviors that impact health
- Unstress for success

Geriatric Gems: Evaluation of the Older Adult

Barb Bancroft, RN, MSN, PNP, CPP Associates, Inc.

This session provides an in-depth discussion of essential aspects of the geriatric patient. Physiologic changes with aging are correlated with physical assessment findings as well as side effects of common drugs used in the aging population. An emphasis on neurologic function includes peripheral neuropathies, dementia and delirium, movement disorders and the special senses. Type 2 diabetes and thyroid dysfunction are covered in the Endocrine System. Reproductive changes are gender specific and include causes of erectile dysfunction in the male and menopausal changes in the female. Cardiovascular diseases include coronary artery disease and atherosclerosis as well as hypertension and left ventricular hypertrophy. Respiratory function briefly covers COPD and other age related conditions. The effect of NSAIDS in the GI system is emphasized as are the common causes of constipation in the elderly population. The effect of a decreased glomerular filtration rate and drug excretion is correlated with side effects and drug toxicity. This lecture is a must for anyone working with Geriatric patients.

At the end of this session, the participant should be able to:

- Interpret the "vital signs" in the elderly
- Correlate changes in vital signs in the elderly with specific clinical conditions associated with changes
- Describe the normal changes that occur with aging body systems
- Discuss the various techniques used to assess each of the above systems
- Discuss the various techniques used to assess each of the above systems
- Correlate the above findings with common conditions observed in the elderly population

It's More than What you Write

Mardy Chizek, RN, BSN, MBA, AA, Chizek Consulting, Inc.

Documentation has multiple applications and objective, factual entries in the medical record are essential. The clear, concise, meaningful documentation in the clinical record is your only legal defense years after an occurrence. Documentation format is less important than content. Content must support that the nurse and facility are practicing within standard of care.

At the end of this session, the participant should be able to:

- Discuss the rationale for documentation
- Critically assess the strengths and weaknesses of documentation strategies
- Evaluate documentation for consistency with standard of care
- Articulate how external sources evaluate nursing documentation



Just for You Reception

4:30 - 6:30 pm

Join us for cocktails,
hors d'oeuvres, massages,
chocolate fountain and
other fun activities.

Thursday, April 8

Challenges and Leadership in Long Term Care Nursing

Charlotte Eliopoulos RN, MPH, PhD Executive Director, American Association for Long Term Care Nursing

After decades of living in the shadows of other nursing specialties, long term care nursing is coming of age and revealing itself to be a highly complex, challenging and rewarding specialty that demands the best talent that nursing has to offer. In this presentation, one of long term care nursing's leading advocates and specialists will review the factors that influenced the current state of long term care nursing, as well as challenges faces presently and in the future, such as managerial shifts, workforce diversity, the implementation of holistic practices, and nursing's role in culture change.

At the end of this session, the participant should be able to:

- Describe historical factors that contribute to the current image of long term care nursing
- Identify major challenges currently facing long term care nursing
- Describe 21st Century managerial shifts
- Describe issues of concern to nurses in the culture change movement

Ounce of Prevention...

Pound of Infection Control

Judith Conway, RN, BS, CIC, Illinois Department of Public Health

Do you sometimes feel like you spend most of your work day "putting out fires"? Benjamin Franklin said, "An ounce of prevention is worth a pound of cure" in reference to the benefit of spending a little bit of money to prevent fires compared to the high cost of putting out fires and rebuilding damaged structures. Ben's idiom is pertinent for infection prevention and control programs, too, because there are similarities between infectious diseases and fires. Both can spread quickly and kill innocent people, and both are less costly to prevent than control. This session will review CDC/HICPAC infection control guidelines, with special focus on the 2007 isolation precautions guideline, and the revised CMS Tag F441 interpretive guidelines so that participants will be able to assess and improve their facility's infection prevention and control program.

