IHCA Communications Program Changes

As you should be aware, IHCA is making a few changes to our communications program. This issue of *Members Only* is the first one to go out on our new monthly schedule. Ultimately, our goal is to transition this piece to a situation where the sort of material you see in *Members Only* is web-based, posted on the IHCA website. The link to this material will be static in the weekly *News Brief*, allowing for easy access to IHCA members. We hope to accomplish this by the end of the year.

Additionally, our weekly VCast feature will be switching to a biweekly schedule, alternating with the ever-popular *Regulatory Beat*. *Regulatory Beat* and *News Brief* will continue to be delivered on their current schedule.

The final component of these changes is a shift to more topical communications, with more specific member action alerts and additional social media content as important issues demand coverage.

If you have any questions about these changes, please feel free to contact us.

Last Chance to Submit Your Nursing Award Nominations!

*Nursing Award nominations must be submitted by this Friday, July 12 to be considered!!* Don't miss out on this great opportunity to nominate your outstanding nursing staff. The awards will be presented during Ovations: A Celebration of Long Term Care Nurses at the 69th Annual IHCA Convention & Expo in Springfield in September. **If you have an outstanding CNA, RN, MDS Coordinator or DON, nominate them today!!**

Click here to find out more and to access the nomination forms. If you have any questions, contact Debbie Jackson at djackson@ihca.com or 800-252-8988.
2019 IHCA Excellence Award for Long Term Care Centers Nominations – Submit Today!

The IHCA Excellence Award for Long Term Care Centers is all about the care provided in our facilities every day. In addition to key data about the center, questions focus on information about the care being provided—census trends, antipsychotic usage, rehospitalization stats and more.

*Please note: while the nomination form is lengthy, answers may be brief.*

We hope you will consider nominating your facility today!! **Nominations must be submitted by next Friday, July 19 to be considered.**

To access the nomination forms, [click here](#). If you have any questions, please contact Ashley Caldwell ([acaldwell@ihca.com](mailto:acaldwell@ihca.com) or 217-528-6455).

ICAL’s Art for the Ages Program is Looking for Artists to Feature!

ICAL’s Art for the Ages program is intended to be a way to recognize the unique talents of the seniors residing in our assisted and supportive living centers.

We are on the lookout for more great artists to feature from our Assisted/Supportive Living Centers. Do you have an artist or craftsperson living in your AL/SLF community? We would love to display a piece of their work at our annual ICAL Art for the Ages Show, which will take place at the 69th Annual IHCA Convention and Expo, and in our online gallery. For more information, view the Program Rules below. Entry Forms must be completed and returned to IHCA/ICAL, along with the Art Show/Online Display Authorization Form and other required materials, by August 23, 2019. You can submit your forms online by clicking here. If you have any questions, please contact Ashley Caldwell, IHCA Communications Director at [acaldwell@ihca.com](mailto:acaldwell@ihca.com).

2019 Art for the Ages Information - [Program Rules](#) | [Entry Form](#) | [Authorization Form](#)

Registration Now Open for IHCA’s 69th Annual Convention & Expo!

Long term care faces many challenges... a burdensome regulatory environment, increased scrutiny of the media and residents who are more acute...just to name a few. However, for the individuals who choose this career path it is a truly rewarding experience. Being part of a resident’s rehabilitative care that gets them back to their home, or providing dignity and comfort during their final days, brings a level of satisfaction and pride that are often lacking in other professions. Join us for this year’s convention and you’ll leave with some groovy new ideas to take back to your centers to continue to provide the top-quality care your residents deserve. With nearly 100 educational sessions on topics ranging from PDPM to activities, nutrition, AL, ID/DD and more you are sure to find sessions that will fit your needs. And, don’t forget to check out the expo to see what’s new in products and services in LTC.

To find out more, visit [www.ihca.com/convention](http://www.ihca.com/convention) or view the Preliminary Program ([click here](#)). The program offers readers an overview of what they can expect in September—descriptions of educational sessions and events, a full agenda, location information etc. If you are ready to sign up, you can register online (and save $50!) by [clicking here](#) and using the discount code “50Savings”. If you have any questions, please contact the IHCA office.

