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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! [Click here](#) to view the Preliminary Program.

**Register Online and Save $50!** Online registration is back! IHCA Member facilities will be able to register online through the Member Portal and will need to make sure the staff members they wish to register are entered into the system prior to registration. [Click here](#) to view instructions on how to add a new contact to your organization record.

To begin the online registration process, simply go to the IHCA Calendar ([http://www.ihca.com/Calendar_List.asp](http://www.ihca.com/Calendar_List.asp)) and click on the appropriate registration type (One Day Only, Facility Registration or Individual Member ALL DAYS). IHCA members will need to select Member Registration and log into the portal to continue.

If you have any questions, or need assistance registering for convention, please contact the IHCA office. We will be happy to assist you with the process.

**Trio of Antibiotics Gangs up to Kill Superbugs**

Recent research has shown that combinations of three antibiotics—each ineffective against superbugs on its own—can eradicate two particularly dangerous drug-resistant pathogens when taken together.

These (ESKAPE) pathogens are a group of antimicrobial-resistant bacteria that pose a severe threat—causing more than 2 million infections and nearly 23,000 deaths per year, according to the CDC. These bacteria are also responsible for a substantial number of infections in hospitals.

These triple combination treatments provide a new weapon in the evolutionary arms race between modern medicine and harmful bacteria.
"These bacteria are extremely problematic and have become resistant to nearly all available antibiotics. We needed to think differently to attack this problem," stated Brian Tsuji, associate professor of pharmacy practice at the University at Buffalo School of Pharmacy and Pharmaceutical Sciences.

Though non-traditional combinations of medications have been frequently used in the past to fight against superbug infections, questions still remained over proper dosage and which combinations were the most effective.

To delve deeper into this issue, researchers tested combinations of the antibiotics polymyxin B, meropenem and ampicillin-sulbactam against the pathogen Acinetobacter baumannii. The bacterium Klebsiella pneumoniae was treated with polymyxin B, meropenem, and rifampin.

"Each antibiotic was chosen to complement the other drugs' mechanisms of bacterial killing," said Justin Lenhard, first author of the paper in the Journal of Antimicrobial Chemotherapy. Lenhard, a former postdoctoral researcher in Tsuji’s lab, is now an assistant professor at California Northstate University College of Pharmacy. "By combining antimicrobials that exert their bacterial killing in different ways," he added, "it is possible to outmaneuver the ESKAPE pathogens and completely overwhelm the bacteria’s defensive countermeasures."

Researchers applied the medications to the bacterial samples individually, in pairs and in triple combinations, and then measured the time needed for the antibiotics to kill the bacteria as well as the time it took for the pathogens to repopulate. Results showed that none of the antibiotics could kill Acinetobacter baumannii on their own. The combination of polymyxin B and meropenem killed the pathogen, but it grew back over three days. Only the triple combination of medications killed the bacteria, but prevented regrowth.

The triple combination also produced the highest kill rates of Klebsiella pneumoniae and tripped the time it took for bacteria to regrow to 72 hours. Additional research is needed to validate the treatments against other clinically relevant strains of bacteria, but the results of these tests are promising.

"These new antibiotic combinations may help to guide therapy in infections where no treatments appear to exist," said Tsuji.

Click here to read the full article from Futurity for more information.

Rapid Sepsis Test in the Works

Sepsis, according to the CDC, is a complication caused by the body’s overwhelming and life-threatening response to an infection, which can lead to tissue damage, organ failure and even death. Sepsis is a serious complication and there is no single sign or symptom to help diagnosis the problem.

Because sepsis is the result of an infection, symptoms can include typical infection signs (e.g. sore throat, vomiting, etc.), as well as any of the following:

- Shivering, fever, or very cold
- Extreme pain or discomfort
- Clammy or sweaty skin
- Confusion or disorientation
- Short of breath
- High heart rate

Though anyone can develop sepsis from an infection, particularly when they are not treated, or not treated properly, the risk is greater for individuals ages 65 and older or less than one year, and in those who have weakened immune systems or chronic medical conditions.

The lack of unique symptoms and the fact that sepsis can become life-threatening very quickly make preventing it, diagnosing it and treating it difficult at times. However, scientists at the University of Illinois and Carle Foundation Hospital in Champaign, IL are trying to change that with the development of a rapid test to detect sepsis from a single drop of blood.
Presently, sepsis is diagnosed by monitoring a patient’s vital signs, as well as blood tests and other tests to determine the source of the infection. Unfortunately, these tests can take days to identify the source.

“We want to move the diagnosis point backward in time. The big challenge in sepsis is that no one knows when you get infected. Usually you go to the hospital when you already feel sick,” said research team leader Rashid Bashir, a professor of bioengineering at U o f I, in a statement. “So the goal is that someday you can be testing this at home, to detect infection even earlier if you can.”

