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One Week Left to Submit Staff & Specialty Award Nominations! Don’t Delay!

Do you have fantastic staff members or coworkers that you think deserve to be recognized? The IHCA Staff & Specialty Awards gives members the chance to do that. Additionally, you can submit nominations for your center’s innovative programs, communications and community outreach projects. Click here to download and print nomination forms to be submitted via fax or email, or submit your nominations online!

We are accepting nominations for the following categories:

Staff Awards
Administrator
Assisted/Supportive Living Director
Social Service Professional
Activity Professional
Housekeeping Professional
Food Service/Dietary Professional
Environmental Services Professional
Business Office Professional
Administrator’s Choice Award (for nominees who do not fit into other categories)

Specialty Awards
Associate Member
Community Partnership
Innovative Program
Communication
Media Event
Photograph
Volunteer Award

All nominees receive a certificate of recognition and a list of nominees will be feature in various IHCA publications and on the IHCA website. Winners will be announced during National Skilled Nursing Care Week (formerly National Nursing Home Week) and a member of the IHCA staff will personally deliver the awards to the winners’ facilities. Press releases will be sent out announcing the winners and their names will be publicized in various publications and online as well.

**Please Note:** Our IHCA Excellence Awards program has two distinct parts—the Staff & Specialty Awards and the Award for Long Term Care Centers. Currently, we are only accepting nominations for the Staff & Specialty Awards. This does not include the LTCNA Nursing Awards. More information regarding the Long Term Care Centers Award and the LTCNA Nursing Awards will be released as it becomes available.

If you have any questions, please contact Ashley Caldwell (acaldwell@ihca.com).
IHCA/ICAL is offering an extensive certificate program to assist AL/SLF Directors in their operations. This program will take place over the course of 7 months and feature face-to-face sessions, as well as web seminars. The program will total 20-22 clock hours of continuing education and will conclude with a luncheon/graduation.

**About the Program**

The IHCA/ICAL AL/SLF Directors Certificate Program kicks off with an informative and interactive face-to-face event on April 19 in Bloomington that includes legislative and regulatory updates pertinent to AL/SLF centers and other regulatory issues such as HIPAA, Cybersecurity and an introduction to AHCA’s Long Term Care Trend Tracker. Two (2) web seminars will be scheduled each month in May, June, August and September that will cover a variety of topics such as pain management, financial management, the aging process, advanced directives and more. Mary Tellis-Nyak will present an all-day leadership session in July and the final session will be in October with Scott Tittle, NCAL’s Executive Director. During the October session, Scott will discuss the book, Leadership and Self Deception (which participants will receive at the kick off session) and certificates of completion will be presented.

[Click here](#) to view the program application. *Deadline to submit your application is March 30, 2018.*

**AHCA/NCAL Announces New Three-Year Quality Initiative Goals**

Six years ago, AHCA/NCAL laid out a bold plan to improve the quality of care in our long term and post-acute care centers and communities. This plan wasn’t a requirement or a directive, it was something the long term care profession, led by AHCA/NCAL, set out to do. They set the goals paved the way to show measurable, sustained advances in three years. However, the program didn’t stop there. New goals were set in 2015, setting the bar even higher for excellence in long term care.

Now, AHCA/NCAL has [announced](#) the next set of three-year Quality Initiative goals. Identified and endorsed by members of the AHCA/NCAL quality committees and approved by the AHCA/NCAL Quality Cabinet and Board of Governors, the new targets continue to build on the successes you have achieved over the last six years. For the next three years we challenge each of you to meet and sustain measurable results in key areas by March 2021.

