Commonly Used Antibiotic Could Worsen MRSA Infections

A recent study conducted by researchers at Cedars-Sinai Medical Center in L.A. suggests that certain antibiotics are not only ineffective at treating antibiotic-resistant “superbugs,” but may actually make the patient even sicker. The study was published in the journal *Cell Host & Microbe*. It focuses on methicillin-resistant *Staphylococcus aureus* (MRSA), which is “one of the biggest antibiotic pathogens in the US,” according to the study’s researchers.

In order to delve into what makes MRSA so pathogenic the researchers tested laboratory mice to see what happened when they were treated with certain antibiotics (beta-lactams) that are similar to methicillin. They found that the beta lactams caused MRSA bacteria to build inflammatory cell walls that damage tissues. They also noted that beta-lactam antibiotics kill normal staff by naturalizing their enzymes that make cell walls, but that one of these enzymes is not neutralized by the antibiotics. This enzyme (PBP2A) could even enable the superbug to continue building its cell wall.

The researchers noted that though their findings are based only on studies involving mice, the need for clinical studies are warranted and that these results should be carefully assessed in humans. Until these studies are done, and the results analyzed, there won’t be any real changes to how health care professionals handle these staph infections.

[Click here](#) to read the full article from *Medical News Today*.

New Cholesterol Vaccine May Prove to be Cheaper, More Effective Than Statins

*McKnight’s* reported last week that a new vaccine may be more effective at lowering high cholesterol than statins alone, and could also cost quite a bit less than other treatment options. This new vaccine works by targeting a specific protein that controls levels of cholesterol in the blood.

Presently, statins are the most commonly prescribed medications for individuals with cholesterol issues and though they are effective in most people, there are still people out there who suffer from side effects to these drugs and cannot take them. Researchers have found that this vaccine drastically reduced the cholesterol levels of mice and cacaques (a type of monkey) and believe it could have excellent potential in humans. They believe it could not only cost less than current treatments, but that it could possibly be more effective.

“The results of our vaccine were striking,” said Bryce Chackerian, Ph.D., one of the study’s authors at the University of New Mexico,” and suggest it could be a powerful new treatment for high cholesterol.”

Could the Brain’s Immune System Fight Alzheimer’s Disease?

A recent study by researchers at the University of Rochester and Boston University shows that the brain’s immune system could potentially be harnessed to help clear amyloid plaques. These plaques are a hallmark of Alzheimer’s disease this study may point to a new therapeutic approach to Alzheimer’s disease.
The authors of the study stated that it has confirmed earlier observations that it is possible to manipulate the immune system in a way that causes it to fight inflammation and accelerates the process of removing amyloid beta plaques. Their findings are the culmination of years of investigation, which was brought about when they noticed that plaques were being cleared from the brains of animals with chronic brain inflammation. This led them to a new approach where they focused on microglia (cells that act as one of the central nervous system’s first lines of defense against infection and injury) and the role these cells could play in eliminating plaques in the brain.

“While we still need to fully understand the complexity and potential unintended consequences of this approach,” said M. Kerry O’Banion from the University of Rochester, “it is clear that microglia play an important role in the removal of amyloid beta from the brain and may represent a novel approach to treating this disease.”

Click here to read the full article from Futurity.org.

Adults With Autism at Risk for Seizures and Depression

A new study from the University of Rochester says that adults with autism are more likely to suffer from seizure disorders and depression. Seizures are associated with shorter life expectancy and higher needs for assistance with activities of daily living.

For the study, researchers looked at information from 255 adults, ages 18 to 71, who had been diagnosed with autism spectrum disorder (ASD) and compared it with data from a similar sample of the general population. The results showed that a significant number of the studied group had intellectual disabilities as measured by their IQ. Those individuals with intellectual disability and depression were more likely to need help with day-to-day tasks, such as dressing or bathing.

“Adults with autism frequently face barriers to accessing health care and receiving recommended treatments for common problems,” said lead author Robert Fortuna, assistant professor of medicine and pediatrics in primary care at the University of Rochester Medical Center. “Therefore, greater awareness is needed to ensure that adults with autism are treated for conditions that are more prevalent with autism as well as conditions that are commonly encountered with advancing age.”

For more on this study, click here to read the full article from Futurity.

New Long Term Care Nursing Group Set to Debut Next Year

Leaders of the American Association of Nurse Assessment Coordination (AANAC) recently announced that it had acquired the assets of the American Association of Long Term Care Nursing (AALTCN) and they will be creating a new association for nursing directors. The American Association of Directors of Nursing Services (AADNS) will debut in March, with a full rollout expected at AANAC’s conference in September.

“It makes sense. We have the staff and the infrastructure,” AANAC President and CEO Diane Carter, RN, MSN, RAC-CT, C-NE, FAAN told McKnight’s. “We have 15,000 members in AANAC and about half of them are directors of nursing.”

According to Carter, AANAC will continue to operate, focusing on MDS Coordinators, while AADNS will be made up of nurses working in skilled care facilities. Both organizations will be under the umbrella an organization known as the American Association of Post-Acute Nursing—these two groups will be referenced together, have one governing board and one CEO.

McKnight’s reported that AANAC President and CEO Diane Carter, RN, MSN, RAC-CT, C-NE, FAAN is a likely candidate for the top post of the American Association of Post-Acute Nursing. She noted that there has been strong interest in the new organization. The main goals of this new group will be to build a director of nursing program that will strengthen the presence of the nursing profession in Washington. D.C.

