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IHCA’s 67th Annual Convention & Expo – September 11-14, 2017 – Register Today!

IHCA’s 67th Annual IHCA Convention & Expo is quickly approaching—and registration is NOW OPEN! With nearly 100 educational sessions on pertinent long term care topics, great speakers, a two-day expo featuring exhibits on the latest products and services and plenty of fun networking opportunities, you don’t want to miss this event!

**New this year! One Person-One Day Registration.** IHCA members and non-members who can only attend one day of the convention will pay a reduced rate of $299 member/$399 non-member (per person). *You MUST designate which day you will attend when registering.

**Online Registration is Back!** We are reinstituting our online registration for convention this year. Instructions on how to register your facility/corporate office convention, how to register yourself for one day, etc. will be available to assist you in this process. IHCA Members will be able to access the registration through the Member Portal and will need to make sure their staff members are input into the system prior to registration. Instructions for this process will be available as well.

The Preliminary Program is now available online! [Click here](#) to view it. This guide includes a detailed agenda, session descriptions, registration information and more. The program will also be posted on the convention pages on our website for future reference [click here](#) to view the convention attendee page.

Current International Ransomware Campaign Alert

Last week, AHCA released the following information about a new ransomware campaign:

As you may have heard on the news recently, the U.S. government is aware of an international ransomware campaign that may be affecting health care and public health sector assets in addition to other sectors. This new ransomware attack was first observed yesterday, June 27, 2017.
The impacted entities are mostly focused in the EU at this time but there are reports of a U.S. health care entity being impacted as well. Multiple sectors including financial, telecom, transportation, health care and energy have reported that their operations are impacted.

The Office of the Assistant Secretary for Preparedness and Response (ASPR) was created under the Pandemic and All Hazards Preparedness Act in the wake of Hurricane Katrina to lead the nation in preventing, preparing for, and responding to the adverse health effects of public health emergencies and disasters.

Click here for a summary of information ASPR sent out regarding the ransomware campaign that you might find helpful.

In addition, the National Health Information-Sharing and Analysis Center has shared the following TLP-White Message and will continue to share information here. The Health Information Trust Alliance (HITRUST) has also shared the following Threat Bulletin.

If you have any questions, please contact AHCA’s Dana Halvorson or Erin Prendergast.

With Climate Change, More Deadly Heatwaves Will Strike

If climate change continues unchecked, three-quarters of the world’s population will be exposed to deadly heatwaves by the end of the century, warns a new study published last month in the journal Nature Climate Change.

“We are running out of choices for the future,” said study author Camilo Mora—an associate professor of geography at the University of Hawaii at Manoa.

Even taking into account efforts that could lead to a significant reduction in the carbon emissions that are fueling climate change, nearly half of the world’s population will still be at risk by the year 2100, according to researchers. They also noted that at present, around 30 percent of people around the world are exposed to lethal heatwaves each year.

"Heatwaves pose a considerable risk to human life because hot weather, aggravated with high humidity, can raise body temperature, leading to life-threatening conditions,” he explained.

"Climate change has put humanity on a path that will become increasingly dangerous and difficult to reverse if greenhouse gas emissions are not taken much more seriously,” Mora said.

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

What Happens When You Overheat?

Our bodies have a maximum operating temperature, according to Jaiva Larsen from the University of Arizona. Larsen, who is also an emergency physician and medical toxicology fellow at Banner – University Medical Center Tucson, stated that when you heat up, your body has ways of keeping you at a temperature where your enzymes work optimally. Enzymes speed up specific chemical reactions in the body.

To help keep us cool, our bodies perspire and our blood vessels dilate. However, if you begin to overheat, you can become dehydrated from perspiring too much, or your electrolyte balance can become disrupted because you have taken in too much water and not enough salt. This can lead to seizures and other serious problems, said Larsen.

Larsen noted that when it comes to treating heat-related illness, it is most often individuals who have been exercising in the heat; vulnerable populations like pregnant women, the elderly, and small children; people taking certain medications; or individuals using street drugs or alcohol.

Signs of heat related illness include dizziness, light-headedness, confusion, slurred speech, and weakness. If these signs arise, it's important to seek medical attention quickly, Larsen says.
To make sure you and your loved ones are safe in the hot summer weather, Larsen advises: plan with the right equipment if you insist on doing physical activity; stay out of the heat during the hottest times of the day; stay in cool areas; seek out air conditioning or a pool; and look out for those around you.

To find out more, [click here](#) to view the full article from Futurity. To see IDPH’s information/tips on understanding and preventing heat-related illnesses, [click here](#).

