IHCA’s 67th Annual Convention & Expo – Join Us Tuesday on the Riverfront!

5th Annual Oksnevad 5K—Sign Up Today!
Registration for the 5th Annual Oksnevad 5K is open! The race will be returning to the Peoria riverfront this year. You will receive a swag bag and a special Oksnevad 5K shirt with registration. If you plan to participate, sign up now (click here for registration form), as prices will go up the longer you wait! T-shirt sizes are preordered so participants will have first come first served privileges. To register for just the 5K, fill out the registration form and return it to Ashley Snavely!!! The proceeds of the race will help raise important IHCA PAC dollars and a portion of the proceeds will be donated to the Leukemia Foundation for research in honor of the Oksnevads!

Don’t Miss the Party on the Riverfront!
Join us for a kickoff celebration Tuesday evening, 6:30 – 9:30 p.m., at the CEFCU Center Stage at the Landing on the Peoria Riverfront for this year’s Party on the Riverfront. This BBQ is sure to be hopping so we hope to see you there! Come and enjoy good food and cold drinks, networking with your peers, making some new friends, and some great music!

IHCA Welcomes New Preferred Vendor – Accurate Biometrics

IHCA continuously seeks ways to enhance the benefits of your membership, especially through the use of Preferred Vendor program. Our preferred vendors offer exclusive agreements that are designed to help you save dollars and offer other benefits. Earlier this week announced the addition of our newest IHCA Preferred Vendor—Accurate Biometrics.

Accurate Biometrics has been dedicated to providing fingerprint-based criminal background checks and identity services since its inception in 2000. As a trusted leader in the fingerprinting industry, they are committed to supporting every aspect of criminal history background checks required for the long term care profession.
Accurate Biometrics, based in Itasca, offers more than 40 locations around the state. Their fingerprint process is convenient and efficient, and provides clients with results in a matter of hours. The company consistently strives to stay up-to-date with legislation and policy matters that affect their clientele and have invested in leading-edge, customized technology to ensure they are providing prompt, accurate fingerprinting services.

For more information on how Accurate Biometrics can help you with your fingerprinting needs visit www.accuratebiometrics.com or contact: jmester@accuratebiometrics.com or call 773-685-5692.

**New Study: Post-Fall Assessments Need More Structure**

A recent study by researchers at the University of Regina in Saskatchewan, Canada, found that post-fall assessments need to be standardized in order to examine falls and prevent them from happening in the future.

Post-fall assessments (PFAs) allow clinicians to identify the cause for a fall and develop ways to prevent future falls. For this study, researchers looked at data from more than 50 nursing homes in Nova Scotia, Canada, to assess the effectiveness in Canadian facilities.

Of the facilities contacted, more than 90 percent of them reported that falls were an issue. All facilities used PFA reports and most them also compiled incident reports. However, there was not a standard format for how these reports were put together. Researchers noted that only 4 percent asked about environmental conditions or the neurological profile of the resident. They also found that only 6 percent included information on resident footwear and none of the facilities listed mobility or balance issues in their reports.

“PFA has an important role to play in improving resident-level care as well as institution-level programs and policies in this area,” the study authors wrote. “The present study highlights the need for a more systematic and evidence-based approach to address the significant issue of falls in LTCFs.”

The researchers recommended that facilities maximize their use of PFAs in addition to incident reports. They also suggested the consideration of an evidence-based PFA tool that records an adequate level of information.

To read the complete article from McKnight’s, click here.

**How Bone Loss Drugs Can Actually Cause Fractures**

New research has offered a few possible reasons why bisphosphonates (medications such as Fosamax, Boniva and Reclast) can leave users more vulnerable to a rare but serious type of bone fracture. At the same time, these drugs combat bone loss and fragility fractures in millions of osteoporosis patients for whom a fracture could be debilitating, or even life threatening.

The Surgeon General’s office estimates that by the year 2020 half of our population over age 50 will either have or be at risk for fractures from osteoporosis, according to research leader Eve Donnelly, assistant professor of materials science and engineering at Cornell University.

It has been known for some time that prolonged use of bisphosphonates can increase the risk for atypical femoral fractures (AFFs). An AFF is a break in the shaft of the femur that can occur as the result of little or no trauma. Donnelly and her team set out to understand the link between the drugs and AFF.

To do so, they examined biopsies of cortical bone (the outer layer) from the shaft of the femur obtained from postmenopausal women during fracture repair surgery. They put the participants into five different groups, based on fracture type and bisphosphonate use. Some of the women had been using the medications for more than eight years.

The research pointed to a few contributing factors, like the fact that bisphosphate-treated women with AFF had bone that was harder and more mineralized than those with typical osteoporotic fractures. Donnelly attributed this to bisphosphonates’ main function: slowing the resorption (shedding) of old bone, which is typically followed by remodeling, the growth of new bone.
When the resorption is slowed by the medications, the entire remodeling process is affected—leading the existing bone to age and grow brittle over time.

The other unforeseen side effect to long term use of the drugs involves crack-deflection—the resurfaced bone’s ability to stop a microscopic crack from spreading.

“Bone usually has natural variability in mineralization within the tissue, which may help to deflect cracks,” Donnelly stated. “As you increase the mineralization, you may tend to lose that natural variation.”

According to the article, the FDA is now recommending patients use bisphosphonates for three to five years and then reassess their risk.

For more on this topic, [click here](#) to read the full article from Futurity.

