Updated Version of Beers Criteria Has Been Released

The American Geriatrics Society recently released an updated version of the Beers Criteria, which is available through the *Journal of the American Geriatrics Society*. The Beers Criteria, a list of medications that could be dangerous for older adults if prescribed inappropriately, was first developed in 1991. The list is broken down by therapeutic category (e.g. anti-infective or cardiovascular) and includes recommendations for use as well as the researcher’s reasons for giving those recommendations. This year’s updates include a list of 13 new medications that could cause harmful interactions as well as the addition of a new companion resource that gives alternative therapies in order to avoid possible harmful medications. Click here for more information.

Antimicrobial Spray Can Reduce Pain as Wounds Heal

New research has shown that antimicrobial spray can help reduce pain as wounds heal, and may be more useful than traditional dressings. For the study, researchers monitored wound healing in patients undergoing skin grafts. These individuals were divided into two groups—one group was treated with traditional wound dressings while the other group was treated with an antimicrobial spray, which was then covered with a clear polyurethane film.

Though both groups saw the same healing time, about 15 days with no visible differences, researchers found that those treated with the antimicrobial spray reported lower pain scores throughout the healing process. Using the spray along with the clear film covering also allowed for a clear view and better monitoring of the wound as it healed.

In addition, the lead researcher for this study pointed out that the spray is an ideal wound dressing because it not only helps reduce pain for the patient, it also allows for dressing wounds that would be difficult to fit with a conventional dressing. For more information, click here to read the full article from McKnight’s.

Managing Health Care is a Burden for the Elderly, Study Shows

According to a recent study from Johns Hopkins University, nearly 40 percent of older adults say that they have a hard time managing their health care needs. Study participants were asked questions about whether it is difficult managing their illnesses, health needs and medical appointments, and though many of them answered “yes,” indicating that they experience a “treatment burden,” the majority of seniors still say they prefer to take an active role in their care, in coordination with their family/friends and their doctors. Researchers were surprised by the interest in participating in care decisions, as past surveys showed that seniors seemed to prefer a more passive role.

Seniors are among the heaviest users of health care services, and as noted by the survey results from this study, care is often not coordinated very well among their physicians and caregivers. Participants noted that appointments get delayed or rescheduled, tests get delayed or simply don’t get done, and that all of the requirements of their care can be too much to handle at times.
“What we have found is there isn’t a one-size-fits-all approach to caring for adults,” stated Jennifer L. Wolff, associate professor of health policy and management at Johns Hopkins University Bloomberg School of Public Health. “The health care system is complex and it is important to understand and incorporate individual patient preferences and perspectives about care. We need to ask these patients not only about their urgent health needs but their overall goals and experiences with care.”

Click here to read more on this issue from Futurity.org.

**Schizophrenia May Not Be One Disease, Brain Scans Suggest**

Researchers from Washington University School of Medicine recently conducted study regarding brain abnormalities in individuals with schizophrenia. For the study, they looked at MRI scans of 36 healthy people and 47 individuals diagnosed with schizophrenia, and discovered that certain abnormalities in the brain anatomy match certain symptoms of schizophrenia and not match other symptoms. This leads researchers to believe that schizophrenia is not one single disorder, but rather a heterogeneous group of disorders.

"By looking at the brain’s anatomy, we’ve shown there are distinct subgroups of patients with a schizophrenia diagnosis that correlates with symptoms,” stated C. Robert Cloninger, professor of psychiatry and genetics at Washington University School of Medicine in St. Louis. "This gives us a new way of thinking about the disease. We know that not all patients with schizophrenia have the same issues, and this helps us understand why.”

According to the article published on Futurity.org, "researchers believe it will be important for future studies to focus on how precise gene networks are linked to specific brain features and individual symptoms so that treatments can be tailored to patients.”

Check out the full article for more information.

**Aging Adults Should Have Cognitive Testing Each Year, According to a New Study**

According to a recent article in the *Journal of American Medical Directors Association*, more than 30 percent of individuals over the age of 70 have memory problems. Of those with problems, approximately 16 percent have mild cognitive impairment and around 14 percent suffer from dementia. Aging experts agree that this elderly population should have their memory and reasoning ability evaluated each year by a doctor. Certain therapies and lifestyle changes have been known to slow the progression of cognitive impairment, and it is important to keep these changes in mind when caring for those with memory problems or other cognitive issues.

