Minnesota Medical Directors Association: Long Term Care—The Past, The Present, and the Future

October 22-23, 2015

Medina Golf & Country Club
Medina, MN

Agenda

Thursday, October 22, 2015
2:00 p.m.  
James Pattee, MD  
Leadership Preconference  
Leading with Emotional Intelligence  
*Lisa L. Griebel, M.Ed.*  
*President, Crescendo Inc.*

5:30 p.m.  
Reception  
Ballroom

6:00 p.m.  
Dinner and MMDA Annual Business Meeting  
Expanding the Vision for the Minnesota Medical Directors Association  
*George Schoephoerster, MD*  
*Geriatrician, Geriatric Services of Minnesota*

Friday, October 23, 2015
7:00 a.m.  
Registration and Continental Breakfast with Exhibitors  
Ballroom

8:00 a.m.  
Welcome and Introduction  
*George Schoephoerster, MD, MMDA President*

8:15 a.m.  
Keynote—The Last 40 years of Long Term Care  
*Robert L. Kane, MD*  
*Minnesota Chair of Long-term Care and Aging*  
*University of Minnesota School of Public Health*  
*Director, University of Minnesota Center on Aging*

9:00 a.m.  
Working with Regulation in Assuring Quality of Long Term Care  
*Mary T. Absolon, RN, MSN*  
*Program Manager, Licensing and Certification Program,*  
*Health Regulation Division, Minnesota Department of Health*

9:45 a.m.  
Break with Exhibitors  
Living/Divots Rooms

10:15 a.m.  
Work Force Development  
*Patti Cullen, CAE*  
*President/CEO*  
*Care Providers of Minnesota*

11:00 a.m.  
The Next 20 Years of Long Term Care: Maximizing Quality of Care & Quality of Life of the Frail Elderly Panel Discussion  
*Moderator: George Schoephoerster, MD*  
*Robert L. Kane, MD*  
*Mary T. Absolon, RN, MSN*  
*Patti Cullen, CAE*

12:15 p.m.  
Lunch and Visit Exhibits  
Ballroom/Living Room/Divots
Administrative Track Breakout Sessions:

1:30 p.m.  Non-pharmaceutical Interventions for Dementia to Maximize Quality of Life
Colleen Ryan  Betsy, Horsch CTRS, CVT
Healthcare Sales &  Director of Therapeutic Recreation
Marketing/Outreach Coordinator  St. Benedict's Senior Community
Covenant Village of Golden Valley

2:15 p.m.  Current Topics in Public Health Emergency Preparedness and Response
Erin McLachlan  Healthcare System Preparedness Coordinator, Emergency Preparedness and Response, Minnesota Department of Health

Clinical Track: Breakout Sessions:

1:30 p.m.  Standardizing Clinical Approach to Long Term Care
Tom von Sternberg, MD  Associate Medical Director of Geriatrics Home Care, Hospice and Care Management Health Partners
Alison Romstad, GNP  Jaclyn R. Guetzko, DNP, APRN, C-AGNP
Fairview Health Geriatrics Services  Allina Internal Medicine

2:15 p.m.  Reframe Your Perspective on LTCF Antimicrobial Stewardship
Linn Warnke, RN, MPH  Healthcare-associated Infections and Antimicrobial Resistance Unit
Minnesota Department of Health
Sara Tomczyk  Jean Rainbow, RN, MPH
Preventive Medicine Resident  Minnesota’s Healthcare-associated Infections (HAI) Prevention Coordinator
Minnesota Department of Health  Minnesota Department of Health

3:00 p.m.  Break with Exhibitors  Living/Divots Rooms

Clinical Track Resumes:

3:15 p.m.  Heart Failure and Diabetes AMDA Clinical Guidelines
George Schoephoerster, MD  Geriatrician, Geriatric Services of Minnesota

Administrative Track Resumes:

3:15 p.m.  A Spill, A Slip, A Hospital Trip: Our Journey Creating A Fall Prevention Culture
Shelly Wiggin, RN, BA, LNHA  Jean Jorlett, RN, MSHSA
Campus Administrator  Quality Assurance Coordinator
Minnesota Masonic Home  Minnesota Masonic Home

4:00 p.m.  Ethics Cases
Ed Ratner, MD  Geriatrician, VA Medical Center

5:00 pm  Adjournment
Conference Objectives
At the conclusion of this conference, learner will be able to:
1. Explain the path that long term care has taken and some barriers to improving the long term care experience that have developed along the way.
2. Describe some potential alternative visions for the long term care experience in the future.
3. Describe your role as medical director in the development of non-pharmaceutical behavioral interventions, emergency preparedness, and fall reduction in your nursing homes.
4. Name some ways that your management of diabetes, heart failure and infections in long term care might improve by becoming more standardized.

