Illinois Leaders Program Class of 2019: Deadline to Apply Extended!

Our Leaders Program is coming back for another year! This program was 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.

Applications for IHCA’s Illinois Leaders program—Class of 2019 are now being accepted! Click here to view more about the program or click here to view the application. The deadline to apply has been extended to October 12.

Thank you to our friends at Consonus Healthcare for sponsoring the Class of 2019. 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 Matt Hartman.

Progress: The Quality Initiative

This week, AHCA gave an update on the progress of the Quality Initiative, announcing that skilled nursing centers achieved a greater reduction in the use of antipsychotic drugs from 2011 to 2018 than non-members. AHCA members experienced a 37.2 percent reduction and non-members a 34.4 percent reduction in that timeframe.

CMS data shows that 23.6 percent of residents in member centers received an antipsychotic medication in the fourth quarter

<table>
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<tr>
<th>Hospitalizations:</th>
<th>Reduce long-stay and short-stay hospitalizations by improving 10% or maintain a rate of 10% or less by 2021. Baseline rates from Q1 2017.</th>
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<td>Antipsychotics:</td>
<td>Reduce use by 10% or maintain a rate of 8% or less in long-stay residents. Maintain a rate of 1% or less in short-stay residents by March 2021. Baseline rates for each from Q1 2017.</td>
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<tr>
<td>Customer Satisfaction:</td>
<td>Improve long-stay and short-stay satisfaction by 10% or achieve a rate of &gt;90% by March 2021. Baseline rates from Q1 2017.</td>
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of 2011 compared with 14.8 percent of residents in the first quarter of 2018.

Earlier this year, AHCA announced new three-year goals that continue to focus on safely reducing off-label antipsychotics as well as reducing hospitalizations, improving customer satisfaction, and improving functional outcomes. These goals align with CMS programs, such as Five-Star and Value-Based Purchasing.

Though it has not been long since the new goals were announced, trends for short-stay rehospitalization, measured by PointRight Pro30, and long-stay antipsychotics continue to improve based on the latest available data. More than 30 percent of members have achieved the short- or long-stay goal in hospitalizations, and more than 50 percent of members have achieved the short- or long-stay goals for antipsychotics.

For more information about the AHCA Quality Initiative, visit the website here.

**U.S. Alzheimer’s Cases to Nearly Triple by 2060**

According to a recent report, nearly 14 million Americans will suffer from Alzheimer’s disease by 2060, nearly three times the current number.

“This study shows that as the U.S. population increases, the number of people affected by Alzheimer’s disease and related dementias will rise, especially among minority populations,” said Dr. Robert Redfield, director of the U.S. Centers for Disease Control and Prevention.

The CDC noted that 5 million Americans—1.6 percent of the population—suffered from Alzheimer’s disease in 2014. That number is expected to increase to 13.9 million—nearly 3.3 percent of a projected population of 417 million people—by 2060.

The new report also found that white Americans will continue to comprise the majority of Alzheimer’s cases, simply due to their sheer numbers. But minorities will be hit especially hard. Among people 65 and older, black Americans currently have the highest prevalence of Alzheimer’s disease and related dementia at 13.8 percent, the CDC said. That’s followed by Hispanics (12.2 percent), and whites (10.3 percent).

By 2060, the CDC researchers estimated that 3.2 million Hispanics and 2.2 million black Americans will be afflicted with Alzheimer’s or a related dementia.

One reason for the increase in U.S. Alzheimer’s cases could be inroads made against other diseases of aging. As people are able to live longer with chronic illnesses such as heart disease or diabetes, their odds for developing a dementia in old age rises, the CDC explained.

All of this means more Americans will also become caregivers for loved ones with dementia. That makes spotting the disease early even more important, Redfield said. “Early diagnosis is key to helping people and their families cope with loss of memory, navigate the health care system, and plan for their care in the future,” he added in a CDC news release.

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

**Increasing RN Staffing in Nursing Homes Could Reduce Antipsychotic Use: Study**

Addressing the nursing home industry’s nursing shortage might have a domino effect in dropping antipsychotic use.

That’s one of the key findings from a new University of Missouri study, published in the *Journal of Psychiatric and Mental Health Nursing*. Nearly 6 million individuals in the U.S. suffer from dementia, about half who are housed in a nursing home. The Food and Drug Administration has not approved tranquilizers to treat the condition, but often, nursing homes reach for them to help address its symptoms, experts note.

Lorraine Phillips, an associate professor of nursing at MU, believes boosting RN staffing could help address this problem in the state.
“Missouri has fewer registered nurse hours per resident than the national average, and it ranks high in antipsychotic use,” she said in a press release. “We found that if registered nurse staffing in this state were to rise to meet the national average, the odds of antipsychotic use would go down by at least 22 percent.”