*Interested in exhibiting at this year’s expo? View the [prospectus](#) to find out more and to access the exhibitor contract. If you have already reserved your booth space, be sure to check the exhibitor page on the IHCA website for updates as they become available. Contact IHCA’s Expo Manager Kelli Showalter at [kshowalter@ihca.com](mailto:kshowalter@ihca.com) if you have any questions about the expo.*
Study: Direct Care Workers Least Likely to Take a Sick Day When Symptomatic

A large Canadian study has found that doctors and others who work most directly with patients are the least likely to take a sick day or leave early at the onset of symptoms.

Up to 95% of healthcare workers have risked transmitting respiratory viruses to patients and co-workers, according to research published Tuesday in Infection Control & Hospital Epidemiology.

“Managers and senior staff need to both model and insist on workers staying home when symptomatic as it protects both patients and coworkers from infection,” said lead author Brenda Coleman, Ph.D., clinical scientist in the Infectious Disease Epidemiology Research Unit at Mount Sinai Hospital in Toronto.

Coleman’s study focused on a cohort of nine Canadian hospitals and tracked flu and other respiratory illnesses. The researchers noted that Canada and the U.S. follow similar disease-prevention techniques — including standard, droplet and contact precautions — and would likely feel the same impacts.

For the study, employees who worked more than 20 hours a week were asked to complete online illness diaries if they developed symptoms. Analysis of 5,281 diaries found that 69% of participants said that they worked during an illness because they had mild symptoms and felt well enough to work, while 8% “felt obligated,” and 3% could not afford to stay home.

Almost 80% of the participating employees were allowed paid sick leave.

These findings suggest the need to educate employees, managers, infection control staff and administrators about the risk of transmission associated with respiratory viral infection and to clarify what symptoms require exclusion from work, Coleman said.

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

Ailing Heart Can Speed the Brain's Decline, Study Finds

A new study has reinforced the strong link between brain health and heart health, according to a recent article from HealthDay News. Results of the study showed that as cardiovascular health falters, so does thinking and memory.

For the study, one of the largest and longest of its kind to date, researchers studied a group of nearly 8,000 people in the UK. All of the study participants were over 49 years of age and their health was tracked from 2002 to 2017. They all had relatively healthy hearts and brains when the research began. Individuals with a history of stroke, heart attack, angina, dementia or Alzheimer’s disease were excluded from the study.

During the 15 years of follow-up, nearly six percent of the participants went on to suffer a heart attack or angina (chest pain), noted the research team, led by Wuxiang Xie, a research fellow at the Imperial College School of Public Health in London. They also found that all of these participants displayed a faster decline in their mental function as well, concurrent with the heart trouble.

Participants who suffered from chest pain had a significant decline in tests of “temporal orientation” — being able to accurately state the current date, day of week and time. Those who had a heart attack showed a substantial decline in tests of verbal memory (assessed by a word-memory test) and language fluency. They also had the worse cognitive decline overall, the researchers found.

All of that is important, because "even small differences in cognitive function can result in an increased risk of dementia in the long-term," Xie said in a news release from the American College of Cardiology.

"Because there is no current cure for dementia, early detection and intervention are essential to delay the progression to dementia," Xie said. "Heart attack and angina patients need careful monitoring in the years following a diagnosis."
The connection between declines in memory and thinking and heart disease may be as simple as the brain not getting the amount of oxygen that it used to, the researchers theorized. Tiny "microinfarcts" -- heart-linked damage to small vessels in the brain -- might hamper blood flow and oxygen supply.

Two U.S. experts who reviewed the study findings agreed that the heart-brain connection is crucial to health.

"This study further emphasizes that approaching the body holistically is crucial for brain health and to prevent dementia," said Dr. Gayatri Devi. She is a neurologist specializing in memory disorders at Lenox Hill Hospital in New York City. "Brain health is dependent on heart health and health of the entire individual," Devi added.