The new device that researchers at U of I and Carle are working on will focus on the immune system response by counting white blood cells and certain protein markers that are known to surge as a patient’s immune response increases, rather than identifying the source of the infection. According to Bashir, this new test will complement bacterial detection and identification, helping to better diagnose sepsis and possibly provide a prognosis.

Scientists are working to incorporate measurements for other inflammation markers as well in order for the device to get a more complete picture of the body’s response and enable earlier detection.

To find out more about this device, click here to read the complete article from wttw Chicago Tonight.

**New Tremor Implant is Only ‘on’ When It Needs To Be**

For many individuals who suffer from essential tremor—an involuntary, rhythmic shaking during intentional movement—an implanted device is implanted to help treat their disorder. An estimated 7 million people in the U.S. alone are affected by essential tremor. During a procedure known as Deep Brain Stimulation (DBS), doctors implant an electrode deep in the brain to provide electrical stimulation to quiet the symptoms. A wire runs from the electrode, under the skin, to a battery in the chest.

Current devices are always “on,” which not only delivers the stimulation even when the patient does not need it, but also wastes valuable battery life. However, an update to the treatment could change that. Now, researchers have combined electrodes on top of the brain to sense movement in the parts of the body that experience essential tremor, along with a deep brain electrode, to deliver stimulation only when it’s needed.

Scientists say it’s an important step toward developing fully-implanted, closed-loop deep brain stimulators to treat disorders like essential tremor and Parkinson’s disease—devices that one day might be controlled by the patient’s own thoughts or movements.

“We’d ultimately like to give individuals that ability and choice,” stated Margaret Thompson, an electrical engineering doctoral candidate at the University of Washington and a member of the Center for Sensorimotor Neural Engineering team. “One side effect of deep brain stimulation can be difficulty speaking,” she added. “So if you’re about to drink a glass of water, you might want to turn up the stimulation so your hand doesn’t shake. If you’re answering the phone, perhaps you’d want to turn it down so your speech isn’t affected.”

Delivering deep brain stimulation also can extend the battery life of these implanted devices, which currently last only three to five years. Lengthening battery life is important because replacing the battery requires surgery, which carries risks such as infection to the patient.

“We’re saving about half of the battery power, based on our subjects so far, which was one of our main motivations,” says senior author Howard Chizeck, an electrical engineering professor. “But even more interesting are some early indications that suggest our closed-loop system results in better patient performance, with less tremor, better control of their hands, and fewer side effects.”

Click here to read the full article from Futurity.
For Many, Friends are the Key to Happiness in Old Age

New research has revealed that as you age the friends you keep wield an ever-greater impact on your health and sense of happiness. And, according to two new studies, they may even surpass family in terms of the influence they have over you and your health and well-being.

"We spend leisure time with friends. We freely choose to continue relationships with friends," said Chopik, an assistant professor of psychology at Michigan State University.

"As we age," he added, "we prune away at some of the friendships that are more superficial and acquaintance-like." That means, explained Chopik, that as older adults, "we're left with the ones that are deeper and make us happy."

Comparatively, familial relationships/interactions can be very serious or monotonous and those relationships are more difficult to leave.

For the study, Chopik reviewed data from two different surveys that, in total, asked nearly 280,000 people about their relationships, their happiness and their health. The World Values Survey included information from more than 271,000 men and women, ages ranging from 15 to 99, from across almost 100 countries. The second survey, from the Health and Retirement Study, included approximately 7,500 American seniors (average age 68).

Survey participants were asked about the support and/or the strain they experienced with their friends and family members, including spouses, children and other immediate family. They were also asked to indicate how "satisfied" they felt, as an overall indicator of well-being. In addition, the onset of eight chronic health issues were also noted—including high blood pressure, diabetes, cancer, lung disease, heart disease, mental health concerns, arthritis/rheumatism and stroke.

By reviewing this information, Chopik found that people who placed more importance on friendship and family tended to say they were happier and healthier than those who didn’t. Additionally, Chopik discovered that older participants indicated that only their friendships loomed large as reliably strong predictors of how happy and healthy they felt.

The rising importance of friendship occurs gradually, according to Chopik. "I would say the changes begin around age 30 (or) 40, and then peak for ages 50 to 60, and remain large throughout the rest of life," he said.

While the findings aren’t conclusive, researchers agree that while good friends may be hard to find, they are a worthwhile investment.

For more information, click here to read the full story from HealthDay News.

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
AHCA/NCAL Information

**Early Bird Registration for the 68th Annual AHCA/NCAL Convention & Expo in Las Vegas Ends Tomorrow!**
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. Register by tomorrow, July 21, 2017 for maximum savings!

**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:

*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!

- August 1 —Courtyard Estates, 117 N Western Ave. Peoria [Register Online-Peoria](#)
- August 3—Mason 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 a team 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!