Time is Running Out to Apply for the Illinois Leaders Program Class of 2018!

Leadership: It’s a word we’ve all seen, and could probably even define. But helping the right person become a leader? That can be hard to do. True leadership cannot be taught; it is an innate quality within an individual. However, it can be nurtured and enhanced through coaching or mentoring in order to help a leader be the best and most effective influence they can be for those around them. Fortunately, IHCA has a program that’s tailor made to help leaders become stronger and more focused on their professional leadership skills. If you, or someone you believe could be a good leader in your organization, are looking for a new challenge, this is the opportunity you have been looking for.

The IHCA Illinois Leaders program helps you to take that next step and the only thing it takes is time and effort (and filling out the application)…the program provides the books, lodging (if necessary) and meals!

Applications for IHCA’s Illinois Leaders program—Class of 2018 are now being accepted! Click here to view more about the program or click here to view the application. The deadline to apply is October 1.

Thank you to our friends at Consonus Healthcare for sponsoring the Class of 2018. To learn more about them, check out their website at www.consonushealth.com or reach out to Carman Meade, Regional Vice President at (515) 229-9758 or cmeade@consonushealth.com.

Should you have questions on the Leaders Program please contact Debbie Jackson or David Voepel.

Algorithm Warns Two Years Before Dementia Begins

According to a recent study from McGill University, an algorithm developed using artificial intelligence techniques and big data can recognize the signatures of dementia two years before its onset. This algorithm could help doctors determine, many years in advance, who is likely to develop dementia, giving patients and their families time to plan and manage treatment and care.

The process involves a single amyloid PET scan of the brain of patients at risk of developing Alzheimer’s. Pedro Rosa-Neto, co-lead author of the study and associate professor in the neurology & neurosurgery and psychiatry departments at McGill University, expects that this technology will change the way physicians manage patients and greatly accelerate treatment research into Alzheimer’s disease.
To conduct their study, the research team from McGill drew on data available through Alzheimer’s Disease Neuroimaging Initiative (ADNI), a global research effort in which participating patients agree to complete a variety of imaging and clinical assessments. One member of the team used hundreds of amyloid PET scans of patients with mild cognitive impairments (MCI), a condition that often leads to dementia, from the ADNI database to train the algorithm to identify which patients would develop dementia before symptom onset—with 84 percent accuracy.

Researchers continue to seek out additional biomarkers for dementia that could be incorporated into the algorithm to improve its prediction capabilities. The software is only currently available online to scientists and students. Physicians will not be able to access the tool and use it in clinical practice before certification by health authorities.

For more information, click here to read the full article from Furturity.org.

**Skeletons Give Clues to Americans' Rising Arthritis Rates**

The number of individuals with knee osteoarthritis in the U.S. has doubled since the 1940s, but not just because Americans are living longer and weigh more, according to a new study from Harvard University.

"We were able to show, for the first time, that this pervasive cause of pain is actually twice as common today than even in the recent past. But the even bigger surprise is that it's not just because people are living longer or getting fatter, but for other reasons likely related to our modern environments," said study first author Ian Wallace, a post-doctoral fellow in the lab of senior study author Daniel Lieberman.

According to the researchers, learning more about knee osteoarthritis is important not only because it affects a third of Americans over the age of 60, but because it is responsible for more disability than almost any other musculoskeletal disorder. Additionally, Lieberman noted that apart from joint replacement the disease is almost entirely untreatable, and once someone has it they are trapped in a vicious cycle.

"People become less active, which can lead to a host of other problems, and their health ends up declining at a more rapid rate," he explained.

For the study, the authors examined research spanning more than 6,000 years of human history to search for tell-tale signs of osteoarthritis. Their work was combined with that of other contributors to create a record-sized sample of older people from prehistoric times, early industrial times (mainly the 1800s) and the modern era.

Lieberman noted that the most comparison was between early industrial and modern samples, as they had a great deal of information about each individual, including age, sex, weight, ethnicity and often their occupation and cause of death.

"So using careful statistical methods, we are able to say that if you were born after World War II you have approximately twice the likelihood of getting knee osteoarthritis at a given age or BMI than if you were born earlier," he said.

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

**Advanced Practice Nurses Key to Improving SNF Care, Researchers Say**

Training an advanced practice nurse to lead a nursing home care team has shown promise for improving staff communication and the way facilities handle mobility, hydration and end-of-life care issues, a new study by a team at the University of Missouri shows. This study was conducted as part of the Missouri Quality Initiative for Nursing Homes. The program, now in its 5th year, has been researching health care improvements for older adults, including placing APRNs at 16 skilled nursing centers to guage how their skills influenced care coordination.

To judge the impact APRNs had on the facilities, researchers collected data on hospitalizations, “basic” care needs like hydration and mobility, care discussions and communication. Overall, 12 of the 16 centers reported reductions in hospitalization rates since hiring an APRN.

Additionally, the APRNs themselves documented their experiences, detailing successful initiatives they had implemented at the facilities including having fall huddles with staff, setting up hydration stations around the facility, and coordinating end-of-life care discussions with social workers.
Researchers noted that in order for the APRNs to be successful, they required leadership support. Without it, management became a barrier to improving care quality.

“It was challenging to embed APRNs into nursing homes and expect that they can immediately change practice,” the researchers wrote. “Not every APRN has the skill set to facilitate systems change, but when they have adequate support to develop those skills, they can begin to implement the changes needed to improve care to older adults by improving basic care and communication.”