Dr. Guy Mintz, director of cardiovascular health at North Shore University Hospital in Manhasset, NY, called the new study "a wake-up call for physicians to improve the risk factors associated with atherosclerosis [hardening of the arteries] early in life." He also pointed out that "patients can live with heart disease, but patients and their families suffer from decline in brain function. Watching someone become mentally lost in life is tragic and, in some cases associated with atherosclerosis, may be preventable."

The new report was published June 17 in the Journal of the American College of Cardiology. To find out more, click here to read the full article from HealthDay News.

**Flying Insects Likely to Spread Superbugs at Nursing Facilities**

Winged pests may be far peskier for healthcare providers than imagined, considering a new study reveals that more than half the bacteria the insects carry is resistant to antibiotics.

Antibiotic-resistant illnesses can be especially harmful among frail, elderly populations such as those found in skilled nursing facilities.

A microbiological analysis conducted on almost 20,000 flying insects caught inside a group of English hospitals found such bugs pose a potential infection risk to patients. About 90% of common houseflies, bluebottle and greenbottle flies and so-called “drain” flies tested carried dangerous bacteria such as *E.coli*, salmonella and *Staphylococcus aureus* either in or on their bodies.

Researchers with Aston University collected the insects from areas where food-preparation areas and from several patient wards. In some cases, the level of bacteria carried by flying insects was enough to potentially cause infection.

The study ran 18 months, with the most bugs caught in the spring and summer.

Some 53% of bacterial strains found on the bugs were resistant to at least one antibiotic class, and 19% percent showed multidrug resistance.

"The high proportion of drug-resistant bacteria found in these samples (is) a vivid reminder of how our overuse of antibiotics in healthcare settings is making infections more difficult to treat," Aston doctoral student Federica Boiocchi said in a press release.

Co-author and professor Anthony Hilton, Ph.D., noted that “even the cleanest of environments” need to take steps to prevent insects from carrying dangerous superbugs through their doors.

The full study was published online last week in the Journal of Medical Entomology.

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

**EEG Scans Can Detect Signs of Parkinson’s Disease**

Researchers have zeroed in on what may be easily detectable markers of Parkinson’s disease.
The evidence is in the specific angles and sharpness of electrical waves in unfiltered raw data from scalp electroencephalograms of patients receiving treatment for the degenerative disease that slowly damages the central nervous system.

Medical facilities around the world use noninvasive scalp EEG, in which electrodes briefly placed on the head measure brain waves. Harnessing the relatively inexpensive technology could aid in both the diagnosis of Parkinson's disease and fine-tune therapeutic treatments for Parkinson’s and other motor disorders, says Nicole Swann, a professor in the human physiology department at the University of Oregon.

“Using this safe and affordable way to measure and quantify brain activity, we were able to distinguish differences between Parkinson's patients who were on and off medications and in comparisons with healthy people,” says Swann.

**The Angle of the Waves**

In 2017, coauthor Scott Cole, then a doctoral student at the University of California, San Diego, had noticed that Parkinson’s patients appeared to have sharp brain waves in invasive brain recordings acquired during neurosurgery, suggesting a new look was warranted.

The new study, Swann says, shows that similar patterns are evident in scalp EEG recordings—an affordable and safe method which doctors can use on anyone—extending the translational power of the previous work.

Previous efforts to detect Parkinson's disease with EEG have been inconsistent, she says, because researchers have modeled brain signals as sine waves, which are beta waves filtered to round the waves and show the overall power of periodic oscillations. The current work uses a new analytic approach.

“The raw signals go up and down like sine waves but with more asymmetry," Swann says. “The steepness—the slant—turns out to be important in Parkinson’s patients. This was easily detectable in the patients who are off medication.”

When the peak is sharper at the top of the wave than in the trough, or low part of the oscillation, it is indicative of patients who are off their medications, she says.

The initial diagnosis of Parkinson's disease now relies on a neurologist's assessment of patients as they complete a series of body-movement tasks. Such subjective testing, however, can lead to misdiagnosis.