**Skilled Nursing Care Centers**

The new quality metrics for skilled nursing centers have been chosen carefully. First, they are all tied together and reinforce each other. Success in one area will lead to success in the others. Second, we have aligned all four goals with top priorities for the Centers for Medicare & Medicaid Services (CMS), Accountable Care Organizations (ACOs) as well as Managed Care Organizations (MCOs), and with federal mandates that link financial outcomes to quality performance. The new targets are:

- Safely reduce long-stay and short-stay hospitalizations by improving 10 percent-or maintain a rate of 10 percent or less;
- Improve functional outcomes (self-care and mobility) by 15 percent;
- Improve long-stay and short-stay satisfaction by 10 percent-or achieve a rate of 90 percent or greater; and
- Safely reduce the off-label use of antipsychotics by 10 percent-or maintain a rate of 8 percent or less in long-stay residents, and maintain a rate of 1 percent or less in short-stay residents.

Learn more about the skilled nursing goals at [qualityinitiative.ahcancal.org](http://qualityinitiative.ahcancal.org).

**Assisted Living Communities**

The Quality Initiative is also inspiring the state-based, assisted living profession to collect and report national quality data without a government mandate. Similar to the skilled nursing goals, all the assisted living goals work in tandem. The three-year goals for assisted living communities are:

- Reduce turnover among direct care staff— to a rate of 50 percent or less;
- At least 90 percent of customers (residents and/or families) are satisfied with their experience;
- Safely reduce hospital readmissions within 30 days of hospital discharges to a rate of 20 percent or less; and
- Safely reduce the off-label use of antipsychotics to a rate of 15 percent or less.

Learn more about the assisted living goals at [qualityinitiative.ncal.org](http://qualityinitiative.ncal.org).


These events tend to fill up fast, so if you would like to attend, sign up soon! Complete the registration form (click here) and return via fax to 217-782-0382 or by email to dph.design.standards@illinois.gov.

For questions regarding this seminar, please contact Jody Gudgel at 217-785-4247.

New 'Playbook' Provides Opioid Prescribing and Pain Management Support for LTC

Earlier this month, the National Quality Forum released a comprehensive guide to support safe and appropriate opioid prescribing practices and help manage patients’ pain. The “National Quality Partners Playbook™: Opioid Stewardship” provides strategies for skilled nursing providers as part of a series of solutions to address the epidemic across health care organizations and practice settings.

Opioid usage is a major topic in long term care. According to the Centers for Disease Control and Prevention, nearly 50 Americans die each day from a prescription opioid-related overdose. The Substance Abuse and Mental Health Administration projects the population of older adults who misuse opioids is projected to double from 2004 to 2020, from 1.2 to 2.4 percent. Federal lawmakers are also looking to limit the length of new opioid prescriptions for Medicare recipients.

Older Americans, especially residents in long-term care settings, are among the most vulnerable individuals dealing with pain," Shantanu Agrawal, M.D., MPhil, president and CEO for the National Quality Forum, told McKnight’s. “The 'National Quality Partners Playbook™: Opioid Stewardship' offers a path for long term care providers and all health care organizations and clinicians to better assess, diagnose, and treat pain using safe and appropriate patient-centered strategies that may or may not include medications.”

The full version of the playbook is now available for download. NQF will also host a public webinar on opioid stewardship on March 29, followed by a one-day workshop for clinicians and health care quality leaders.

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

Bystander Use of Defib Device Doubles Chances of Surviving Cardiac Arrest

Surviving cardiac arrest could depend on a bystander quickly shocking your heart back into its normal rhythm, a recent study has shown. And, clearly, this is more likely to happen if there is an automated external defibrillator nearby.

For the study Dr. Myron Weisfeldt, director of cardiology at Johns Hopkins University in Baltimore, and his colleagues collected data on nearly 50,000 out-of-hospital cardiac arrests that happened in major cities in the U.S. and Canada. While analyzing the data, the team looked at cases of cardiac arrest that happened in public, were seen by others and were shockable.

Researchers found that AEDs were used in nearly 19 percent of these cases. After a shock was given by a bystander nearly 66 percent of the patients survived to hospital discharge. Additionally, fifty-seven percent of those given an AED shock by a bystander had near normal brain function and better outcomes, compared with 33 percent of those who had to wait for a shock by a first responder, such as emergency medical services. And, researchers also found that 70 percent of victims who were not given a shock by a bystander either died or survived with brain damage.

