Happy Holidays from IHCA!

With the holiday season underway, Members Only will be taking a break until after the first of the year. The next issue will go out on January 7, 2016.

We at IHCA want to wish you and yours a very happy holiday! We will continue to keep you up-to-date on pertinent issues as needed and as always, if you have any questions please feel free to contact us.

**Please note that the IHCA office will be closed December 25, 2015 and January 1, 2016.**

People with Diabetes Twice as Likely to Lose Teeth

Diabetes can affect a person’s health in a number of ways—from vision problems to nerve pain. What many don’t realize is that can also wreak havoc on your teeth as well. A recent study from Duke University researchers reveals that individuals with diabetes lose twice as many teeth as those without it.

For the study, researchers analyzed data (from the National Health and Nutrition Examination Survey) on more than 37,000 people who were examined between 1971 and 2012 to learn about the trends of tooth loss among adults in the U.S. In doing so, they discovered that there was a clear connection between diabetes and tooth loss, especially among African Americans.

Dr. Edmond Hewlett, spokesperson for the American Dental Association and professor at the UCLA School of Dentistry, stated that these results bring to light two important issues regarding public health.

"One is the connection between oral health and overall health. This is something we’ve been aware of, but this gives additional strong evidence about that. And the other big thing is health disparities—the rate at which some diseases can affect some racial or ethnic groups more than others," said Hewlett.

The study authors have noted that their findings highlight the need for improvement about how individuals care for their teeth and to spread the knowledge of the risks for those individuals who have diabetes.

For more information, click here to see the full article from CBS News.

New Hip-Fracture Guidance Issued for Treatment and Rehab of Seniors

The American Academy of Orthopaedic Surgeons (AAOS) recently released new guidance on how to handle the treatment, rehabilitation and prevention of hip fractures in the elderly. The guidance, "Appropriate Use Criteria for the
Treatment of Hip Fractures in the Elderly," includes 30 potential patient scenarios. Each of the scenarios is rated as one of these options: appropriate, may be appropriate or rarely appropriate. A checklist of 12 preoperative initiatives for providers is also included.

The AAOS also released appropriate use criteria for rehabilitation after hip fractures in seniors, including items such as pain management, interdisciplinary management of recovery and care to prevent deep vein thrombosis.

Click here to read the full article from McKnight’s.

Get Your Flu Shot Before the Flu Is Widespread: CDC

Though there have been relatively few influenza cases thus far this year, health officials believe that the holiday season will likely change that, meaning that now is the time to get a flu shot if you haven’t already done so. The holiday season is a busy one—people are out shopping, traveling and spending time with their loved ones, and passing around germs in the process.

"People get flu when they are around people with flu," explained Dr. Michael Jhung, a medical officer with the CDC’s influenza division. "If we can get people to get vaccinated in the weeks before they leave for their holiday trips, that would be ideal."

According to an article from HealthDay, in a typical flu season complications like pneumonia send more than 200,000 people to the hospital. Pregnant women, children and seniors are at a higher risk for getting influenza. The best way to protect yourself from the flu is to get vaccinated. The more people who are vaccinated, the less virus there is circulating putting fewer people at risk.

See the full article for more information.

Leukemia Drug Works Better than Chemo for Seniors

A phase 3 clinical trial recently compared a leukemia drug, ibrutinib, to chlorambucil, a type of chemotherapy. Chlorambucil is generally given to patients with chronic lymphocytic leukemia as a front-line therapy and scientists have been searching for an alternative because CLL frequently affects seniors who are more likely to be harmed by the toxicity of regular chemo.

According to an article on Futurity.org, Ibrutinib is a newer, targeted drug that “is currently approved to treat CLL patients who have already received at least one other drug.” This trial is the first time to test its use as an initial therapy. Results of the study showed that among the nearly 270 individuals with a median age of 73, ibrutinib proved to be superior to chlorambucil in every measured aspect—including progression-free survival, overall response rate and overall survival. It has also been shown to restore bone marrow function.

The risk of death or disease progression was more than 80 percent lower in those who took ibrutinib and 98 percent were still alive two years after they began taking it, compared to 85 percent of the patients who were administered chlorambucil.

For more information, read the full article here.

Want to Give a Nudge Towards Proper Handwashing? Try These Two Things...

Though it may seem strange, there are two simple ways to nudge people to wash their hands—a picture of a man’s staring eyes and the smell of citrus. A recent study at the University of Warwick saw researchers experimenting psychological priming—a process where exposure to cues like words or smells—to see how certain cues affected behavior.