“We don't know yet whether this approach will be better, but it could provide easily obtained brain measurements that would be helpful and possibly used in tandem with clinical observations and other EEG measurements,” Swann says.

**Real Time Treatment Changes?**

Current treatments for Parkinson’s disease involve surgery to permanently implant an electric stimulator and/or a drug-based approach where finding the best dosage is difficult and often results in frustrating cycling of effectiveness, says coauthor Bradley Voytek, a neuroscientist at the UC San Diego.

In a large, upcoming follow-up study, Swann says she hopes to combine scalp EEG measurements with detailed medical histories of patients, along with self-reports of how each person is feeling on testing days. Eventually, she hopes the approach could help detect changes in the disease in individuals over time.

Finding such measures of the course of the disease in real time, Voytek says, could lead to quick treatment adjustments.

"In the case of an invasive brain stimulator, this might mean only applying electric stimulation when it’s needed," he says. "In the case of pharmacology, it would mean adjusting a drug’s dose much like continuous glucose monitoring done by an implant can signal a pump to adjust insulin levels as needed.”

Ideally, Swann says, if the approach proves to provide robust information, Parkinson’s patients could get EEG testing remotely by wearing a hat fitted with electrodes. The data could then go to their doctor to help avoid frequent trips to a neurologist for patients for whom travel may be a barrier to treatment.

The findings appear in eNeuro.
Illinois Pioneer Coalition 2019 Culture Change Summit

The Illinois Pioneer Coalition Summit is a one-day event that brings together like minded individuals that are focused on achieving better outcomes in our changing landscape in long term care by focusing on the person as the driver of their care and the staff that nurtures the mission.

This summit will feature 7 different sessions on cutting edge Parkinson's approaches, PDPM updates, the latest news from IDPH on skilled nursing and assisted living regulations and culture change 101!

The Summit is scheduled for Tuesday, August 20, 2019 from 8:00 AM to 5:00 PM at The iHotel in Champaign. For more information or to register, click here.

July 2019 Observances

July 7-13 is National Therapeutic Recreation Week: Organized by the National Recreation and Park Association, National Therapeutic Recreation Week has been celebrated the 2nd week of July since 1984 in order to enhance awareness of therapeutic recreation programs and services. Visit www.nrpa.org for more information.

July 28 is National Parents' Day: Since 1994, the fourth Sunday in July has been celebrated as National Parents’ Day. On this day each year, Americans recognize outstanding parents, celebrate the teamwork in raising children and support the role of parental guidance in building a strong, stable society. Visit www.parentsday.com to find out more.

July is Eye Injury Prevention Month: Eye injuries of all types occur at a rate of more than 2,000 per day, and an estimated 1,000 eye injuries occur in American workplaces alone. During this week, learn how to best protect yourself and others from eye injuries. Click here for more information.

July is UV Safety Month: To raise consciousness about UV rays and learn about how to best protect yourself and others, the Federal Occupational Health (FOH) organizes UV Safety Month each July. To find out more, click here.

AHCA/NCAL Information

AHCA Offers New Member Resource - Opioid Use: What Do We Do and How?
The AHCA Clinical Practice Committee has developed and launched a new resource for members, Opioid Use: What Do We Do and How? This resource is available on ahcancalED.

The use of opioid medications to manage chronic pain is complex and challenging, especially in long term care and post-acute settings. As the care of individuals with chronic pain in these settings increases, it will be imperative to understand concerns, challenges and opportunities surrounding this issue. This program focuses on the foundation of pain management and how optimal pain management can help prevent opioid abuse.

This multi-part resource offers “Steps to Opioid Reduction” which covers steps by which any center can safely and effectively attempt to reduce opioids in individuals who are on opioids as well as “Appropriate and Safe Use of Opioids As Part of Effective Pain Management” which covers key processes and practices of pain management including (but not limited to) the use of opioids in that context.

Visit ahcancalED today and check out Opioid Use: What Do We Do and How?