At the end of this session, the participant should be able to:

- List four major components of Standard Precautions and three major components of Transmission-based Precautions
- Identify characteristics of three epidemiologically important pathogens and describe recommended infection prevention and control practices
- Describe major revisions to the Centers for Medicare and Medicaid Services (CMS) Tag F441 Interpretive Guidelines for Long Term Care Facilities

Become a member of
Long Term Care Nurses Association
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go to www.ltca.org



SPEAKERS

Barb Bancroft, RN, MSN, PNP

Barb has over 25 years of teaching experience--teaching students, nurses, teachers, nurse practitioners, and lay audiences throughout the U.S. and Canada. She also has 25 years of "feeling the pulse" of nursing education, as she has provided over 2400 continuing education seminars to nursing students, professional nurses, and nurse educators. Barb has also taught at various Universities in her career, including the University of Virginia, the University of Arkansas, Loyola University of Chicago, and St. Xavier University of Chicago. She has provided courses in Advanced Pathophysiology, Pharmacology and Physical Assessment to undergraduate and graduate students.

Mardy Chizek, RN, FNP, BSN, MBA, AA

Mardy is an advanced practice registered nurse with extensive experience in all segments of senior care. Her experience is national in scope and always focuses on the risk and rewards of the senior industry using a clinical mode.

Judy Conway, RN, BS, CIC

Judy Conway is a certified infection control professional with 16 years experience, and more than 30 years nursing experience. Currently, she is the infection control coordinator, Communicable Disease Control Section, Office of Health Protection for the Illinois Department of Public Health. Judy is a dynamic speaker and an expert in infection control. Judy will be able to answer all of your general infection control questions, and specifically those related to Illinois.

Charlotte Eliopoulos RN, MPH, ND, PhD

Charlotte Eliopoulos is the Executive Director of the American Association for Long Term Care Nursing. She is a specialist in holistic gerontological and chronic care nursing who has dedicated over thirty years to the advancement of these specialties. Charlotte has been a strong voice for innovative long term care, advocating improved status and salary of caregivers, expanded and innovative roles, and, when recognition of the specialty was barely achieved, specialization in gerontological nursing care. Charlotte has served in a variety of positions ranging from nursing assistant to director of nursing, and pioneered such roles as clinical specialist in gerontological nursing in the acute medical service of the Johns Hopkins Hospital and state specialist in gerontological nursing for the Maryland Department of Health. She has addressed a variety of health care groups nationally and internationally.

LOCATION

**Northfield Inn & Suites
3280 Northfield Dr.
Springfield, IL 62702
217.523.7900**

Directions to the hotel:

Take I-55 to Sangamon Avenue (exit 100-B). At stop light turn right onto Dirksen Parkway. Proceed north for approximately 1/2 mile. Turn right at Northfield Drive. The hotel will be on the right.

A **block of rooms** has been reserved at the Northfield Inn & Suites in Springfield for April 6 and 7. When making your reservations, mention the Illinois Health Care Association to qualify for the \$78 rate (tax not included). In order to receive this special rate, reservations must be made by March 22.

CONTINUING EDUCATION

Illinois nursing home administrators and social workers will earn 10.5 clock hours of continuing education for attending.

The Illinois Health Care Association is approved as a sponsor of continuing education for nursing home administrators and social works by the Illinois Department of Financial and Professional Regulation.

This program is being co-provided with AALTCN and Health Education Network and contact hour approval for nursing is pending.

To register online go to
**[www.ihca.com/education/
seminar/](http://www.ihca.com/education/seminar/)**

13th Annual Resources for Success

April 7 & 8, 2010

Participant Name:	License Number	Email Address

Contact Person: _____

Facility: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Payment:

_____ Member of IHCA, ICLTC, LTCNA, IHA..... \$200
 _____ Non-Member, each person..... \$300

Total Early Fee _____

Add \$25 per person for registration submitted less than five business days prior to the presentation for which you register. Substitutions will be accepted on-site for registrants unable to attend.

Total Late Fee _____

TOTAL _____

- Check enclosed
 Charge to: Visa MasterCard American Express

_____ Expiration Date: _____

Security Code: _____ (3 digits REQUIRED)

Signature: _____

Return with payment to: **Illinois Health Care Association** OR **Fax: 217.528.0452**
1029 S. Fourth Street
Springfield, IL 62703

To register online go to <http://www.ihca.com/education/seminar/>

AMOUNT	CK#/ CC	MEMBER STATUS	DATE