IHCA’s 67th Annual Convention & Expo is Quickly Approaching!

**Annual IHCA PAC/The Center-PAC Golf Outing**

It’s almost here! The PAC golf outing will be held during the upcoming convention in Peoria ([click here](#) to view the invite). Tee off with us at WeaverRidge Golf Club on Monday, September 11, with a noon shotgun start. Registration fees include greens fee, cart, lunch, beverages on course and other amenities.

**Agenda**

10:00 a.m. – Registration
11:00 a.m. – Lunch
Noon – Shotgun Start
5:00 p.m. – Prizes/Reception (all members welcome)

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](#).

**Download the Convention App Before You Go!**

The 2017 IHCA Convention App is now available on both Google Play and the Apple App Store. Just search for IHCA Convention 2017 and download today! The App allows you to plan your convention schedule, view session descriptions and mark the sessions you want to attend, presentations, take notes during sessions, find exhibitors at the expo and more!

For more information on how to use the app, [click here](#).

**Attendee Badges Going Out This Week!**

If you have already registered for this year’s convention, your attendee name badge sheets will be mailed to the facility to the attention of the convention contact listed on your registration, by the end of the week. These badge sheets include the
attendee name badge, two lunch tickets, as well as food and drink tickets for the Party at the Riverfront on Tuesday night. If you have any questions, please do not hesitate to contact us.

**New Instrument Can Assess Assisted Living Residents' ADL Skills**

A new performance-based instrument, the Physical and Cognitive Performance Test for Residents in Assisted Living Facilities (PCPT ALF), may help health care professionals in assisted living settings to assess their residents' physical and cognitive skills, if early research holds up against future study.

Initially, PCPT ALF was tested in a 116-bed assisted living facility and appeared to be a valid and reliable way to determine the success of interventions designed to prevent or slow the decline of residents' performance of activities of daily living (ADLs).

The test, which was specifically designed for the assisted living environment, aims to determine what residents can do physically versus what they understand they should do. It can be given however often deemed necessary to assess an intervention. The separation between physical ability and cognitive ability will help professionals create more effective interventions, Mary Bowen, Ph.D., principal investigator of the study and an assistant professor at the University of Delaware School of Nursing, told McKnight's Senior Living.

"This tool helps a clinician or researcher establish a baseline, watching for changes over time and developing tailored interventions," said Bowen. "It is useful for intervention development."

According to Bowen, though there have been previous tests to measure similar markers, they often needed to be administered by someone who had long term knowledge of the resident being tested and they were not always suitable for AL residents.

To develop the instrument and determine its effectiveness, the study had three phases. First, the instrument items were developed and tested for validity. Next came a feasibility pilot study with 10 residents and, finally, a cross-sectional trial with 55 additional residents to establish construct and criterion validity and reliability. The research appeared in the *Journal of the American Geriatrics Society*.

For more information, click here to read the full article from *McKnight’s Senior Living*.

**Knee Shot Means Less Morphine After Surgery**

According to a recent article from Futurity.com, a new study recommends an alternative method of pain relief for patients undergoing knee replacement surgery.

Traditionally, a ‘femoral nerve block’ is used for pain relief during knee replacement surgery. This entails a single dose of local anesthetic injected around the femoral nerve in the groin, generally administered by an anesthetist. A new, alternative approach, however, uses an injection of anesthetic agents around the knee joint and is administered by the surgeon without the need for specialist equipment.

More than 250 knee replacement patients took place in the study at University Hospitals Coventry and Warwickshire (UHCW) to test this alternative method. The study found that the patients who had knee injections required lower doses of powerful painkillers, like morphine, after their surgeries. Medications like Morphine can cause serious and troublesome side effects in postoperative patients. Additionally, unlike a femoral nerve block, there is no need for specialist equipment, like an ultrasound. This is likely to save surgeons and anesthetists valuable time and resources, and improve patient care.

"Our study has demonstrated the advantages of injections of anesthetic agents around the knee during knee replacement surgery over other methods," stated Peter Wall, lead author of the report and a clinical lecturer at UHCW NHS Trust and the University of Warwick. "These injections are now shown to be safe and effective. They also involve fewer resources and reduce the need for powerful painkillers such as morphine."

The study appeared in *Bone and Joint Journal* and was funded by The National Institute for Health Research (NIHR) Research for Patient Benefit (RfPB).
Nursing Home Queen Tackling Stigma of Long Term Care Facilities

WSFA 12 News in Montgomery Alabama recently featured a story about the most recent Ms. Alabama Nursing Home, and how she plans to use her crown as a platform to discuss the stigma associated with nursing home living.

Sarah “Sally” Scott told reporters that she’d never won anything in her life, let alone competed in a pageant, until now. After winning the local pageant at Westside Terrace Nursing Home in Dothan, AL, Scott went on to with the state pageant against nine other contestants.

"Words can't express it. I've never won anything in my life. I've never entered anything. When they did that I thought I was going to freak out, but it was the most wonderful feeling I've ever had," said Scott.

According to the article posted on WSFA’s website, now that she’s taken the crown, Scott plans to use her new status to tackle a topic that is near and dear to her—transitioning into a nursing home and the stigma associated with living in a long term care facility.

"For years, long-term care has had a negative stigma associated with it. They don't know what to expect. That creates fear. When they come they're usually pleasantly surprised at the experience they have - that it's nothing like they expected," said Kristie Hughes, administrator, Westside Terrace.