November Observances

This week is Get Smart about Antibiotics Week in Illinois: Fight Antibiotic Misuse - Get Smart About Antibiotics Week - November 16-22, 2015. IDPH)is leading the Illinois Precious Drugs & Scary Bugs campaign to promote the appropriate use of antibiotics. The goals are to increase health care provider and patient knowledge about the harms of inappropriate antibiotic use and support clinicians in improving antibiotic prescribing, particularly for acute respiratory infections. Click here to read the press release announcing this observance.
November is National Alzheimer’s Disease Awareness Month: There are nearly 15 million Alzheimer’s and dementia caregivers in the U.S. This observance was created to honor these caregivers and say “thank you” for all that they do. It is also a great opportunity to spread awareness of Alzheimer’s and dementia. Go to www.alz.org for more information.

November is National Hospice and Palliative Care Month: Hospice and palliative care provides comfort and compassion for individuals facing a life-limiting illness. Hospice offers expert medical care, pain management and offers spiritual support for the patient and their loved ones. This month-long observance helps bring to light the amazing work that hospice and palliative care workers do. Click here for more.

November is American Diabetes Month: The number of individuals living with diabetes is continuously growing here in the United States. American Diabetes Month is a key element in the mission of the American Diabetes Association to raise awareness of this disease and all of the issues surrounding it. Visit www.diabetes.org for more information.

AHCA/NCAL Information

Registration Is Now Open for the 2016 AHCA/NCAL Independent Owner (IO) Leadership Conference
This year’s AHCA/NCAL IO Leadership Conference—March 16-18, 2016—promises to be better than ever with all the networking opportunities you love and educational sessions you need in an energizing and engaging atmosphere you can’t get anywhere else. The town hall format allows you to discuss all the important issues with your peers as well as a slew of top-notch speakers. Earn up to 11.5 CEUs and enjoy the beauty of sunny San Diego at the stunning Manchester Grand Hyatt. Click here to learn more, see the complete agenda, and register today!

The Call for Presentations for the 67th Annual AHCA/NCAL Convention & Expo Is Now Open!
Now is your chance to share ideas that reflect your success stories and professional insights, as well as ideas and programs that enhance the long term and post-acute care service delivery. They are particularly interested in proposals that reflect and will help support providers in achieving the AHCA Quality Initiative goals and the Quality Initiative for Assisted Living. Proposals must be submitted by November 30, 2016.

The AHCA Quality Symposium and the NCAL Spring Conference have joined forces to become one mighty summit—The AHCA/NCAL Inaugural Quality Summit: Where Excellence Has No Limits! With three keynote speakers, three days to network with like-minded long term care professionals and three days of targeted education for SNF and AL providers on quality improvement, performance excellence, and much more, this is sure to be a can’t miss event!! This event is scheduled for February 9-11, 2016 in San Antonio, Texas and registration is now open! Click here for more.

The Call for Posters for the Quality Summit is Now Open!
Excellence Has No Limits: Tell Us How You Did It. AHCA/NCAL is currently accepting Poster Session proposals for the Inaugural Quality Summit in San Antonio, TX. Poster Sessions are excellent forums for communicating interventions, new models of service delivery or innovative research projects. They provide a fun, interactive learning experience. This will be your opportunity to shine and share all of the great things you’ve done at your center. Click here for more 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. 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!

IHCA Association Information

Just a Few Days Left to Correct Your CE Certificate from the 65th Annual Convention & Expo
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.
Membership Information Updates – There’s Still Time to Get Yours In!!
Work continues on the 2016 IHCA Membership Directory & Buyers’ Guide, but time is running out to submit your changes to your membership information.

**Facility Members:** If you haven’t returned your renewal form, please return that to IHCA ASAP! 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 it is not correct, please make the necessary changes and return the updated form to us.

**Associate Members:** If you have changes you would like to make to your associate member listing (you should have received this information via email from Kristin), please send us those changes ASAP! We will make sure that your listing in the directory is updated.

If you have any questions, please contact Ashley Caldwell.

**Interested in Serving on an IHCA Standing Committee? Sign up or Renew Your Commitment 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. 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. These forms should be filled out/turned in by November 30, 2015. If you have any questions, please contact Gina Alex.

Please “Like” or “Follow” IHCA!
We are continuously trying to build our social media presence! Please “Like” us on Facebook and “Follow” us on Twitter and LinkedIn. We’ve been working on growing our social media following in the past few months and want to keep that momentum going! Check it out today!

**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.

**Do You Have Any Photos You Would Like to Share?**
IHCA is always looking for photos from our members to use in association publications (like the upcoming 2016 IHCA Membership Directory & Buyers’ Guide, the Annual Report and more!). Do you have any photos that depict life in your facility that you would like to share? If so, contact Ashley Caldwell. Each photo must be accompanied by a signed release form for any residents in the picture.

**IHCA Member Spotlight**

**IHCA Member Facility – Regency Care of Sterling**
Originally built in 1986, Regency Care of Sterling (formerly Coventry Living Center), a 130 bed skilled nursing facility, has been providing quality care to Northern Illinois residents for nearly three decades. Over the years the center has received numerous updates to make it a comfortable and safe place for the elderly residents who call it home. The careful and meticulous planning of the most recent facility update provides seniors with a welcoming environment with an excellent balance of privacy, independence, support and care.

The staff of Regency Care of Sterling pride themselves on being able to meet the specific needs of their residents—whether they need long term care or short-term rehabilitation services. The center offers a variety of therapy options, including physical, occupational, speech, respiratory and restorative therapies. They also have wound care, IV therapy, pain management and skilled care available. Whatever your care needs are, the dedicated staff at Regency Care of Sterling will design a plan of care that fits your needs.
In 2012 the facility voted as one of the top senior care centers by the Reader’s Choice Awards. They accept Medicare and Medicaid and are currently a 5-star rated facility! Contact Regency Care of Sterling for more information today!

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.