Researchers came to that conclusion by analyzing 2015 Minimum Data Set information and numbers from the Missouri Department of Health and Human Services at 458 nursing homes. They noted that more than 11 percent of residents, and 15 percent of those with dementia, received an antipsychotic within seven days of assessment.

Comparing facilities against one another, they determined that increasing registered nurse staffing by just one hour per resident day could reduce antipsychotic use by more than 50 percent for residents. Bringing RN staffing in line with the national average, requiring an increase of 20 minutes per resident day, would equal that 22 percent overall drop in use.

**This article was taken from McKnight’s Long Term Care News.**

### Exercising With Rheumatoid Arthritis

Different from osteoarthritis, which is the wear-and-tear breakdown of joint cartilage experienced over time, rheumatoid arthritis, or RA, is an autoimmune disease that causes both pain and intense fatigue.

When you’re in the throes of a flare, exercise may seem like mission impossible and you might be advised to rest until it passes. But exercise is an essential part of an overall treatment plan to ease RA symptoms and improve mobility. Aim for a weekly routine that includes stretching, cardio and strength training.

Stretching boosts flexibility and range of motion. First, warm muscles with 5 minutes of light movement, then do a series of stretches to target all muscle groups. Always hold each stretch for 20 seconds. Yoga and tai chi are specific activities that increase flexibility and may even help ease the emotional stress of RA. To learn the basics, take a class or work one-on-one with an instructor, at least at first.

You can get the benefits of cardio with low-impact exercises, which are easier on your joints than a pounding activity like running. Walking is great, but swimming and water workouts put even less stress on joints because of the buoyancy of the water.

Support your joints by strengthening the muscles around them with resistance exercises. You can use stretchy resistance bands if weights are too hard to manage. Pay special attention to the muscles surrounding the joints most affected by rheumatoid arthritis, but don't neglect other muscle groups.

Work with your rheumatologist or a physical therapist familiar with RA to develop an individualized plan and ask how you should tailor your activities when a flare strikes.

**This article was taken from HealthDay News.**

### Senior Housing Can Be Lonely, But Also Offers Support

Older adults who live in public senior housing communities experience a large degree of loneliness, according to a new study. Those same communities may also, however, be ideal locations for reducing that loneliness, the same study finds.

“There are many studies on loneliness among community-dwelling older adults; however, there is limited research examining the extent and correlates of loneliness among older adults who reside in senior housing communities,” writes Harry Chatters Taylor, doctoral student at the Brown School at Washington University in St. Louis and lead author of a new paper in the Journal of Gerontological Social Work.

For the study, researchers examined the extent of loneliness in three public senior housing communities in the St. Louis area. Two of the three complexes were in urban neighborhoods, and the last was located in a suburban neighborhood. All were publicly funded under Section 202 Supportive Housing for the Elderly Program.
Researchers collected data for the project with survey questionnaires with a total sample size of nearly 150 respondents. They measured loneliness using the Hughes 3-item loneliness scale. The questionnaire also included measures on socio-demographics, health/mental health, social engagement and social support.

The results showed that approximately 30.8 percent of participants were not lonely; 42.7 percent were moderately lonely; and 26.6 percent were severely lonely. In analyzing the data, researchers found loneliness was primarily associated with depressive symptoms.

“We speculate that loneliness may be higher in senior housing communities for a few important reasons,” said Taylor. “The first is older adults residing in senior housing communities often have greater risk for loneliness. In order to qualify to live in these senior housing communities, older adults must have a low income, and having a lower income is a risk factor for loneliness.

Additionally, Taylor noted, most of the participants identified their marital status as single, which is another risk factor for greater loneliness. Many older adults living in senior housing communities also have greater health and mental health vulnerabilities. And yet, despite these factors, these kinds of communities may be better suited to combat loneliness than traditional residential homes, according to the research.

“We believe that senior housing communities could become ideal locations for reducing loneliness among older adults,” Taylor stated. “Senior housing communities are embedded in communities with peers who may have similar age and life experiences. There are occasional activities and support from senior housing management to encourage the building of friendships, bonds, and social support among senior housing residents.”

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

October 2018 Observances

October 10 is World Mental Health Day: Each October 10, the World Health Organization (WHO) joins in celebrating World Mental Health Day in order to raise awareness of mental health issues. Click here for more information.

October 6-12 is National Physician Assistants Week: This observation was created to recognize the physician assistant profession and the contributions they make to the nation’s health. Click here for more information.

October 7-13 is Healthcare Food Service Workers Week: Be sure to take time this week to celebrate the outstanding food service/dietary professionals in your centers! Click here for more.

