Maitland-Warner Scholarship Fund Now Accepting Applications

Each year, the John W. Maitland, Jr. – Joseph F. Warner Long Term Care Nurses Scholarship Fund awards scholarships to individuals seeking to pursue nursing degrees and employment in long term care in Illinois. The fund was created to honor Senator John W. Maitland, Jr., and Joseph F. Warner, two champions of long term care in Illinois. Senator Maitland is considered to have done more to advance the needs of the long term care profession and residents in the General Assembly than any other elected official in Illinois. Warner is credited with spending countless hours educating legislators and elected officials about long term care issues. A former IHCA board president, he truly valued the power of education.

Interested in applying for a Maitland-Warner scholarship? Click here to access a printable application. Click here to apply online.

Before you begin your application, please be aware that there are several additional materials that are required and must be uploaded before you can submit your application.

The following information/documentation must be attached below in order for your application to be considered:

- A copy of the letter of acceptance from the nursing school.
- Proof of completion of prerequisites for the LPN, RN or APN program (as applicable).
- Two (2) letters of recommendation, one by the facility/program Administrator and one by the Director of Nursing.
- LPN, RN and APN Scholarship Evaluation Form completed by the Director of Nursing or Administrator. (Click here to download the Evaluation Form)

***Deadline for submission of all materials is June 1, 2018.***

For Better Patient Care, Prevent Nurse Burnout

Nursing is ranked among the top 10 fastest-growing occupations in the country; however, the number of nurses leaving the profession is currently outpacing the number of those entering, and turnover is getting worse. According to the Robert Woods Johnson Foundation, nearly 20 percent of nurses leave the profession during their first year, and one in three is gone within two years.
“We know there is a burnout epidemic among nurses,” said Allison Gabriel, assistant professor of management and organizations in the Eller College of Management at the University of Arizona. “The stress of caring for patients, the demands from patient families and from physicians—these are likely contributing to a growing nursing shortage in the United States, leaving us with fewer trained caregivers at a time when, increasingly, we’ll need more.”

To evaluate how compassion practices influence nurses’ reports of well-being, researchers studied 177 nurses in 30 ambulatory clinics in a Southeastern hospital.

They found that in clinics where compassion practices were the norm, nurses self-reported less emotional exhaustion (feelings of fatigue and stress and of being overextended) and more psychological vitality (feelings of alertness, vigor, and energy). They also found that in clinics with higher levels of compassion practices, patients reported better interactions with nurses and gave higher evaluations of their patient care experience. The results show that compassion practices improve nurses’ well-being and are good for patients, too.

“The advantages of instituting and encouraging compassion practices can be significant,” Gabriel said. “They are low-cost, budget-conscious tactics. They help produce happier nurses, and they result in patients having a better care experience in the clinics.”

To find out more, click here to read the full article from Futurity.org.

Aging Can Be Tough to Swallow

It has been suggested that one-quarter of adults in the U.S. will develop a swallowing problem at some point. However, researchers hope insight from a new study may help lead to improved treatment.

The Johns Hopkins University team hopes the findings will help rehabilitation experts design exercises that could help prevent swallowing disorders in at-risk older adults, said Dr. Alba Azola, a Hopkins resident in physical medicine and rehabilitation.

The study included 31 adults (ages 62 to 91) with no swallowing problems and 33 healthy young adults (ages 18 to 28). It looked at the changes that occur in your ability to swallow as you age.

Both groups underwent an X-ray video test that revealed the mechanics of their swallowing. The test showed how long the windpipe was closed off during a swallow, how long it took to close the airway, and how food was prevented from getting into the lungs.

According to the researchers, test results showed that in older adults the swallow started later, meaning that food was getting to the throat later and it took longer for the start of actions to prevent food from getting into the airway. That puts older adults at higher risk of food getting into their lungs, which increases the risk of aspiration pneumonia, a condition that can lead to death, the investigators pointed out.

Researchers also noted that while more common among older adults, swallowing problems (dysphagia) can affect younger adults, too. About half of patients diagnosed with dysphagia die within one year of diagnosis. Treatments include rehabilitative therapy such as swallowing exercises that include strength training.