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**One Social Hour a Week Can Help Someone with Dementia**

A recent study by researchers at the University of Exeter Medical School in England has found that even a slight increase in social interaction can benefit older adults with dementia and lower health care costs.

According to study leader Clive Ballard, “People with dementia who are living in [nursing] homes are among the most vulnerable in our society. Our outcomes,” he added, “show that good staff training and just one hour a week of social interaction significantly improves quality of life for a group of people who can often be forgotten by society.”

The study included information from more than 800 dementia patients living in nearly 70 nursing homes in the U.K. Two staff members at each facility were trained to engage in simple activities with the residents, which included talking to them about their interests and decisions about their care. The results showed that when combined with just one hour a week of social interaction, these simple changes eased the residents’ agitation and improved their quality of life.

This strategy also saved money compared to standard care, according to the research. The results of the study were shared at the recent Alzheimer’s Association International Conference in London.

"Taking a person-centered approach is about really getting to know the resident as an individual -- knowing their interests and talking with them while you provide all aspects of care," said Dr. Jane Fossey, of the Oxford Health NHS Foundation Trust. "It can make a massive difference to the person themselves and their carers."

For more information, [click here](#) to read the full article from HealthDay News.

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**Study: CNAs Have Higher Risk of Rheumatoid Arthritis than Women in Other Jobs**

A new study shows that female nursing assistants and attendants may have a slightly higher risk for developing rheumatoid arthritis (RA) than women in other professions. The study looked at information from more than 3,500 individuals with rheumatoid arthritis and then compared it to information from nearly 5,600 people without it. The results showed that workers in some professions may have a higher risk of RA than others.

Among women, those who worked as nursing assistants and attendants were found to have a moderately increased risk of developing the disease when compared to women in other fields. The study also showed that men who worked in fields such as manufacturing, bricklaying or electrical work had a much higher risk of developing RA than men in administrative or professional fields.

According to researchers, the reason for the increased risk could be chalked up to work-related environmental factors, including including noxious airborne agents such as solvents and asbestos. Additionally, direct care worker positions have been linked through other research with a higher risk of illness and injury. And, though the injury rates have been going down in recent years, the sector remains one of the top industries in terms of high numbers of occupational injuries.

“It is important that findings on preventable risk factors are spread to employees, employers, and decision-makers in order to prevent disease by reducing or eliminating known risk factors,” said lead researcher Anna Ilar, MSc.
August 2017 Observances

**August is National Immunization Awareness Month:** This month-long observance, organized by the National Public Health Information Coalition, gives our communities the opportunity to focus on the need for improving national immunization coverage levels. This month encourage all people to protect their health by being immunized against infectious diseases. For more information, click here.

AHCA/NCAL Information

**Register Today for the 68th Annual AHCA/NCAL Convention & Expo in Las Vegas**
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.

**National Assisted Living Week – Media Toolkit Now Available!**
Get noticed this National Assisted Living Week! There is no better time to showcase your unique residents, your dedicated staff, your contributions to the larger community, and the home you create for those needing long term care. Check out the NALW Media Toolkit for ideas on how to spread the word. Download sample materials and tips at www.nalw.org.

“Family is Forever” is this year’s theme for National Assisted Living Week®, the annual, national observance that 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. To access the planning guide and product catalog for this year’s NAWL, click here!

**Upcoming Webinars:**
- [Section 232 Mortgage Insurance Program for Residential Care Facilities](#) | September 21, 2017 | 2:00 p.m. (EDT)
- [Are You Ready: Nutrition and Phase II LTC Requirements of Participation with the New Survey Process](#) | October 10, 2017 | 2:00 p.m. (EDT)

IHCA PAC Information

**2017 IHCA PAC Events – Sign Up Today!**
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 | $150 Individual/$560 Foursome**
It's almost here! The PAC golf outing will be held at the annual IHCA convention in September. Click here to view the invite. Tee off with us at WeaverRidge Golf Club on Monday, September 11, with a noon shotgun start. Lunch, beverages and awards are included with the 18 holes of golf. The outing is a great way to kick off convention while enjoying a round of golf with your fellow long term care providers. This is one of IHCA's biggest events and you are sure to have a good time! To register, fill out the registration form (you can also register for the Oksnevad 5K on this form -- more info below) and send to Kristin DiCenso. If you would like to register online, click here.

**Oksnevad 5K - September 12 | $35 (through 8/31) / $40 (9/1 through 9/12)**
Registration for the 5th Annual Oksnevad 5k is open! The race will be returning to the Peoria river front this year. You will receive a swag bag and a special Oksnevad 5k shirt with registration. If you plan to participate, sign up now (click here for registration form), as prices will go up the longer you wait! T-shirt sizes are preordered so participants will have first come first served privileges. To register for just the 5K, fill out the registration form and return it to Ashley Snively!!! The proceeds of the race will help raise important IHCA PAC dollars and a portion of the proceeds will be donated to the Leukemia Foundation for research.

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

**Calling Assisted Living Members: What Do You Have Planned for NALW?**
We are looking for a few IHCA/ICAL assisted living centers to share their NALW stories for an article in the upcoming Fall/Winter issue of IHCA’s association magazine, *LTC Today*. Do you have big plans for your residents for NALW? Do you have traditional activities or parties that you put on each NALW? Let us know!! If you want to participate in the article, contact Ashley Caldwell at acaldwell@ihca.com.

**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!