Who Should Attend
Physicians, Family Practitioners, Medical Directors, Administrators, Physician Assistants, Pharmacists, Nurses, Nurse Practitioners, Directors of Nursing, Medical School Students, Residents, Social workers and professionals working in the field of geriatrics.

Continuing Education
Continuing Medical Education

Accreditation Statement: This live activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AMDA – The Society for Post-Acute and Long-Term Care Medicine and the Minnesota Medical Directors Association. AMDA – The Society for Post-Acute and Long-Term Care Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Designation Statement: AMDA – The Society for Post-Acute and Long-Term Care Medicine designates this live activity for a maximum of 12.25 AMA PRA Category 1 Credits™. Physicians should claim credit commensurate with the extent of their participation in the activity.

CMD Credit Statement: This live activity has been pre-approved by the American Board of Post-Acute and Long-Term Care Medicine (ABPLM) for a total of 12.25 possible credits, 11.5 management hours and 3.0 clinical hours toward certification as a Certified Medical Director (CMD) in postacute and long-term care medicine. The CMD program is administered by the ABPLM. Each physician should claim only those hours of credit actually spent on the activity.

American Academy of Family Physicians
This Live activity, Long Term Care-- The Past, The Present, and The Future, with a beginning date of 10/22/2015, has been reviewed and is acceptable for up to 10.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing Home Administrators
The Minnesota Board of Examiners for Nursing Home Administrators has approved this program for up to 11.25 credit hours.
Thursday: 3.5 Friday: 7.75

Nurses
To file for credit for this meeting, submit the Attendance Certificate to your accrediting body. The attendance certificate will be sent after the meeting.

Pharmacists
Pharmacists will be provided the necessary documentation to apply for Minnesota Board of Pharmacy credit after the conference.

Social Workers
The Minnesota Board of Social Work has approved this program for up to 7.50 credit hours.
Disclosure and Conflict of Interest (COI Resolution)
Minnesota Medical Directors Association
October 22-23, 2015

The following tables contain disclosure information for all individuals in a position to control the content of this CME activity and must be presented to learners prior to AMDA Jointly Sponsored Education Activities. When there were no relevant financial relationships to disclose, “No Relationship” will appear in the “Financial Relationships” column. Where relevant financial relationships have been disclosed, efforts have been made to resolve any conflict of interests. Please see the description of the methods of conflict resolutions used as shown below under “Methods of Resolution for Conflicts of Interest”.

### Disclosure Table 1

<table>
<thead>
<tr>
<th>Planning Committee Member Name</th>
<th>Financial Relationships</th>
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<td>Robert Sonntag, MD, CMD</td>
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<td>Lawrence Kerzner, MD</td>
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<td>C. Dwight Townes, MD</td>
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<td>Edmund Draper, M.B., Ch.B., M.F. Hom, CMD</td>
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<td>George Schoephoerster, MD</td>
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<td>Jane Pederson, MD</td>
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<td>Terri McCarthy, MD, MS</td>
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<td>Edward Ratner, MD</td>
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### Disclosure Table 2

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<td>Robert Kane, MD</td>
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<td>Patti Cullen</td>
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<td>Shelly Wiggin</td>
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<td>Tom VonSternberg, MD</td>
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<td>Jean Rainbow</td>
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<td>Linn Warnke, RN, MPH</td>
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<td>Erin McLachlan</td>
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<td>Ed Ratner, MD</td>
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### Methods of Resolution for Conflicts of Interest

Financial relationships will be disclosed prior to an activity to alert participants (audience, readers) of the potential for conflict of interest and commercial bias. Participants will be asked to evaluate the objectivity of the presentation or publication, and to identify any perceived commercial bias.
Thursday, October 22, 2015
2:00 pm- 5:30 pm
Leading with Emotional Intelligence
Lisa L. Griebel, M.Ed.
President, Crescendo Inc.

Learning Objectives:
At the end of the presentation, learners will be able to:
1. Describe emotional intelligence and explain why it is relevant.
2. Connect emotional intelligence to their work.
3. Identify personal strengths and growth opportunities.
4. Create an EI Learning plan.