The study included more than 400 health care workers and visitors at a teaching hospital in Miami, Florida. Participants were observed to see if they washed their hands by using hand sanitizer stationed next to a patient’s door. When studying the control group of 120 visitors, less than 20 of them washed their hands and only five of those were men.

Of the 124 individuals who saw the pair of eyes above the hand gel dispenser, some were exposed to a set of male eyes and others saw a pair of female eyes. There was a significant increase in handwashing among this group compared to the control group, with 33.3 percent of the participants who saw male eyes and 10 percent of those who saw female eyes above the dispenser washing their hands.
Researchers believe that this may be because male eyes cue different feelings, thoughts or emotions than female eyes. "In many previous studies examining gender differences in exerting social influence more generally, men have been found to exert more influence than women and this may explain the differences seen," stated Ivo Vlaev of Warwick Business School. "However, it is important to clarify the male eyes showed used more facial musculature, often perceived as anger or threat, so this could have influenced the observed individuals."

In addition, the study showed that more than 150 individuals observed were exposed to a citrusy smell, and this group was significantly more likely to wash their hands. Nearly 50 percent of those individuals who smelled the citrusy aroma used the hand sanitizer before entering the patient’s room.

Click here to read the full article for more information.

**RNs More Likely Than LPNs to Identify Medication Errors In Nursing Homes**

A new study suggests that registered nurses may be more likely than licensed practical nurses to identify medication errors in nursing homes. Conducted by researchers at the University of Missouri Sinclair School of Nursing, the study examines what happened when both groups of nurses at 12 Missouri nursing homes were presented with medication scenarios. These scenarios included high- and low-risk additions, omissions and dosage issues. Following the presentation of the scenarios the nurses were asked questions—such as, did they think a discrepancy was present and would they seek more information.

Results showed that RNs identified discrepancies in 62 percent of the scenarios, while LPNs found overall discrepancies only 50 percent of the time. When you narrow down the results even further, RNs identified errors involving high-risk medications in 72 percent of the scenarios versus 49 percent of the time for LPNs.

The study’s authors believe that the results show that RNs assess medication orders for errors based on potential risk, which can lead to more positive outcomes, but that LPNs focus may lie more in completing the task of medication reconciliation. These differences could be due to the discrepancy in the education required for the two different positions.

“RNs and LPNs contribute to resident safety in different ways...however, nursing home leaders must understand the distinct contributions of each role,” stated researcher Amy Vogelsmeier, Ph.D.

Click here to read the full article, which was posted earlier this week by McKnight’s.

**AHCA/NCAL Information**

**It’s Not Too Late to Apply for a National Quality Award!**

The Intent to Apply Deadline has passed, but you can still apply for a Quality Award. The [Quality Award website](#) has a number of resources designed to help facilities with the application process. Whether you are writing a Bronze, Silver or Gold application this year; there is something for you! **All applications must be submitted by January 28, 2016 to be considered.**

**Just a Few More Weeks to Register for the Inaugural AHCA/NCAL Quality Summit**

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. **Registration deadline is January 12, 2016!**

**Registration Is Open for the 2016 AHCA/NCAL Independent Owner (IO) Leadership Conference**

The 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! **Deadline to Register is February 17, 2016.**
Time is Running Out to Register for the AHCA/NCAL Gero Nurse Prep Program and Save $100!

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

IHCA’s Illinois Leaders Program Got Off to a Great Start!

Last week, the inaugural class of the IHCA Illinois Leaders Program (pictured at left) came together in Springfield to start their year-long journey together. The Illinois Leaders Kickoff Program was held at the Statehouse Inn, located across the street from the Capitol building. Over the course of the program, the leaders took part in several fantastic sessions that focused on building leadership skills and personal growth as long term care professionals. They also worked with several IHCA Board Members/AHCA Future Leaders on important issues like media relations and understanding the legislative process. Though the schedule was jam-packed, the event proved to be a great success! Moving forward, the leaders will cover a variety of materials and will meet periodically for further sessions to strengthen their skills in these areas.

The Call for Presentations for the 66th Annual IHCA Convention & Expo is Coming Soon!!

Interested in being a session speaker at next year’s convention? The Call for Presentation is being finalized and will be available online after the first of the year. Stay tuned and check the Speaker Information page in the Convention section on www.ihca.com for more information.

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

We Want to Hear from You!! Do You Want to See Your Company/Facility Featured Here?!

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.