### How to Overcome QAPI Challenges

Quality is a hot topic in long term care today, and has been for a while now. Richard Royer recently wrote a blog post for McKnight’s about how long term care centers can overcome QAPI challenges.

According to Royer, while quality has been a longtime focus in our profession, the effectiveness of quality-focused initiatives has been questioned over the years.

“The purpose of adding performance improvement to existing quality assurance requirements – and a primary goal of QAPI – is to achieve excellence in nursing home care,” explained Royer. “While it is easy to get on board with this goal, nursing homes have a tremendous amount of work to do to make the vision a reality.”

When done right, Royer went on to state, QAPI involves systemic changes at every level within a facility. This kind of large-scale change requires time—for planning, training, evaluating progress, etc. Because of the size and scope of this type of project, providers should expect to face new challenges as they set up their programs, and how to best address these issues as they arise.

To read Royer’s advice on overcoming challenges like lack of precedent, culture adjustment, staff training, prioritization and more, [click here](#) to view the full blog post.

### Caring for Residents with a Bariatric Diagnosis

A [recent article](#) in Provider Magazine discussed a four-part process for assessing and preventing skin injuries in bariatric patients. The piece focused on information from a webinar hosted by the National Pressure Ulcer Advisory Panel (NPUAP), in conjunction with Creighton University Health Sciences Continuing Education.

During the webinar, NPUAP representatives pointed out that, “here is nothing that makes an obese person ordinary when it comes to being a patient or a resident.”

Keeping this distinction in mind, noted the article, a key element of the typical skin risk assessment process is to assess a person’s risk using their body mass index (BMI) score. However, this process does not take into consideration the size of the person, and in fact is not accurate for those with a bariatric diagnosis.

In addition to the BMI index not being an accurate measure of risk, residents with a bariatric diagnosis also tend to have reduced tissue perfusion, compromised moisture barrier, chronic inflammation, and thinning skin. All of these increase the risk of impaired skin integrity.

Using a comprehensive approach in assessing and preventing skin injuries is critical for individuals with a bariatric diagnosis. The webinar recommended the following four-step process:

1. Assessment
2. Proper support surface
3. Skin care
4. Skin injury prevention protocols

And, though these steps may be a standard approach for providers already, it is always a good idea to review care processes to ensure that you are giving all of your residents/patients the best care possible.
**Assessment:** For this particular population, skin should be assessed daily and with any change in condition. A thorough skin assessment includes looking inside skin folds—places where skin areas may be against each other for prolonged periods. Not only are these areas a risk for pressure, but they are also at risk for MASD (moisture-associated skin damage). A nutritional assessment should also be done, keeping in mind that the residents may not be nutritionally sound.

**Support Surface Selection:** Weight capability is only one factor when selecting a support surface for residents with a bariatric diagnosis. When it comes to surfaces, identify how the device removes excess moisture and controls the temperature, if it reduces or increases friction/shearing, and how difficult it is for the resident to rise independently. Residents with decreased mobility tend to remain in static positions for long periods of time, creating a viable environment for moisture, friction, and shearing.

**Skin Care:** Daily cleansing in areas of high risk such as skin folds, under breasts, perineal area, and any areas with excessive moisture is a standard. The use of pH-appropriate products is helpful, and many incontinence cleansers provide this protection. Also keep in mind that skin needs to be thoroughly dried using a "pat dry" method and NEVER use heat. Additionally, skin should be moisturized frequently using humectants or emollients to keep skin from drying out. Moisture barrier creams are also helpful in skin folds and perineal areas.

It is also important to remember that turn and repositioning schedules should be based on individual need and include repositioning while up in chairs. Maintaining adequate hydration is also important, not only for skin care, but overall resident health as well.

**Safety:** Keeping residents, and staff, safe is paramount. When it comes to safety, proper equipment and technique are key. Always obtain proper bariatric equipment and make sure that they are in good working condition.

**Sensitivity and Empathy Matter:** Aside from all of the care techniques and protocol, it is important to remember that residents with a bariatric diagnosis most often have no control over their situation and need support. Allowing them as much autonomy and control over what they can control in a safe manner goes a long way in supporting them. Encourage them to make healthy lifestyle choices, and avoid using terms such as “large chair” or “big boy bed.”

“Recognizing that obesity is not a personal problem but a universal health problem with major health consequences is key,” said author Angie Szumlinski, NHA, RN-BC, RAC-CT, BS.

For more detailed information, click here to view the full article from Provider.