"It's important to have an AED and to learn how to use it, because you can really improve the chances of a person surviving with excellent neurological ability," said Weisfeldt. The longer it takes for a patient to get a lifesaving shock, the worse the outcome, he added. “Every minute that goes by without treatment, you lose about 10 percent of the survival," he said.

A American Heart Association survey found that most U.S. employees are not prepared to handle cardiac emergencies because they lack training in CPR and first aid and that half of all U.S. workers cannot locate the AED at work. In the hospitality industry, that number rises to 66 percent, according to the survey.
To be effective, an AED needs to be as accessible as a fire extinguisher, said Peter Fromm, immediate past chair of the systems of care subcommittee of the American Heart Association's Emergency Cardiovascular Care.

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

March 2018 Observances

*March 20 is World Oral Health Day*: The theme for this year’s World Oral Health Day is “Say Ahhh: Think Mouth, Think Health.” A healthy mouth and a healthy body go hand in hand. Maintaining a healthy mouth is crucial to keeping it functioning correctly and for maintaining overall health and quality of life. It’s never too early or too late to start looking after your mouth; your body will thank you. Click here for more information.

*March is Save Your Vision Month*: The roots of Save Your Vision Month has been traced back to 1927 by the American Optometric Association, but it wasn't until 2005 that it became the monthlong observance it is today. This month, take time to think about eye health and the importance of vision care, not just for yourself but for the residents you serve. Click here for more information.

*March is National Nutrition Month*: National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. This year’s theme is “Go Further with Food” and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Click here for more!

*March is National Developmental Disabilities Awareness Month*: This year marks the 30th anniversary of National Disabilities Awareness Month. Since 1987 the month of March has been celebrated as Developmental Disabilities Awareness Month. Take the time this month to learn about programs that provide career planning and jobs to developmentally disabled so that they can be an active part of our society, as well as other programs that are out there to assist individuals with ID/DD.

AHCA/NCAL Information

**State of Seniors Housing 2018 – Complete the Survey – Just a Few Days Left!**

NCAL is teaming up, once again, with the American Seniors Housing Association (ASHA), National Investment Center for Seniors Housing & Care (NIC), Leading Age, and Argentum to issue The State of Seniors Housing, a report on the financial performance data for seniors housing communities. We need your participation in order to provide a representative picture of the industry.

Please download the 2018 State of Seniors Housing Survey (Excel format) and submit completed surveys to colleen.blumenthal@healthtrust.com by close of business Monday, March 19, 2018. Questions about the survey should be directed to Colleen Blumenthal of HealthTrust, LLC at (941) 363-7502 or at her email address noted above.

*Properties Eligible for Inclusion in Survey*

- Properties eligible for inclusion in the State of Seniors Housing sample include the following:
- For-profit or not-for-profit communities
- Communities where the majority of units provide Independent Living, including Senior Apartments
- Communities where the majority of units provide Assisted Living services
- Communities where the majority of units provide Alzheimer’s care
- Life Plan Communities/Continuing care retirement communities

(Please do not complete surveys for properties where rates are subsidized, such as Sec. 202 elderly housing.)

For more information, click here.

**Registration Now Open for 2018 AHCA/NCAL Congressional Briefing**

Join your colleagues from across the country June 4 & 5 as we gather in Washington, DC for two full days of exciting advocacy efforts, updates and discussions. The AHCA/NCAL Congressional Briefing offers you the unique and priceless
opportunity to meet with your Members of Congress and tell them what you would like them to do to best help you maintain quality care in your centers.

You'll also hear from outstanding speakers. This year's Opening Keynote is Carl Bernstein, legendary Pulitzer Prize-winning journalist, author, and political analyst.

The Advanced Registration Deadline is May 7 and prospective attendees are encouraged to register as soon as possible. Hotel space will fill up quickly and those who register and book their rooms early are much more likely to find space in the conference hotel.

The conference registration fee is complimentary to AHCA/NCAL Members and AHCA/NCAL Associate Business Members, and their spouses, and is accepted on a first-come basis. For questions, please contact meetings@ahca.org, or call (202) 842-4444.