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

Music Therapy at the End of Life

“When working in long-term care settings, the reality is that we are caring for people in their final days of life. Individuals in long-term care typically have lived lives with much to process and share with others,” wrote Kaitlyn Kelly, MS, MT-BC, LCAT, in a recent guest column for McKnight’s.

“How can we provide our residents the compassion and care needed for their physical, emotional, social, and spiritual well-being at the end of life?”
In her column, Kelly describes how she worked with residents as part of her facility’s End of Life Music Therapy Program. Though there are great benefits to listening to pre-recorded music or a live performer, Kelly noted, music therapy, a clinical and evidence-based profession, works in collaboration with various clinical disciplines focusing on clinical goals.

Credentialed music therapists, who can be found through the American Music Therapy Association website, work with individuals approaching the end of life with live music to increase quality of life, coping skills and self-expression, and alleviate pain. They also address the immediate needs of the individual, she explained.

“When residents are focusing on the music,” said Kelly, “pain is often reported by the resident to have lessened or as no longer being present. Family members speak of music therapy as being a “gift” for their loved ones. When residents are no longer able to communicate verbally, music is a way to remain in the aesthetic of this world and continue participating in living.”

To find out more about this unique approach, click here to read Kelly’s guest column.

**Blood Pressure App Rivals Arm Cuff’s Accuracy**

A new app, recently covered in *Science Translational Medicine*, was found to measure blood pressure with accuracy that may rival arm cuff devices. It also includes the discovery of a more convenient measurement point.

“We targeted a different artery, the transverse palmer arch artery at the fingertip, to give us better control of the measurement,” stated lead author Anand Chandrasekhar, electrical and computer engineering doctoral student at Michigan State University. “We were excited when we validated this location. Being able to use your fingertip makes our approach much easier and more accessible.”

The approach uses two sensors: an optical sensor on top of a force sensor. The sensor unit and other circuitry are housed in a 1 centimeter-thick case attached to the back of the phone. Users turn on the app and press their fingertip against the sensor unit. With their finger on the unit, they hold their phone at heart level and watch their smartphone screen to make sure they’re applying the correct amount of finger pressure.

“A key point was to see if users could properly apply the finger pressure over time, which lasts as long as an arm cuff measurement,” explained senior author Ramakrishna Mukkamala, electrical and computer engineering professor. “We were pleased to see that 90 percent of the people trying it were able to do it easily after just one or two practice tries.”

Researchers believe this device could be a game-changer. While hypertension is treatable with lifestyle changes and medication, they explained, only around 20 percent of people with high blood pressure have their condition under control. This new invention gives patients a convenient option, and keeping a log of daily measurements would produce an accurate average, discounting an occasional measurement anomaly.

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

**April 2018 Observances**

**April 16 is National Healthcare Decisions Day:** National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning. This year’s theme is “It Always Seems too Early, Until it’s too Late.” Planning ahead is important. For more, go to www.nhdd.org.

**April 15-22 is National Volunteer Week:** Volunteers can help our centers and our residents in unique and important ways. Each year, the Hands On Network sponsors this special observance to recognize the importance of volunteering, and to encourage people to seek out ways they can get involved in their local communities. Click here for more.

**April 22-28 is Administrative Professionals Week:** Since 1952, the International Association of Administrative Professionals (IAAP) has sponsored Administrative Professionals Week to honor administrative professionals for their hard work and dedication. For more information, click here.

**April is National Parkinson’s Month:** Organized by the Parkinson’s Disease Foundation, this monthlong observance was created to raise awareness of the symptoms and treatment of Parkinson’s disease. For more information, click here.
Registration is now open for the 69th Annual AHCA/NCAL Convention & Expo. This year’s event will be held in San Diego, October 7-10. Join your colleagues from around the country for unbeatable networking, spectacular speakers, on-target education sessions, and a show-stopping Expo Hall filled with solutions to your toughest challenges. You’ll also find lots of opportunities to soak in the sun and charm of your surroundings.

