Happy Holidays from IHCA!!

IHCA would like to wish you and yours a safe and happy holiday season!

IHCA newsletters (News Brief, Regulatory Beat and Members Only) will be taking a hiatus until after the new year. We’ll be back in 2019!

The IHCA/The Center office will be closed December 24, December 25 and January 1 for the holidays.

Member Updates – Still (a little) Time to Update Your Information

Member information has already been submitted for publication in the 2019 IHCA Membership Directory & Buyers’ Guide, but changes can still be made before it goes to print. If you have information that needs to be updated, please contact Ashley Caldwell (acaldwell@ihca.com) as soon as you can.

We thank you for your assistance in keeping our records up-to-date. It helps ensure that association information is getting to the correct person/place and that the appropriate people have access to our IHCA Member Portal.

Aging Services Experts Highlight 11 Long Term Care Trends for 2019

Balooning interest in managed care, along with the repurposing of SNFs, will be two major things providers must contend with next year, a long-term care consulting firm cautioned Thursday.

Health Dimensions Group issued its “Top Trends in Aging Services 2019” report on Nov. 29, detailing 11 developments that will shape the long-term care field’s future.
An increased appetite for managed care models will lead the way, the Minnesota-based consultancy noted. Participation in Medicare Advantage — which has lower skilled nursing utilization and lengths of stay than traditional fee for service — has swelled to 33.9% of the Medicare-eligible population. That's up from 28.2% five years ago. The Program of All-Inclusive Care for the Elderly (PACE) has also increased penetration, with one association pushing to boost participation from 50,000 this year up to 200,000 by 2028.

HDG also predicts more repurposing of SNFs in 2019 as a response to dipping occupancy numbers. The firm noted that, while the over 65 population increased 26% since 2010, average daily census at SNFs headed in the opposite direction. Total licensed beds dipped 1% and occupancy fell from 82% to 79% last year.

"To adapt to the changing landscape," report authors said, more SNF operators will convert to alternatives such as low-income apartments, memory care units or assisted living, "all of which have experienced increasing consumer demand." Occupancy and census challenges will continuing tugging down net operating income in 2019, HDG said.

Other trends highlighted in the report include continued significant workforce challenges, investors taking action on troubled assets, operators developing more complex networks of care, and the need to more aggressively manage cash. You can read the whole list here.

*This article is from McKnight's Long Term Care News. Written by Marty Stempniak.*

**Doctors Say Electronic Health Records Up Burnout Risk**

Electronic health records improve communication and access to patient data, but stress associated with using them can lead to doctor burnout, research suggests.

According to a new study discussed in an article from Futurity, the stress comes from having too little time for documentation, time spent at home managing records, and EHR user interfaces that aren't intuitive.

"You don't want your doctor to be burned out or frustrated by the technology that stands between you and them," stated Rebekah Gardner, lead author of the paper, in the *Journal of the American Medical Informatics Association*. Gardner is an associate professor of medicine at Brown University’s Warren Alpert Medical School.

"In this paper, we show that EHR stress is associated with burnout, even after controlling for a lot of different demographic and practice characteristics. Quantitatively, physicians who have identified these stressors are more likely to be burned out than physicians who haven’t.”

Previous studies have looked into the factors that contribute to burnout in health care, explained Gardner. In addition to health information technology (HIT), these factors include chaotic work environments, productivity pressures, lack of autonomy and a misalignment between the doctors’ values and the values they perceive the leaders of their organizations hold.

As well, earlier research has shown that the patients of doctors suffering from burn out experience more errors and unnecessary tests.

Every two years, the Rhode Island Department of Health surveys practicing physicians in the state about how they use HIT. Last year, researchers added questions about HIT-related stress and specifically EHR-related stress. Of these physicians (more than 4,200 in the state), more than 40 percent responded. Most of these respondants (91 percent) used EHRs, and of those who did, 70 percent of them reported at least one measure of EHR related stress.

According to physicians, EHRs add to the frustration of their day because of the time constraints—they spend large amounts of time working on them at home and have insufficient time for documentation while at work. Those with issues with time had nearly three times the odds of burnout symptoms than those without that added pressure.

Stress levels can vary depending on physician specialty. For example, more than a third of primary care physicians reported all three measures of EHR-related stress while less than 10 percent of anesthesiologists, radiologists and other specialties reported all three measures. Additionally, other factors, like a chaotic work environment, affect burnout levels.
“To me, it's a signal to health care organizations that if they're going to ‘fix’ burnout, one solution is not going to work for all physicians in their organization,” said Gardner. “They need to look at the physicians by specialty and make sure that if they are looking for a technology-related solution, then that’s really the problem in their group.”

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

**Trazodone Associated With Risk of Falls, Fractures**

_CMAJ_ has reported that [trazodone use in the elderly may be associated with a risk of falls and major fractures](https://www.ncbi.nlm.nih.gov/pubmed/11663296). The risk, however, appears to be similar to that of other atypical antipsychotics.

Using data collected from health administrative databases in Ontario, Canada, researchers compared 6,588 seniors given trazodone with 2,875 receiving another atypical antipsychotic.

Compared with the other atypical antipsychotics, trazodone was associated with similar rates of falls (23 falls per 100 patient years), and similar risks for major osteoporotic fractures (HR 1.03, 95% CI 0.73-1.47), falls (HR 0.91, 95% CI 0.75-1.11), and hip fractures (HR 0.92, 95% CI 0.59-1.43).