Scott became a resident at Westside Terrace after she was injured during a fall. Her doctor informed her that she would need 24-hour care, something she and her husband were unable to afford, so the couple decided to make the facility their new, permanent home. Initially, she was nervous about the move, but says now she is truly happy and still has a sense of freedom.

"The stigma, is a lot of them thought a nursing home was a place you go to die. We wanted them to know that they're coming here to live," said Scott.

"The reality is nursing homes are a fun place to be. They're a lot of activities. People are able to select their own schedule and determine the course of their own day," said Hughes.

Scott says she plans to use her platform as queen to travel around the state sharing her story of a positive transition and dispel the myths associated with nursing home care.

"This is the best place to be if you can't take care of yourself. Everything is done for you. Your laundry, your cleaning, your meals and you have freedom," said Scott.

Scott’s first speaking engagement is next month. She will travel to Birmingham to speak at the Alabama Nursing Home Association Convention.

To see the full news report, click here.

Quadruple-Dose Flu Vaccine Lowers SNF Residents’ Hospitalizations, Study Shows

Vaccines with four times the antigen of the standard flu vaccines significantly decrease the risk of respiratory and all-cause hospitalizations during flu season, according to the largest nursing home study conducted to date on the effect of a high dose flu vaccine.

According a recent McKnight’s piece, research was conducted on 38,000 nursing home residents, ages 65 and older, across 38 states to see the effect of the high dose flu vaccines. All of the participants were on Medicare and received the high dose vaccines instead of the regular dose.

Results showed that respiratory illness hospitalizations decreased by nearly 13 percent and all-cause hospitalizations fell by 8.5 percent during the study period. And, experts said, the imputed cost savings are significant.
"If given to all approximately 1.5 million nursing home residents, a one percent drop in hospitalizations would translate to thousands fewer being hospitalized," said Stefan Gravenstein, MD, MPH, lead author of the study. "In our study, we estimated that for every 84 individuals receiving the high-dose vaccine, a person was prevented from being hospitalized during the influenza season."

This study was the first randomized and controlled prospective study that demonstrates how effective the high dose flu vaccine is in reducing respiratory-related hospitalizations for nursing home residents compared to regular doses. Study findings were published in *The Lancet Respiratory Medicine*.

To read the full article from *McKnight’s*, [click here](#).

**September 2017 Observances**

**September 10 is National Grandparents Day:** Celebrated since 1978, Grandparents Day has offered families a time to celebrate the older generation and to encourage collaboration among generations, evoking the vibrancy, energy and sheer productivity that result when people of all ages come together. For more information, [click here](#).

**September 10-16 is National Assisted Living Week:** NCAL hosts this weeklong celebration each year to honor assisted living communities around the country, as well as the residents, families, staff and volunteers that are a part of those communities. For more information visit [www.ahcancal.org/ncal](http://www.ahcancal.org/ncal) or see the AHCA/NCAL Information section below.

**September 10-16 is National Healthcare Environmental Services Week:** Environmental Services professionals are key players on your long term care center teams. This special observance offers an excellent opportunity to recognize your staff for the important work that they do. [Click here](#) for more information.

**September 10-16 is International Housekeeping Week:** Held every year during the second full week of September, International Housekeepers Week (IHW) is a week dedicated to recognizing the efforts of hard-working custodial staff members. The true heroes of any building operation, cleaning employees have one of the toughest jobs in a building, but also one of the most important. [Click here](#) for more.

**September 17-23 is National Rehabilitation Awareness Week:** Each year, the National Rehabilitation Awareness Foundation organizes this observance to promote the benefits and impact of rehabilitation services. This year’s theme is *Reaching Goals, Improving Lives*. For product 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](http://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](#).

**Interested in Serving as a Quality Award Examiner—New Webinar Now Available**

Do you have a passion for quality and/or the AHCA/NCAL National Quality Award Program? Do any of the following benefits appeal to you? Networking in the long term care profession; opportunities for professional development;
education in Baldrige criteria; positively impacting long term care performance across the country; and/or earning Continuing Education Units (CEUs).

If your answer was yes to any of the above, the "Serving as an Examiner" webinar is for you! Click here to watch.

**Upcoming Webinars:**

- **The Role of Healthcare Professionals in Protecting Older Adults against Influenza** | Hosted by the National Foundation for Infections Disease (NFID) | September 6, 2017 | 12:00 p.m. (EDT)
- **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 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.

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

**IHCA Information**

**Time is Running Out—Have You Reserved Your Booth for the 2017 Expo?!**

*IHCA’s 67th Annual IHCA Convention & Expo is less than two weeks away.* 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.

For **those who have already reserved their booths, have you submitted your badge requests?** Save yourself the time and hassle of having to have them printed when you arrive by simply submitting your request online (click here)! For more information about the show, and to access all of the materials you may need to coordinate your booth, please visit the IHCA Convention & Expo Exhibitor Information page.

If you have any questions, please contact Kelli Showalter at kshowatler@ihca.com.
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.

Introducing the all-new IHCA VCast.
Did you watch the first ever IHCA V-Cast earlier today? This new feature is a brief video message that will come to you every week on a specific topic. This week is about the upcoming convention and expo. If you haven't already, check it out! Thank you to our sponsors…RXPERTS Pharmacy. If you're looking for a new pharmacy or have any pharmaceutical questions just call Zack at 847-209-1212 or go to their website at www.rxpertspharmacy.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.

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 a future issue!!

Has your company recently celebrated a milestone? 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!