**Major Increase in Insulin Prices Draws Lawmaker Interest**

The dramatic rise in insulin prices, a topic of concern for many elderly diabetic patients, has drawn the attention of the Congressional Diabetes Caucus.

According to an article published last week by McKnight’s, Representatives Diana DeGette (D-CO) and Tom Reed (R-NY) sent letters to the Pharmaceutical Research and Manufacturers of America, the Pharmaceutical Care Management Association and America’s Health Insurance Plans. In these letters they noted that the average insulin prices have nearly tripled between 2002 and 2013 and asked for a response by July 28.

According to a report released last year, the global insulin market was $24 billion in 2014, and is predicted to rise to $48 billion by 2020.

The article stated that PCMA told Bloomberg BNA last week that “when there are competing substitutable insulins, pharmacy benefit managers are reducing insulin costs. However, there are different types of insulin that don't impact patients in the same way. As a result, drug companies have significant power to keep prices high.”

Regardless of the groups' response to DeGette and Reed, signs of change in diabetes management to outcome-based measurements are coming. Medtronic Plc announced recently an agreement with Aetna Inc. that payment for insulin pump systems will be tied to health outcomes for diabetes patients. The agreement reflected the “shift towards value-based healthcare,” Medtronic said.
NAHCA—Special Offer for AHCA/NCAL Members

The National Association of Health Care Assistants (NAHCA)—partners with both AHCA/NCAL and IHCA—is offering AHCA/NCAL members, who are not currently members of NAHCA, a special opportunity to register for their 2017 conference. The conference, being held in Washington, D.C. on September 6 & 7, 2017, gives CNAs the opportunity to recognize the invaluable contributions they make in terms of quality of life and health, hear from nationally-recognized presenters and network with their long term care peers. All attendees can earn nine hours of continuing education.

Additionally, this year’s conference will include a new element—the chance to advocate on behalf of those we serve. Select attendee’s will have the opportunity to make office visits on Capitol Hill and everyone is invited to participate in the Rally On The Hill.

For more information on the 2017 NAHCA Conference, click here

July 2017 Observances

July is UV Safety Month: Summer is here… and it's time to make sure we are all protected from the sun’s harmful UV rays. Caring for our skin is important—do you know how to protect yourself, and your residents from the summer sun? Find out your UV IQ by clicking here.

AHCA/NCAL Information

NCAL Releases New Checklist on Resident Sexual Consent
NCAL’s Risk Management Work Group created a checklist for assisted living communities to be prepared in managing issues that may arise regarding resident sexual consent. Sexual consent for assisted living residents requires ensuring resident rights regarding confidentiality, the right to make independent choices and the right to private unrestricted communications with others, which must be balanced with concerns about resident capacity to give consent. Different issues arise in various contexts, including two residents with capacity to give consent, one resident with capacity and one without capacity (or where capacity changes), between married and unmarried couples, and between staff and a resident. The checklist covers a range of topics, including considerations for: state requirements, ability to consent, employee awareness/training, appropriateness of the relationship, family, harassment/bullying, and special considerations for inappropriate relations between employee and resident. Click here for more information.

Registration for the 68th Annual AHCA/NCAL Convention & Expo in Las Vegas is Open

The excitement surrounding this outstanding event has been building for several months, and the time is now! Register today! Join AHCA/NCAL at the Mandalay Bay, October 15-18, for the event that promises to stack the chips in your favor. They have a great line up of speakers, networking events, plus a two-day Expo! Click here for more information.

If you are interested in attending, IHCA will be providing several AHCA/NCAL Convention scholarships that will help cover the cost of registration, transportation, lodging, etc. of up to $1,500 per scholarship winner. Click here for more information and to download the application.

National Assisted Living Week – Planning Guide Now Available!
The National Center for Assisted Living (NCAL) revealed yesterday that “Family is Forever” is this year’s theme for National Assisted Living Week®. The annual, national observance provides a unique opportunity for residents, their loved ones, staff, volunteers, and surrounding communities to celebrate the individuals served in assisted living and learn more about this sector of long term care. For more info about NALW, click here. To access the planning guide and product catalog for this year’s NAWL, click here!
IHCA PAC Information

2017 IHCA PAC Events
The IHCA and CDDACS PAC have several other fundraising events this year to promote our political efforts and raise dollars. Please mark your calendar for the following 2017 IHCA PAC events:

IHCA PAC Annual Baseball Outing - July 21 (a few tickets are now available!)
An event that quickly became a crowd favorite, 2017 marks the 5th annual IHCA PAC baseball outing at Wrigley Field in Chicago. Per tradition, we will be hosting our event at one of the famous Wrigley Rooftops, 3619 Sheffield Ave., for a contest between the World Champion Chicago Cubs and perennial favorite St. Louis Cardinals. Pricing is all inclusive. $250/per person.

