IHCA Announces Illinois Leaders Class of 2017!

Last year IHCA began our Illinois Leaders program. This year-long program was modeled after AHCA/NCAL’s Future Leaders program and aims to help IHCA members hone their leadership skills and become stronger, more passionate long term care professionals. The inaugural class finished up their program last month and were recognized at the Opening General Session and Awards Presentation during the 66th Annual Convention & Expo.

The roster for the Illinois Leaders Class of 2017 was just finalized this week. IHCA is happy to announce the new class and wish them well on the personal and professional journey on which they are about to embark!

**Class of 2017**

Emily Dykstra, Regency Care of Sterling
Amber Girard, Imboden Creek Gardens
Lynn Lenz, Liberty Village of Geneseo
Leia Morrison, Hancock County Senior Services
Whitney Oberlink, Coulterville Rehabilitation & Health Care Center
Jamie Patton Sears, Arcola Health Care Center
Ashlie Schmitz, Moweaqua Rehabilitation & Health Care Center
Alisha Sinclair, Carlinville Rehabilitation & Health Care Center
Jessica Stayton, Liberty Village of Streator
Tam Wagner, ManorCare of Elk Grove Village

Nanoparticles Offer New Way to Treat Achy Joints

Researchers at Washington University in St. Louis, Missouri are testing a new way to treat osteoarthritis—injecting nanoparticles into an injured joint. Often, osteoarthritis patients have suffered from a previous joint injury (like a torn meniscus or ACL injury in the knee, a fall, a car accident or other trauma). When this happens, the body responds naturally to the injured joint with a good deal of inflammation. Patients are left to take medications like acetaminophen and ibuprofen to control the pain and inflammation. As the pain gets worse, they turn to steroid shots, which are also a short term solution.

In this new study, researchers used mice to test what would happen when they injected nanoparticles into injured joints. The nanoparticles were injected shortly after an injury and within 24 hours they were hard at work taming the inflammation in the joint. And, unlike the steroid shots, nanoparticles remained in the cartilage cells in the joints for weeks, offering extended relief.
“I see a lot of patients with osteoarthritis, and there’s really no treatment,” stated Christine Pham, an associate professor of medicine at Washington University School of Medicine. “We try to treat their symptoms, but even when we inject steroids into an arthritic joint, the drug only remains for up to a few hours, and then it’s cleared. These nanoparticles remain in the joint longer and help prevent cartilage degeneration.”

Nanoparticles used in this study are more than 10 times smaller than a red blood cell—allowing them to penetrate deeply into the tissues. They were injected soon after the injury in order to prevent the cartilage breakdown that eventually leads to osteoarthritis. However, researchers remain unsure as to whether this treatment will work years down the road when osteoarthritis has already established and cartilage loss is severe. More research is definitely needed, but these results offer hope.

“The inflammatory molecule that we’re targeting not only causes problems after an injury, but it’s also responsible for a great deal of inflammation in advanced cases of osteoarthritis,” said Linda J. Sandell, a professor of orthopedic surgery. “So we think these nanoparticles may be helpful in patients who already have arthritis, and we’re working to develop experiments to test that idea.”

To find out more on this research, click here to read the complete article from Futurity.org.

**CDC Officials Worried that New Flu Vaccine Recommendations Could Reduce Use**

Flu season is ramping up, and CDC has already released their recommendations for 2016-2017. This year, the CDC recommends use of the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV), they say, should not be used during the 2016-2017 season.

These recommendations, however, have the CDC concerned that people may not get the shot because they prefer the nasal mist, and because despite the dangers, many Americans still don’t take the flu seriously. Influenza is most dangerous for individuals ages 65 and older, young children, pregnant women and people with certain health conditions (such as diabetes, lung disease and heart disease). Each year, hundreds of thousands of people suffer from the flu and end up in the hospital, and nearly 24,000 die from it. Unfortunately, a decline in the number of individuals getting vaccinated was seen last year, with the largest decline being among older people.