Register for convention, and bring a colleague! Earn CEUs, discuss the latest challenges, get inspired, and make important new connections in the field. Four full days designed to help you achieve your toughest goals and improve the quality of care you provide in your centers and communities.

Don’t forget to include a ticket to NCAL Day on Sunday, October 7 with your registration package, to complete your assisted living education experience.

Check out this year’s website for online registration and complete event details.

Call for Entries – 2018 AHCA Awards Program
We are now accepting entries for the AHCA Awards Program. AHCA honors individuals who are committed to improving the quality of life for residents. The categories are as follows:

- Not for Profit Trustee of the Year
- Not for Profit Program of the Year
- Volunteer of the Year
  - Young Adult (Ages 13-19)
  - Adult
  - Group

Nominations packets are available on AHCA's website. In a change from previous years, Volunteer of the Year nominations may be submitted directly by centers in good standing with the state affiliate.

Please spread the word and take the time to submit a nomination. Honorees will be recognized at AHCA/NCAL's 69th Annual Convention and & Expo in San Diego.

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.

2018 NSNCW Toolkit is Now Available!
In addition to the planning guide for National Skilled Nursing Care Week (NSNCW) 2018, a new toolkit is now available!! To access the toolkit and other important information, click here. This toolkit includes:

- Sample Press Release Template
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.

**AHCA/NCAL Gero Nurse Prep – Take a Closer Look Today!**

Gero Nurse Prep can make a big difference in the clinical decision making and performance of your RNs. Nurses who complete Gero Nurse Prep show an average 24 percent increase between their pre- and post-course test scores. Quite simply, Gero Nurse Prep delivers smarter RNs who are better prepared to deliver quality geriatric nursing care in skilled nursing and assisted living settings.

All RNs who complete the AHCA/NCAL Gero Nurse Prep course ($690) earn 30 quality nursing contact hours, enough to meet the criteria for taking the ANCC certification exam. Gero Nurse Prep grads who choose to sit for the American Nurses Credentialing Center (ANCC) gerontological nursing certification exam ($395) have a pass rate of 96 percent on their first try.

Watch this [video](#) or visit the website at [geronurseprep.com](http://geronurseprep.com) to learn more about this online program designed to help RNs increase their geriatric nursing skills and to pass the ANCC exam.

**Upcoming Webinars**

- **Webinar: Providing Culturally Competent Care: Meeting the LTSS Needs of Dually Eligible Beneficiaries** | April 12, 2018 | 11:00 a.m. CST
- **Webinar: Safe and Effective Use of Medications in Older Adults** | April 18, 2018 | 11:00 a.m. CST
- **So You Think You Might Want to Run for the AHCA or NCAL Board: Everything You Want to Know But Are Afraid to Ask** | April 18, 2018 | 2:00 p.m. CST
- **LTC Trend Tracker℠ 101** | June 21, 2018 | 1:00 p.m. CST

**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

**IHCA Information**

**MCO Web Seminars for IHCA Members**

IHCA will be hosting free web seminars with MCOs involved in HealthChoice Illinois. As Illinois’ Medicaid program moves completely into Managed Care, you will need to learn how each organization operates and what is expected of you as providers. In these web seminars you will learn each plan’s procedures on billing coding, prior authorizations, a step-by-step process of the claims process, what triggers rejects and how they are handled and more.

- **BCBS – April 20 – 10 a.m.** | Pre-registration required to receive log in information.
- **BCBS – April 24 – 10 a.m.** | Pre-registration required to receive log in information.
Below are links to presentation materials from our webinars last week with Meridian and Molina:

Meridian Presentation  
Meridian Prior Authorization Form  
Molina Presentation

**Infection Preventionist Specialized Training (IPCO)**

![IPCO](image)

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 AHCA’s Clif Porter and Matthew Smyth talking about what’s happening on Capitol Hill and the upcoming AHCA Congressional Briefing. [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](mailto: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](mailto:acaldwell@ihca.com) or give her a call today!

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