Lisa Griebel is Principal of Crescendo Inc., a Minneapolis, Minnesota performance-consulting firm committed to the growth and development of healthy organizations. She has more than 30 years of experience in training and organization development.

Ms. Griebel has worked in both the Public and Private sectors and is a frequent guest speaker at conferences and Professional Association meetings. Helping individuals and organizations realize their Emotional Intelligence (EI) and leadership potential through coaching and training is a primary focus of Lisa's practice. She is an MHS (Multi-Health Systems) certified EQ-i2.0 (Emotional Quotient Inventory) and EQ360 master trainer and has administered more than 2,500 EQ-i® assessments world-wide. She especially values her work with EI Practitioners by supporting their personal growth and development in analyzing and interpreting these assessments, while increasing their knowledge about emotional intelligence.

Additionally, Lisa has served as an adjunct Leadership instructor in the St. Mary’s University Organizational Leadership Graduate program. She is certified facilitator in the Dependable Strengths Process and Peer Coaching and can administer Persolog Personality Factor assessments.

Lisa has a Master of Education degree in training and organization development from the University of Minnesota and a 2nd degree Black Belt in Tae Kwon Do.

6:00 pm
Expanding the Vision for MMDA, an Update
George Schoephoerster, MD
Geriatrician, Geriatric Services of Minnesota

Objectives:
At the conclusion of the presentation, learners will be able to:
1) Describe one vision for Geriatric Care in Minnesota
2) Name what such a geriatric support organization can provide for you in your future practice.

George Schoephoerster, MD is a family physician with a CAQ in geriatrics. He is a fulltime geriatrician with the St. Cloud Division of Geriatric Services of Minnesota, where he provides primary care for nursing home residents in 5 different facilities. He also serves as Medical Director at 3 of those homes. He is on the Board of the Minnesota Medical Directors Association, where he serves as President. He also serves on the Leadership Committee, as well as several other subcommittees, of the ACT on Alzheimer’s Collaborative, a statewide collaboration working on improving the access to quality care for those with dementia. He has an interest in health care reform through the transformation of primary care, with a particular interest in improving the value of care provided to Minnesota seniors, through a wholistic approach to chronic disease management by the patient’s health care team, including accurate early diagnosis and management of any cognitive dysfunction, because of its importance to the patient, to the patient’s family, and to the health care system as a whole.
October 23, 2015
8:15 am - 9:00 am

Keynote — The Last 40 years of Long Term Care
Robert L. Kane, MD
Minnesota Chair of Long-term Care and Aging
University of Minnesota School of Public Health
Director, University of Minnesota Center on Aging

Learning Objectives:
At the conclusion of the presentation, learners will be able to:
1. Describe the changes in LTC since Medicaid and Medicare
2. Discuss opportunities for innovation and how to create appropriate incentives and remove barriers

Robert L. Kane, MD, holds an endowed chair in Long-term Care and Aging at the University Of Minnesota School Of Public Health, where he was formerly the Dean. He directs the University of Minnesota's Center on Aging, the Minnesota Area Geriatric Education Center, the Clinical Outcomes Research Center, and an AHRQ-funded Evidence-based Practice Center. He has conducted numerous research studies on both the clinical care and the organization of care for older persons, especially those needing long-term care. He is the author or editor of 35 books and more than 500 journal articles and book chapters on geriatrics, long-term care, and health services research. He has analyzed long-term systems both in this country and abroad. Recent books include The Heart of Long-term Care, Assessing Older Persons, the 7th edition of Essentials of Clinical Geriatrics, Conducting Health Care Outcomes Research, Meeting the Challenge of Chronic Illness, and Family Caregiving in the New Normal. He and his sister, Joan West, have written an account of the struggles to get adequate long-term care for their mother, It Shouldn’t Be This Way. He followed that with a book specifically to help caregivers of older persons, The Good Caregiver. He is a graduate of Harvard Medical School.

His current research addresses both acute and long-term care for older persons, with special attention to the role of managed care, chronic disease, and disability, as well as systematic reviews of the literature on various topics. Dr. Kane has consulted to a number of national and international agencies, including the World Health Organization’s Expert Committee on Aging. He has received the President’s Award from the American Society on Aging and the Polisher Award from the Gerontological Society of America, the Enrico Greppi Prize from the Italian Society of Gerontology and Geriatrics, and the British Geriatrics Society Medal for the Relief of Suffering amongst the Aged. He was elected to the University of Minnesota’s Academic Health Center’s Academy for Excellence in Health Research.