On the other side of that coin, it appears that more long term care workers are being vaccinated that ever before. The CDC has noted that vaccine usage has been on the rise among all health care workers, with long term care workers seeing a noticeable increase in vaccination rates, from 64 percent in the 2014-2015 season to 69 percent in the 2015-2016 season.

“This is progress, but it still leaves too many unprotected from flu,” said CDC Director Tom Frieden, M.D, M.P.H. “The more people who get vaccinated, the fewer preventable illnesses, hospitalizations and deaths from flu we will see in the coming months.”

Though the vaccine is far from perfect, health officials say it lowers a person’s risk by an average of 50 to 60 percent. And, according to an article in the Washington Post, after the CDC recommended against using the nasal spray for this season, the agency worked with manufacturers and providers to increase production of the shots, and up to 168 million doses are expected to be available this season. More than 93 million doses have already been delivered.

Click here to find out more.

**October 2016 Observances**

**October 10 is World Mental Health Day:** Each year, October 10 is set aside for World Mental Health Day. This observance provides an opportunity for people and organizations working on mental health issues to spread awareness.
and to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. This year’s theme for World Mental Health Day is Psychological First Aid. Efforts will focus on improving awareness and understanding of Psychological First Aid and how it can be used following crisis events to support people in distress. Visit www.who.int for more information.

**October 3-7 is Customer Service Week:** Tomorrow is the last day, but it isn’t too late to celebrate! More than 20 years ago, the U.S. Congress declared that this week in October will be set aside to boost morale, motivation and teamwork, in addition to raising company-wide awareness of the importance of customer service. In long term care, customer service and resident satisfaction go hand-in-hand with the health and well-being of those in our care. Take the time to show your staff how important it is today! Visit www.csweek.com for more.

**October 9-15 is National Fire Prevention Week:** Introduced as a way to educate the masses on fire prevention, National Fire Prevention Week is organized each year by the National Fire Protection Agency. Click here for more information.

**October is Residents’ Rights Month:** Residents’ Rights Month is an annual event organized by the Consumer Voice, celebrated each October to honor residents living in all long term care facilities, including nursing homes, sub-acute units, assisted living, board and care and retirement communities. It is a time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident. The theme for Residents’ Rights Month 2016 is, “My Vote Matters” with the goal of highlighting residents’ right to vote and participate in the political process. Click here to view the Consumer Voice website for more information.

### AHCA/NCAL Information

**National Quality Awards - What do the Quality Award Survey Requirements Mean?**

The 2017 Quality Award Intent to Apply process is now open, and while this is not mandatory, it does have two important benefits for applicants: 1) The overall application fee is reduced; and 2) Applicants will receive regular emails from Quality Award staff with deadline reminders, tips on applying for the award, and links to exclusive educational webinars. As potential applicants decide whether or not to submit an Intent to Apply by the November 17 deadline, one of the first questions they ask is whether they meet the Quality Award Survey requirements, which were revised for each award level this year. Applicants are encouraged to review all the specific survey eligibility requirements in the respective application packets in detail. AHCA/NCAL has provided the answers below to the most common questions on the survey eligibility requirements.

1. Can I still apply if the center does not meet the survey eligibility requirements? *Answer:* Yes, centers can apply and receive a feedback report even if they do not meet the survey eligibility requirement. They will simply be ineligible to receive the award.
2. Can the center recertify if it does not meet the survey eligibility requirements? *Answer:* If a center submits an application meeting the minimum requirements and fails survey eligibility they will still be able to recertify.
3. How do I calculate the cycle 1 and 2 weighted survey score for the Silver Quality Award and the 3 cycle weighted score for the Gold Quality Award? *Answer:* Review the Guide to Calculate Silver and Gold Weighted Survey Scores.

Quality Award staff has developed a resource for applicants to view their current survey eligibility based on the August 24, 2016 Nursing Home Compare release. This can be utilized by applicants to review their current survey eligibility; however, applicants are cautioned as this is preliminary and their survey eligibility will change based on what is available as of the application deadline (January 26, 2017) and award notification.

As always, if you have any questions Quality Award staff can be reached at qualityaward@ahca.org.