**October Observances**

**Saturday is Make A Difference Day:** Volunteers are an important part of any long term care facility. On October 24, millions of volunteers across the nation will unite with a common mission – to improve the lives of others. In its 24th year, Make A Difference Day is a USA TODAY initiative, backed by the Gannett Company and TEGNA Inc. In collaboration with Points of Light it is the largest national day of community service. Click here for more.

**October 18-24 is National Healthcare Quality Week:** This week-long celebration highlights the work of health care quality professionals and their influence on improved patient care outcomes and health care delivery systems. This year the focus is on recognizing the influence that health care quality professionals have in health care delivery systems and their impact on positive patient outcomes. Visit www.nahq.org for more information.

**October is Breast Cancer Awareness Month:** While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. Each October the National Breast Cancer Foundation organizes Breast Cancer Awareness Month to bring awareness to the disease, as well as the progress that is being made toward finding a cure. Visit www.nationalbreastcancer.org.

**October is Residents’ Rights Month:** Residents’ Rights Month is celebrated each October to honor residents living in all long term care facilities and offers an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident. Long term care residents, and ensuring that their rights are respected is a top priority for our profession.
**October is National Physical Therapy Month:** National Physical Therapy Month (NPTM) is hosted by APTA each October to recognize how physical therapists and physical therapist assistants help transform society by restoring and improving motion in people's lives. [Click here](#) for more.

**AHCA/NCAL Information**

**The AHCA/NCAL Gero Nurse Prep Program Is On Sale Through the End of the Year**

Save $100 on each training spot through **December 31** by entering promo code GNPFALL15 (all caps) when registering.

**Gero Nurse Prep** is a smart and effective use of training dollars. This unique program prepares nurses for the American Nurses Credentialing Center board certification test in gerontological nursing. Board certification (RN-BC) is the gold standard for demonstrating clinical excellence in geriatric patient care. Gero Nurse Prep Alums have a 96% pass rate on the ANCC gerontological nursing certification exam.

Check out the AHCA/NCAL Gero Nurse Prep program and try a free demo today!

**AHCA/NCAL’s New Online Learning Management System**

AHCA/NCAL recently launched ahcancalED, the Association's new online Learning Management System (LMS), which was created resource to support members who do not have time to develop the newest in-service training. Best of all, this service is free for AHCA/NCAL members! Teams of member experts from around the country worked with AHCA/NCAL staff to create the content, which will be continuously updated to keep the site fresh and dynamic. [Click here](#) for more information.

**Join Provider Magazine’s Next Twitter Chat**

Provider Magazine will be hosting their next Twitter Chat, “**Sex And The Singular Senior**,” next Wednesday, October 28, from 1 p.m. until 2 p.m. EST. Provider has gathered a terrific panel of experts who will discuss important issues related to this topic, and offer caregivers tips on how to deal with this aspect of the lives of our seniors.

**AHCA/NCAL Customer Satisfaction Questionnaire**

AHCA/NCAL has developed a short questionnaire to develop a customer satisfaction quality measure for use as part of its Quality Initiative. The CoreQ—consisting of three to four questions—has been independently tested as a valid and reliable measure of customer satisfaction across long term care providers. No other measure like this exists. For more on this new questionnaire, [click here](#).

**Take the 2015 NCAL Performance Measure Survey Now!**

To help determine our profession’s progress, NCAL conducts an annual survey on performance measures. The data that NCAL collects supports the assisted living profession’s advocacy efforts on state and national levels. This year, the survey has been shortened to 10 questions and this should take no more than 10 minutes to complete. You can fill the survey out [online here](#). They ask that you please complete the survey by **October 31, 2015**. To encourage participation, all completed surveys will be entered into a drawing for one of two $100 American Express gift cards for the community.

**Time is Running Out to Submit Photos for NCAL’s Faces of Assisted Living!!**

NCAL is accepting photo submissions for Faces of Assisted Living through **October 31**. Honor the individuals residing in assisted living communities by sharing those everyday moments or special occasions. Submitted photos with completed image release forms may be featured on AHCA/NCAL’s Facebook page, on Twitter and in future publications. Follow the submissions with the hashtag #FacesofAL.
Submit Your Intent to Apply and Save Up to $550!!!

Want to enhance organizational success? Prepare for the regulatory future? Obtain superior performance outcome?

If you answered YES to any or all of the above be sure to submit your Intent to Apply (ITA) for a 2016 Quality Award by 8 p.m. EST on November 19!

Applicants who submit an ITA receive a discount off of their overall application fee – a $200 savings for Bronze applicants; a $400 savings for Silver; and $550 savings for Gold – AND receive exclusive tips on submitting a successful application. The complete awards fee schedule is available here.