With specialized training and certifications, however, “APRNs can play a key role in managing resident care, which helps decrease the likelihood of hospitalizations and improves care,” said lead author Lori Popejoy, Ph.D.

For more on these findings, click here to read the full article from McKnight’s.

September/October 2017 Observances

**September is Healthy Aging Month:** Organized by Healthy Aging® to encourage community participation in healthy aging events, this observance acts as an opportunity to promote taking personal responsibility for one’s overall health—including physical, mental, social or financial health. Visit www.healthyaging.net for more information.

**September is National Preparedness Month:** Each year, in order to educate the public about how to prepare for emergencies, including natural disasters, mass casualties, biological and chemical threats, radiation emergencies and terrorist attacks, FEMA organizes this month long observance. This year, the theme was Disasters Don’t Plan Ahead. You Can. For more about National Preparedness Month, click here. Visit www.fema.gov to see what you can do to help those who are dealing with the aftermath of recent disasters.

**October 2-6 is National Health Information and Technology Week:** We are at a critical point on the path to health care transformation in the U.S. Health information technology improves the quality of health care delivery, increases patient safety, decreases medical errors and strengthens the interactions between patients and health care providers. Help raise national awareness during Health IT Week. Click here for more information.

**October 5 is National Depression Screening Day:** Held annually during Mental Illness Awareness Week, National Depression Screening Day (NDSD) raises awareness and screens people for depression and related mood and anxiety disorders. Click here for more about mental health screening.

**October 10 is World Mental Health Day:** Each year on October 10, the World Health Organization (WHO) organizes World Mental Health Day to raise awareness of mental health issues around the world and mobilizing efforts in support of mental health. It provides health care professionals the opportunity to talk about their work and what more needs to be done to make mental health care a reality for people worldwide. Click here for more information.

AHCA/NCAL Information

**The 68th Annual AHCA/NCAL Convention & Expo in Las Vegas is Just a Few Weeks Away**
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! Advanced registration is now closed. You may register on-site, additional fees may apply. Click here for more information.

**Nominations for 2018/2019 AHCA Committees Now Being Accepted**
You have the opportunity to nominate yourself or another member to serve on one or more of the following committees: Business Management, Clinical Practice, Constitution and Bylaws, Credentialing, Customer Experience, Emergency Preparedness, Health Information Technology, Independent Owner Council, Intellectual and Developmental Disabilities (ID/DD) Residential Services, Legal, Life Safety, Not for Profit Council, Political Action and Involvement (PAIC), Quality Improvement, Regional Multi-facility Council, Reimbursement, Survey/Regulatory, and Workforce.
All AHCA members are highly encouraged to participate in this process. Nominations are due by October 20. Click here to learn more about the process.

**National Quality Awards 2018—Intent to Apply is Now Open!**
Applicants are strongly encouraged to submit an Intent to Apply. The Intent to Apply is not mandatory to apply for the Quality Award, but members who submit an Intent to Apply benefit by saving money on their overall application fee and receive weekly tips on submitting a successful application. Click here for more information.

**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:**
- 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 Information**

Thank You to Everyone Who Made This Year’s Convention & Expo A Success!
Another outstanding convention and expo is in the record books. IHCA would like to thank everyone who attended, and all of our wonderful exhibitors, speakers and staff who made our event possible. We would also like to offer a special thanks to all of our sponsors!

IHCA staff is still working on post-convention tasks, including processing speaker evaluations and continuing education certificates. Attendees should be able to download their certificates soon. Please stay tuned!!

Additionally, IHCA would like to congratulate all of the winners of awards that were presented during convention:

**Golf Outing – Winning Foursome:**
- Jack Walker
- Tom Steil
- Ron Wilson
- John Zellman

**5K Winners:**
- Overall: Brookly Becke
- Top Male: Brent Morgan
- Top Female: Jennifer Gerenraich

*Proceeds from the 5K Run/Walk helped raise $1,200 for Leukemia research this year!*

**IHCA Associate Member of the Year**
ONR, Inc.

**IHCA Excellence Award for Long Term Care Centers**
- Alpine Fireside Health Center
- Burgess Square Healthcare and Rehabilitation Centre

**LTCNA Nursing Awards**
- Certified Nursing Assistant of the Year – Carmen Jansen, Carlyle Healthcare Center
- Nurse of the Year – Trent Adams, Carlyle Healthcare Center
- MDS Coordinator of the Year – Heather Mix, Carlyle Healthcare Center
- Director of Nursing of the Year – Linda Mueller, Coulterville Rehabilitation & Health Care Center

We are already planning for the 68th Annual Convention & Expo and will release pertinent information as it becomes available. The Call for Presentations will open January 1, 2018 for speakers. If you are interested in exhibiting at next year’s expo, we are currently accepting Early Bird contracts. Visit the Exhibitor Information page for more information.
Check Out this Week’s IHCA VCast
Have you been watching our IHCA VCast videos?? This new feature is a brief video message that will come to you every week on a specific topic. This week we are discussing the Illinois Leaders Program and how you can apply. Click here to view it! You can also view the VCast from 9/21 – Emergency Preparedness (click here) and from 9/14 – Mark Parkinson (click here). We are in the process of getting the past videos posted on our website, so stay tuned!

Thank you to our sponsors this week—Consonus Healthcare. With more than 25 years of experience, Consonus provides rehabilitation, pharmacy, PACT and consulting services to the post-acute profession. If you have questions, contact Carman Meade at 515-229-9758 or email her at cmeade@consonushealth.com. Visit www.consonushealth.com for more information.

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!