Trazodone was, however, associated with a lower rate of mortality (HR 0.75, 95% CI 0.66-0.85).

Jack Cush, MD, is the director of Clinical Rheumatology at the Baylor Research Institute and a professor of medicine and rheumatology at Baylor University Medical Center in Dallas. He is the executive editor of RheumNow.com. A version of this article first appeared in RheumNow, a news, information, and commentary site dedicated to the field of rheumatology. Register to receive their free rheumatology newsletter.

*This update is from MedPage Today.*

**A Horse is a Horse (of Course) at a Nursing Home**

One Minnesota nursing home has handed the reins to an unconventional therapy animal: Toby, the therapy horse.

The horse, who hails from Heritage Horses farm, recently came with his owner to visit the Good Samaritan Society Windom to help break up the loneliness and routine for seniors.

Normally, Windom residents would be taking a nap after lunch, but Toby brought them out of their rooms, said Good Samaritan Society CNA Rick Musegades.

“Seeing the resident’s faces light up is worth a million dollars,” he said.

Hvinden, who has a background in long-term care, said equine therapy can prove particularly effective for residents in memory care units.

“Even those who are non-verbal, having a hard time or living in dementia care units will look at him and light up,” she said. “And Toby is so gentle and amenable to the residents. He loves them.”

The recent event was arranged by Debbra Peterson, a well-being consultant for Good Samaritan. Read more about Toby’s visit, and watch a video of him interacting with residents, [here](https://www.youtube.com/watch?v=example_video).

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

Does your facility have a fun therapy animal experience to share? Contact Ashley Caldwell (acaldwell@ihca.com) and it could be featured in an upcoming issue of LTC Today magazine.
AHCA/NCAL Information

National Quality Awards
The AHCA/NCAL National Quality Award Program provides a pathway for providers of long term and post-acute care services to journey towards performance excellence. The program is based on the core values and criteria of the Baldrige Performance Excellence Program.

Key Upcoming 2019 Quality Award Program Dates
- January 31, 2019: Bronze, Silver and Gold final application deadline

All deadlines are at 8 p.m. Eastern Time and late submissions are not accepted for any reason. If you have any questions, please feel free to contact the AHCA/NCAL Quality Award team at qualityaward@ahca.org.

AHCA/NCAL Quality Summit: Registration Now Open
AHCA/NCAL 2019 Quality Summit – Disrupt to Lead. Innovate to Succeed. Calling all out-of-the box, visionary, and why not thinkers. Join other long term and post-acute quality practitioners in Tampa, FL, March 18-20, for the AHCA/NCAL Quality Summit. You can lend your voice to the conversation around what it takes to disrupt the status-quo in order to move forward with new ideas in patient-centered care and operational excellence (OR delivering solutions for quality care). Online registration is now open. The registration deadline is March 5, 2019.

Registration Open for the 2019 Independent Owner (IO) Leadership Conference
The AHCA/NCAL Independent Owner (IO) Leadership Conference is a unique opportunity for you and your peers. Taking place in beautiful Tampa, FL immediately following the Quality Summit, it’s a great way to learn something new and gain insights into some of your toughest challenges. Register online today. The registration deadline is March 5, 2019.

The IO Conference immediately follows the 2019 Quality Summit and takes place at the same location. Register for both and save $50!

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

69th Annual IHCA Convention & Expo Call for Presentations—Coming Soon!
Interested in speaking at a session (or two) during the 69th Annual Convention & Expo? The 2019 event, Peace, Love and Quality, will take place September 9-12, 2019 in Springfield, IL. The call for presentations will be available throughout the month of January. Check out the IHCA Convention & Expo Speaker Information page to access the online form starting January 1.

IHCA Has New Remittance Address for Dues
IHCA recently changed financial institutions. If you would like to send your dues payments to our lock box, please use the following address:

IHCA
PO Box 6248
Decatur, IL 62524-6248
IHCA Member Facility Annual Dues
Each year IHCA offers our member centers the option of paying annual dues in one lump sum rather than being invoiced for monthly payments. Annual Dues invoices for 2019 will going out next month. Members who choose to pay annually will receive a 5 percent discount if their dues are paid by February 15, 2019.

LTC Today Magazine – Advertising Opportunities for 2019
Are you in the process of reviewing your marketing plan for 2019? The 2019 issues of the LTC Today magazine offer multiple opportunities to promote your company, product or service to long term care providers! Click here to view the 2019 Media Kit for more information. To purchase an ad online, click here.

If you have any questions or are interested in advertising, contact Tyler Gilboe at 800-572-0011 or email him at tyler@emconsultinginc.com.

Latest IHCA VCast
This week’s episode featured Matt giving thanks our top Gem Program participants and discussing the importance of giving to the IHCA PAC. 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.

CE Certificates from IHCA Educational Events Available in CE Central
Attendees can now access their Continuing Education Certificates from the 68th Annual IHCA Convention & Expo through CE Central (click here). Additionally, certificates are also available for all of our past 2018 educational sessions, as well as the 2017 convention. To access CE Central, go to 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 Scholarship Application – Deadline to Apply Coming Soon!!
The Long Term Care Nurses Association will award up to two scholarships in the amount of $1,000.00 each in 2018 for RNs, LPNs and Nurse Aides to further their careers in nursing. Application deadline is December 31, 2018. Click here to view the application.

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!