October 8-12 is National Health Information & Technology Week: This weeklong observation celebrates the essential role of health IT in transforming health and healthcare in the U.S. Visit www.healthitweek.org for more.

October 15-19 is National Health Information Week: This observation is focused on bringing attention to major public health issues and promoting consumers’ understanding of the role of health education. Visit www.sophe.org for more.

AHCA/NCAL Information

Ideas to Strengthen Your Recruitment Program
Do you need ideas to strengthen your recruitment program? In this brief audio recording, Holly Jarek, DSc, NHA, shares several ideas and strategies for recruiting talent. These ideas include recruiting students in a program that offers incentives for returning the following year and allows for current staff to also benefit. Dr. Jarek discusses opportunities to hire outside your organization’s geographic area and important considerations like housing and transportation. Check out other workforce offerings on ahcancaleD.

Gero Nurse Prep: A Real World Solution for Your RN’s Real World and Its On Sale!
AHCA/NCAL Gero Nurse Prep does much more than just prepare RNs to take the American Nurses Credentialing Center (ANCC) board certification exam in gerontological nursing. It increases experienced RNs’ knowledge of gerontological nursing practice. Gero Nurse Prep students see a dramatic 24 percent average increase on their pre- and post-test scores.
Gero Nurse Prep is on sale! Save $100 off the regular registration fee now through November 30 by using promo code REALRN18 (all caps). AHCA/NCAL Gero Nurse Prep provides tremendous value at this AHCA/NCAL member $590 sale price. That’s less than $20 per contact hour for outstanding nursing education that makes a measurable difference on so many fronts. For RNs interested in pursuing Board certification through ANCC, there is an additional and separate cost of $395. Watch this video to learn more about AHCA/NCAL Gero Nurse Prep.

Third Quarter SNF/AL Top-Line Publication Now Available
The third quarter Top-Line Publication for skilled nursing centers is now available. This valuable resource is a brief report that is customized with the latest Nursing Home Compare data:

- Reflects the newest rules for your Staff Rating using PBJ;
- Shows the current components of your Five-Star quality rating;
- And displays your current Quality Award status

Additionally, assisted living centers can now access the AL Top-Line publication in LTC Trend Tracker℠, which gives ALs the ability to view important assisted living data, their progress on the NCAL Quality Initiative, their status and eligibility to apply for the AHCA/NCAL Quality Awards Program, and more.

The next quarterly publication will be available in early November.

National Quality Award Program
*Important Dates to Remember* *(All deadlines are at 8pm EST)*
- November 8, 2018 - Intent-to-Apply Deadline
- November 29, 2018 – Examiner Application Deadline
- January 31, 2019 – Quality Award Application Deadline

For more information on the National Quality Award Program and the Examiner process please visit program website.

IHCA’s AHCA/NCAL Quality Award Workshops - For IHCA Members Only!
IHCA will be hosting Quality Award Workshops in October to help members with their applications.

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<thead>
<tr>
<th>Bronze Award Workshop</th>
<th>Silver Award Workshop</th>
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<td>October 17, 2018</td>
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<tr>
<td>Brochure</td>
<td>Register Online</td>
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AL Cost Calculator
The AL Cost Calculator is a web-based, enhanced resident assessment tool that assesses how costs are allocated across residents. Better understand the needs of your residents, so you can put the right staff with the right skills in the right place and at the right time. Multi-facility companies can see their company’s costs across different buildings and over time. Learn more about the features and benefits.

The AL Cost Calculator will be available to NCAL member providers at no additional cost – it’s included with your membership.

IHCA Information
2019 IHCA Membership Directory & Buyers’ Guide
IHCA is excited to announce its continued partnership with E&M Consulting, Inc. to produce next year’s directory. E&M will be contacting members in the coming weeks about advertising opportunities in the 2019 directory. This gives you a chance to promote your business while supporting the association. If you have any questions or would like to advertise, please contact Tyler with E&M at 217-391-3719, 800-572-0011 or tyler@emconsultinginc.com. Check out the 2019 Rate Card for information on the available advertising opportunities or view them online here.
**Latest IHCA VCast**
This week’s episode featured IHCA’s Debbie Jackson discussing the 2019 Illinois Leaders Program. The deadline to apply has been extended, so apply today! **VCast Online:** Past 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.

**IHCA’s CE Central**
Starting with the 2017 IHCA Convention and our 2018 educational sessions, IHCA is offering the ability to access their continuing education certificates online! To access CE Central, go to [www.ihca.com/education](http://www.ihca.com/education) and click on the CE Central link. Once there, simply enter your first and last name into the system to retrieve your information.

**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!