Fall Golf Outing - September 11
For the flagship IHCA PAC event, we return once again to beautiful WeaverRidge in Peoria for our fall golf outing. Consistently ranked one of the best courses in the Midwest, this is a round of golf not to be missed. Pricing includes greens fees, golf, lunch and drinks. $150 per person/$575 per foursome.

Oksnevad 5K - September 12
The fastest growing IHCA PAC event, the Oksnevad 5K returns for its fifth year in 2017. For the third time, we will be running on the Peoria Riverwalk. Pricing includes registration, runner's goody bag and a sponsor t-shirt. $30 per person.

Please contact Kristin DiCenso at kdicenso@ihca.com or Matt Hartman mhartman@ihca.com to register or sponsor any of these events.

IHCA Information

IHCA Offering RoP Phase 2 Training
IHCA has put together an interactive workshop that will help you prepare to make the necessary changes to comply with the new RoP Phase 2, which has a deadline of this November. Topics to be covered include an overview of the rule, person-centered care and care planning, discharge planning, infection control as well as tips and tools developed by AHCA to help you successfully implement new policies and procedures that are now required. To view the complete brochure, click here or you may register online by clicking on the links for the various locations listed below. We hope to see you there!

- July 13—Lexington Corporate Offices, 665 W. North Ave., Lombard Register Online-Lombard
- July 18—Infinity Healthcare Management, 240 Fencl Lane, Hillside Register Online-Hillside
- July 25—Holy Family Villa, 12220 Will Cook Rd., Palos Park Register Online-Palos Park
- August 1—Courtyard Estates, 117 N Western Ave. Peoria Register Online-Peoria
- August 3—Masonic Point, 1 Masonic Way, Sullivan Register Online-Sullivan
- August 10—Aviston Countryside Manor, 450 W. 1st St., Aviston Register Online-Aviston
- August 11—Franklin Hospital, 201 Bailey Lane, Benton Register Online-Benton

Infection Preventionist Specialized Training (IPCO) Now Available!
IHCA has partnered with AHCA to bring you a new quality improvement resource that will meet the new Infection Preventionist specialized training requirement finalized by CMS in the Requirements of Participation (RoP) for long term care centers. The Infection Preventionist Specialized Training (IPCO) course provides specialized training for healthcare professionals who seek to serve as Infection Preventionists. Through this course, individuals will be specially trained to effectively implement and manage an Infection Prevention and Control Program at their nursing center.

IHCA and AHCA are committed to ensuring nursing centers are fully prepared to meet the rigors of the new RoP requirements. This course is an online, self-study program with 23 hours of training. It includes online lectures, case studies and interactive components taught by an array of experts from around the country. To learn more, see the Infection Preventionist Specialized Training (IPCO) slides. To register, just click here.
Calling IHCA Exhibitors—Have You Reserved Your Booth for the 2017 Expo?!

IHCA’s 67th Annual IHCA Convention & Expo will be here before you know it! This event, September 11-14, 2017 in Peoria, is a great way to connect with long term care owners, managers, administrators, nurses and more!

With three days of educational sessions, great speakers, a two-day expo and plenty of opportunities to mingle with your colleagues, peers and prospective buyers… you don’t want to miss this year’s convention!

If you’re interested in exhibiting, visit our exhibitor page or click here to view the Convention Expo Prospectus. If you have any questions, please contact Kelli Showalter at kshowatler@ihca.com.

LTCNA Simulation Education for Nurses! Now Offering A La Carte Sessions!

LTCNA is now offering a la carte competency training sessions with their simulation mannequin, Geri Manikin! Get your nurses the training they need right in your center! The cost will be dependent on the amount of time spent in the center. Charter Memberships are also still available for centers. The fee for the membership is $2,000 and the center will receive 24 hours (4 6-hour days) of simulation time over the course of the year. For more information contact Debbie Jackson at djackson@ihca.com or 800-252-8988.

IHCA Member Spotlight

Calling IHCA Members – We Want to Feature Your Company Here!!!

Are you looking for a way to reach our members? Well, this is a great way to do just that! Our Member Spotlight gives our members a space to let us know what their company (or facility) is all about! (And to brag a little too if you want to!) Your Company Information could be seen here in an issue later this year!!

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?

Ready to sign up for a member spotlight?! Contact Ashley Caldwell! Email acaldwell@ihca.com or give her a call today!