The National Quality Award Program is recruiting for Examiners and individuals to join its Board of Overseers.
National Quality Award Examiner: Serving as an Examiner is an incredible opportunity for individuals interested in continuous quality improvement. Members who participate as Examiners have a much better grasp of the criteria and can use that knowledge to improve their organizations and/or submit a National Quality Award application. It’s also an excellent networking opportunity; Examiners gain professional contacts throughout the country, and make life-long friendships through the program. A serious commitment, both in time and impact to the program, Examiners are required to attend a 3 day in-person training session, before working in teams over a 12-week period to review their assigned applications. Examiners estimate spending 40-60 hours reviewing applications, in addition to required weekly conference calls with their teams. The process culminates with a required in-person review session. AHCA covers the travel expenses associated with all required meetings. For more information and to submit an application, please visit the 2017 National Quality Award Examiner website here.

National Quality Award Board of Overseers: The National Quality Award Board of Overseers is also in the process of recruiting new members. Elected members will serve a 3-year term on the Board. The responsibilities of the 12-member Board are as follow:

- Establish the award criteria and appropriate policies and procedures to administer, promote and preserve the credibility of the National Quality Award program.
- Evaluate all aspects of the Program, including the adequacy of the criteria and the processes for determining award recipients.
- Assess how well the program is achieving its mission.
- Develop yearly goals and measures.
- Report to AHCA/NCAL Leadership and the AHCA Board of Governors as appropriate.

The deadline to apply is November 11, 2016. For more information and to apply, please click here.

LTC Trend Tracker Introduces New Publication for 2016

Are you registered for AHCA’s LTC Trend Tracker? This web-based tool is an exclusive benefit to AHCA/NCAL members. Get your account setup today and you won’t miss out on all of the great benefits Trend Tracker has to offer, including the new quarterly report!

LTC Trend Tracker has a new electronic publication that will be sent directly to you via email. This quarterly report will highlight your facility’s progress on Five Star performance, the quality initiative, and help you understand your survey rating and score breakdown.

Check out the new user-friendly design and easy snapshot of data. The figures and colorful graphics are designed to help improve patient care with tailored tools that will allow your organization to easily monitor hospital readmission rates, staffing, patient dosage, length of stay, spending and more. Also, check your competitive standing among other healthcare facilities with instant feedback on your organization’s performance compared to your area.

Current, registered users of LTCTT will receive this quarterly report automatically. You won’t even need to log in. It will be sent directly to the registered user’s inbox. Email help@ltctrendtracker.com to get started today.

NCAL’s Faces of Assisted Living is Now Accepting Submissions!

Honor the individuals residing and working in assisted living communities by sharing those everyday moments or special occasions. Now and through October 31, send NCAL your photos for their Faces of Assisted Living project.

This online effort was created to recognize the unique individuals residing in assisted living. New this year–NCAL will now also accept photos and stories of staff members. When you submit a photo, tell us a little more about the staff pictured: How did they get into assisted living? Why do they like their job? What resident do they remember most?
Submitted photos with completed image release forms may be featured on AHCA/NCAL’s Facebook and Twitter accounts and in future publications. Follow the submissions with the hashtag #FacesofAL.

Learn how to submit your photo(s) and check out photos from previous years at www.ahcanalc.org/faces.

IHCA Association Information

Annual Renewals – Facility Members

It’s that time of year again! In the coming weeks we will be working to update our member information, not only to ensure that we have the most up-to-date information in our membership database, but to also make sure that we are publishing the correct information in our 2017 IHCA Membership Directory & Buyers’ Guide. All members will receive outreach on one way or another. FACILITY MEMBERS: You will be receiving a membership renewal form. It will either be sent directly to the primary contact listed in our system or to the Corporate Office, depending on your organization’s preferences. When you receive these forms, please review the information closely, make any necessary changes, sign them and return them to Ashley Caldwell at the IHCA Office. You may mail them, scan and email them or return via fax at 217-528-0452, no later than October 31, 2016. If you have any questions, let Ashley know.

Please note: Some member information can be updated directly through the member portal. You will find a link to a new Fact Sheet on the portal included in your renewal materials. See below for more information on the portal.

New Member Portal – Have You Logged in Yet?!