Don’t forget that now is the time to begin working on your application, available on the Bronze, Silver or Gold Quality Award pages. Resources to help you include:

- The Bronze Criteria Series, a collection of short YouTube videos to guide Bronze applicants through the criteria.
- The NEW Silver Criteria Series, ten videos to help Silver applicants understand the criteria and apply it to their organization.
- The Management Viewing Guide with direct links to slides and seminars for Gold applicants.

The AHCA/NCAL National Quality Award Program sets high standards for quality based on the Baldrige Performance Excellence criteria and encourages member providers to commit, achieve and excel in quality performance.

If you have any questions, feel free to reach out to Quality Award staff at qualityaward@ahca.org.

Important Dates to Know!

- November 19: Intent to Apply deadline
- December 7: Applications accepted online
- January 28: Bronze, Silver and Gold application deadlines

IHCA PAC Information

Chicago Blackhawks vs. St. Louis Blues

The 2015 IHCA PAC/The Center PAC hockey event is officially SOLD OUT! Those who were lucky enough to get a ticket will receive a “game day” fact sheet listing everything you need to know for that evening. Go Blackhawks!!!! Once again, a huge thank you goes out to our sponsors below for participating in our end-of-the-year event and supporting the PAC.

IHCA Public Policy Update

The Public Policy committee met this month to discuss the 2016 IHCA initiatives agenda. The committee has committed to pursue the following in the upcoming January session.

- Review and tweak the RN waiver legislation IHCA passed last session.
- Take a look at the IDPH complaint process that was revised and consider next steps to create an efficient process.
- Work with opposing interest groups from previous session on the reallocation of resident funds.
- RN License Reciprocity.
- Revise the informal dispute methodology.
- Rate Reimbursement methodology based off of the IHCA Reimbursement Subcommittee recommendations.
If you have any further recommendations for the IHCA legislative staff to pursue either through the legislative or regulatory process, please contact Matt Hartman or Ashley Snavely to discuss the issue.

**IHCA Association Information**

**2016 IHCA Membership Renewals**

*It's that time of year again!* Each year, we send out our annual renewals so that we can update our membership files and to ensure that the correct facility information will be listed in our *Membership Directory & Buyers’ Guide*. Annual renewal forms have already gone out and are due back to the IHCA office by **October 30, 2015**. Please review these forms, make any necessary changes, sign and date at the bottom and return to IHCA via fax (217-528-0452) or email (tparmenter@ihca.com). If your form is correct, please indicate that by checking yes at the top of the form, sign and date it at the bottom, and return to us. If you do not return these forms, the information currently on file will be used in next year’s directory. If you have any questions, please contact Ashley Caldwell or Gina Alex.

**Interested in Serving on an IHCA Standing Committee? Sign up Today!!**

IHCA Standing Committees are tasked with the responsibility of reviewing the policy of all IHCA functions and play a key role in how our association works. Check out the [committee descriptions](#) to get a better idea of what each group does and if you are interested in serving on one of our standing committees (Administration/Finance & Operations Committee; Awards Task Force; Education, Convention & Trade Show Committee; IHCA PAC; Legal Committee; and Public Policy Committee), submit your commitment form today! Please [click here](#) to submit the online commitment form or [here](#) to view the PDF version that can be returned via fax or email. Even if you are currently serving on one of these committees, we ask that you submit a form to indicate your continuing interest in participating. If you have any questions, please contact Gina Alex.

**IHCA’s New Development Director Wants to Meet You!!**

Kristin DiCenso, IHCA’s new Development Director, is hitting the road to get to know our members! If you would like her to visit your facility, want to learn more about how to make the most of your membership or discover how to get more involved with IHCA, please email Kristin at kdicenso@ihca.com or call 217-527-3609.

**Have You Double-Checked Your CE Certificate from the 65th Annual Convention & Expo?**

The CE certificates from last month’s convention were mailed to each of the participating facilities to the attention of the convention contact listed on the registration forms. We ask that these individuals distribute the certificates to the appropriate staff members. **Attendees: Please carefully review your certificate when you receive it. If there are errors or other issues with your certificate, please contact Kelli Showalter via email (kshowalter@ihca.com) before November 21, 2015.** If you have any questions, please contact Kelli.

**IHCA Member Spotlight**

**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. We are always looking for members to feature, either here or in our other publications (like *LTC Today* magazine!). 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 Ashley Caldwell.