AHCA/NCAL Quality Initiative Achievements Linked to Performance in New Five-Star Ratings
The AHCA/NCAL Quality Initiative is championed to be in alignment with CMS’ Five-Star Quality Rating System and prepare skilled nursing centers for future policy and regulatory changes. The recent April 2019 changes to Five-Star, which included adding new quality measures, changing RN staffing thresholds, and lifting of the survey freeze, puts this notion to a test. Based on a preliminary analysis, the theory follows true to form. To find out more, click here.
National Assisted Living Week 2019 – Planning Guide & Product Catalog Now Available

Get those creative juices going on activities for National Assisted Living Week® (September 8-14, 2019) with this year’s Planning Guide and Product Catalog. The planning guide offers ideas to help your residents explore their creative side, improve your assisted living community, and celebrate your staff. All suggested activities and official products highlight this year’s theme, “A Spark of Creativity.”

The theme hopes to inspire residents to find purpose and joy through creativity, whether through the arts or beyond. Specifically, art therapy has been shown to offer many benefits to older adults, many of which are discussed in the Planning Guide. Additionally, the theme aims to inspire assisted living staff to get creative in order to further person-centered care to residents.

Click here to find out more.

AHCA/NCAL Convention & Expo - Registration is Open

The AHCA/NCAL Preliminary Program is now available. You can download a copy or review it online. Get an overview of the exciting education sessions, guest speakers, networking events and Expo Hall. From PDPM to changes in Five-Star to the new Rules of Participation, you’ll get concrete solutions and strategies that will make you feel like you have superpowers. Fill your toolbox with fresh ideas, inspiration, and action plans. Bring your staff and your family. There’s something for everyone. Visit the event webpage for more information.

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

IHCA Now Accepting Registrations for PAC Golf Outing and the Oksnevad 5K/1-Mile Walk!

It’s time to sign up for the 2019 events held during our Annual Convention and Expo. With this year’s convention being held in Springfield, you’ll have brand new views for the Golf Outing. It will be held at Piper Glen in Chatham on Monday, September 9. To view the registration/sponsorship form, click here.

The Oksnevad 5k/1-mile walk will be a bit hillier than the flat riverfront course from the past several years, making it that much more of an adventure! The race will be on Tuesday September 10 at 5:30 p.m. To view the registration form, click here. For questions please contact Ashley Snavely.

Check Out Our New LTC Workforce Development Initiative!

Have you seen our new website—illinois.carefortheaging.org? IHCA has joined a group of fellow AHCA/NCAL state affiliates in a workforce development initiative that we hope will prove to be a fantastic resource for our member centers. The site offers visitors a variety of information on career opportunities available in long term care in Illinois. It also allows IHCA/ICAL and CDDACS member centers to access interest forms submitted by site visitors through the member portal (click here to register for the portal). Once you have logged in you will be able to search through submissions, and filter and export them by various search criteria, including zip codes, level of education, career area of interest, as well as set up alerts so you can receive email notifications when candidate interest forms meeting your criteria have been entered into the system.

Click here to view a flyer you can hang in your center or send to your local schools to promote the new site. If you have any questions, please contact Ashley Caldwell (acaldwell@ihca.com).

PDPM Training

This training will not only address the facility ramifications due to the change, but also discuss how accurate ICD-10 coding will be crucial to your success. This full day workshop will start with diagnosis coding, work through PDPM including a case
study, and end with participants having a plan to implement in their facilities. These sessions are scheduled for August 6 in Bloomington and August 7 in Mt. Vernon. Click here to view the brochure.

**FALSE IHCA Invoice Email Notifications**
It has come to our attention several IHCA members have received emails appearing to be from IHCA staff members, with an attachment labeled as an unpaid invoice. These are scam emails. Please be aware, while it may display as coming from an IHCA staff member, they are not generated from the IHCA server. Please do not open any attachments on these emails, and immediately report them as spam/phishing attempts. If you question about an invoice, please call the IHCA office.

**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

**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 Offering Core Competency Sessions!**
LTCNA is now offering à 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!