AHCA/NCAL Launches New CoreQ Website
Earlier this year, AHCA/NCAL launched a new website to help long term and post-acute care providers administer CoreQ. As part of AHCA/NCAL's metric-based Quality Initiative to improve quality care, CoreQ allows providers across long term and post-acute care settings to measure overall customer satisfaction with a uniform set of questions. In 2016, the National Quality Forum (NQF) endorsed three of the five CoreQ measures for SNCCs through extensive testing and evaluation of the measures' reliability and validity. As part of AHCA/NCAL's metric-based Quality Initiative to improve quality care, CoreQ allows providers across long term and post-acute care settings to measure overall customer satisfaction with a uniform set of questions. In 2016, the National Quality Forum (NQF) endorsed three of the five CoreQ measures for SNCCs through extensive testing and evaluation of the measures' reliability and validity.

The website includes resources such as a CoreQ Technical Manual as well as a list of customer satisfaction vendors that have adopted CoreQ and can upload member CoreQ data to LTC Trend Tracker.

Click here for more information.

2018 NSNCW Guide & Catalog Now Available!
The planning guide for National Skilled Nursing Care Week (NSNCW) 2018 is now available!! Click here to view it. This year's observance will be held May 13-19. The theme this year will be "Celebrating Life's Stories," which serves as a tribute to life's most significant events, relationships and experiences, all of which shape the unique perspectives of residents, families, staff and volunteers in long term and post-acute care. For more information, click here.

Upcoming Webinar
• CMS’ Resident Classification System Version 1 – An Overview and Preliminary Action Steps | Thursday, March 29 | 3 - 4:30 p.m.

IHCA PAC Information
Dates for the 2018 IHCA PAC events have been announced! IHCA PAC annually puts on a number of fundraising events to promote our political efforts. We are now looking for sponsors (and participants!) for this year's outings. Please mark your calendar for the following 2018 IHCA PAC events:

Southern Illinois Golf Outing - May 14
IHCA's 4th Annual Southern Illinois Golf Outing will be held at Stonewolf Golf Course in Fairview Heights, IL (near St. Louis). Last year's outing had 34 participants. The 2018 outing will be at the same venue and prices include greens fees, golf, lunch, drinks and a reception after the outing. Click here for registration form. $100 per person/$375 per foursome

IHCA PAC Annual Baseball Outing - July 20
An event that quickly became a crowd favorite, 2018 marks the 6th 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 2016 World Champion Chicago Cubs and perennial favorite St. Louis Cardinals. Pricing is all inclusive. $250 per person
Registration Now Open for the 21st Annual Resources for Success

Join us in Springfield for the 21st Annual Resources for Success April 11 & 12. Hosted by IHCA and LTCNA this two-day conference is specifically focused on long term care nursing staff. You won’t want to miss keynote speaker Faith Roberts as she draws from her extensive experience in administration, education and clinical practice. Click here to view the brochure.

Interested in exhibiting at Resources? There are a few spots left! Contact Kelli Showalter (kshowalter@ihca.com) today!

Infection Preventionist Specialized Training (IPCO)

The most frequently cited F-Tag in standard nursing facility health inspection surveys under the new survey process is F880 – Infection Prevention & Control. AHCA has designed an important educational tool to support infection prevention and control programs. Their Infection Preventionist Specialized Training (IPCO) program was created to prepare individuals to effectively implement and manage an Infection Prevention & Control program in skilled nursing centers.

The training course registration fee is $450 for IHCA. There are no refunds and no transfers. Payment and registration must be made online in ahcancaLED. Group discounts are available for purchases of 25 or more IPCO registrations. The IPCO course can be accessed here.

Latest IHCA VCast

This week’s episode featured Dave and Matt discussing upcoming changes to the association. VCast Online: Past issues of the weekly VCast emails, with all of the appropriate links, are now available in the IHCA Resource Center. To access the resource center, simply log in to the member portal and click on Resources.

LTCNA Offering Core Competency 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!