IHCA recently made the switch to a new data management system/web server. This new system offers members more control over their member information and will help IHCA staff as well! If you have any questions, or need assistance using the new site, please contact Ashley Caldwell at the IHCA office (acaldwell@ihca.com | 217-528-6455).

- Please Note: Some URLs/Links have changed! If you cannot find something you are looking for on the website, please let us know and we’ll repost or send you the appropriate information.
- Contact login information: Each individual contact listed in the new system will have their own unique username and password. To log in to the member portal, click on “Members Only” at the top of the homepage, click on “Forgot your password?” and then enter the email address IHCA has on file for you. Your information will be sent to you. You can then log in and update any information you choose. The Primary Contact for each organization can add/update information for the other contacts listed with the company.
- Update Your Communications Preferences: We want to know what publications you want to receive!! When you log into the Member Portal and view your profile information, you now have the ability to scroll down and select which of the electronic IHCA newsletters you would like to receive. We ask that sometime by the end of October you log in and update your preferences. We will be using the new system to update our contact lists.
- Coming Soon! There are several areas of the new system that we have not finalized and put into place just yet—like online event registration. Please be patient with us as we continue to work on the site and determine how we, and our members, can get the most out of the new system.

LTCNA to Offer Training With New Simulation Mannequin

The Long Term Care Nurses Association (LTCNA) has purchased a simulation mannequin, Geri Manikin, and is offering competency testing for nurses in your facility! For the first year, LTCNA will offer a limited number of facility Charter Memberships.

The fee for the membership is $2,000 and the facility will receive 24 hours (four 6-hour days) of simulation time over the course of the year. Click here to access an informational flyer that can be used to "encourage" your facility decision maker to take advantage of this offering. For more information, contact Debbie Jackson at djackson@ihca.com or 800-252-8988.

LTCNA Scholarship Application Now Available!

Each year, LTCNA sponsors a nurse scholarship program offering up to two $1,000 scholarships. The 2016/2017 Scholarship Application is now available. To qualify for the scholarship:

1) You must be employed as an RN, LPN or Nurse Aide in a long term care facility/program in Illinois. If employed part-time, you must work at least 15 hours per week.
2) You must have at least one year of experience as an RN, LPN or Nurse Aide in a long term care facility/program.
3) You must be accepted in the clinical portion (3rd year) of a 4 year RN program; or be enrolled in an accredited RN program; or be accepted to an accredited graduate nursing program to earn an advanced nursing degree related to long term care.

4) You must submit proof of enrollment in nursing school.

5) You must be willing to practice as an RN in a long term care facility/program

Deadline for submission is December 30, 2016 and scholarships will be awarded in early 2017.

IHCA Member Spotlight

IHCA Associate Member – First Quality Products, Inc.

First Quality Products, Inc., brand name Prevail®, manufactures a full-line of high quality disposable absorbent incontinence products and washcloths. Prevail® offers a complete line up of absorbent products featuring innovative technologies like Microclimate Care for skin health and wellness, and Dri-Fit™ for protection, comfort and skin health.

With extensive experience, First Quality has developed TOTAL CARE COMPLETE®, a Best Practice framework to introduce products, implement Continence Management Systems and maintain a system that meets overall objectives. With the most practical experience in the industry First Quality has the knowledge and the track record to make it work with the least amount of disruption.

Prevail® puts care into every last detail in products and programs to provide unsurpassed protection and comfort that allows wearers to live better, feel more confident and get closer to those around them.

For more information on First Quality contact Joe Jost (jmjost@firstquality.com | 570-295-1555) or their sales department (fqpsales@firstquality.com | 800-227-3551).

Interested in Seeing Your Company or Facility Featured in Our IHCA Member Spotlight?

IHCA is proud of our diverse membership and all of your successes and accomplishments. Has your company recently celebrated a milestone? Accomplished a goal? Undergone a major change? Do you have positive stories or news to share? Would you just like to get your name out there among your fellow IHCA members? If you would like to see your company or facility recognized in Members Only--Associate Members, Facilities, Corporations alike--contact acaldwell@ihca.com.