9:00 am - 9:45 am

Working with Regulation in Assuring Quality of Long Term Care
Mary T. Absolon, RN, MSN
Program Manager
Licensing and Certification Program
Health Regulation Division
Minnesota Department of Health

Learning Objectives:
At the conclusion of the presentation, learners will be able to:
1. Identify entities regulated by the MDH Health Regulation Division and inter-relatedness of violations across settings.

Program Manager -- Licensing and Certification, Compliance Monitoring Division, Minnesota Department of Health, March 1993 to present.
Program Manager, Home Care and Assisted Living Program, Compliance Monitoring Division, Minnesota Department of Health, September, 2010 to October, 2014.
Policy planning, survey and regulatory program implementation related to federally certified and state licensed/credentialed providers. Manage complex inspection & regulatory processed for health providers statewide including nursing homes, home care providers, housing with services, group homes for the developmentally disabled, hospitals/critical access hospitals, clinical laboratories, hospice, end stage renal dialysis and out-patient physical therapy and others.
Implement survey agency quality improvement initiatives. Work collaboratively to improve quality of health care with stakeholders.
Implementation of federal guidelines: recent activities include responsibility for implementing federal nursing home survey guidelines related to pressure ulcers, urinary incontinence, medical director and other areas.

**Assistant Director** -- Health Resources Division, Minnesota Department of Health, January 1989 to March 1993. Division responsibilities include regulation of health care facilities and services, such as nursing homes, home health agencies, group homes for the developmentally disabled, and hospitals. Responsibilities include rule, program development and quality assurance related to home care and assisted living services, residential care homes, care and direct service related issues.

**Staff Specialist, Governmental Affairs** -- Minnesota Nurses Association, November 1982 to January 1989. Chief lobbyist and governmental staff representing professional nursing statewide. Responsibilities related to long term care, education, nursing specialty roles, reimbursement, home care, health and safety issues.

**Assistant Director** -- Ohio Nurses Association, July 1979 to October 1982. Chief lobbyist representing professional nursing statewide. Staffed nursing practice and continuing education activities.

**Registered Nurse** -- Masonic Cancer Center, July 1977 to June 1979
Provided direct nursing services to persons receiving medical oncology health services.

**Registered Nurse** -- Upjohn Health Care Services, June 1975 to June 1979.
Provided direct nursing services to persons in nursing home and home health settings.

**Education**
Masters of Science in Nursing, Case Western Reserve University, Cleveland, Ohio, 1981. Focused on planned change and community health services with special clinical emphasis on persons experiencing chronic illness conditions.

10:15 am -11:00 am
**Work Force Development**
Patti Cullen, CAE
President/CEO
Care Providers of Minnesota

Learning Objectives:
At the conclusion of the presentation, learners will be able to:
1. Explain current projects and programs to increase the numbers of long term care workers.
2. Explain promising new practices for work force development and challenges to full implementation.

Patti started with Care Providers of Minnesota in 1986 as a lobbyist, working in a variety of positions over the years with the Association until her promotion into her current position as President/CEO in 2007. Patti is a certified association executive, a frequent state and national speaker on both association-related and aging issues, chair of a national health policy subcommittee, and a board member of several non-profit health and human services agencies in Minnesota. Her educational background includes a master’s degree from the University of Minnesota and an undergraduate degree from University of Wisconsin. Prior to joining Care Providers of Minnesota, Ms. Cullen worked as a provider of long-term care services in a variety of positions and as a political organizer.

11:00 am-12:15 pm
**The Next 20 Years of Long Term Care: Maximizing Quality of Care & Quality of Life of the Frail Elderly**
**Panel Discussion**
Moderators: George Schoephoerster, MD
Robert L. Kane, MD
Mary T. Absolon, RN, MSN
Patti Cullen, CAE

Learning Objectives:
At the conclusion of the presentation, learners should be able to:
1. Describe one potential future alternative to long term care that successfully balances quality of care with quality of life
2. Name one option for overcoming barriers to future long term care created by regulation and staffing manpower issues.
Breakout Sessions
Administrative Track
1:30 pm- 2:15 pm
Non-pharmaceutical Interventions for Dementia to Maximize Quality of Life
Moderator:
George Schoephoerster, MD (Moderator)
Geriatrician, Geriatric Services of Minnesota

Colleen Ryan
Healthcare Sales & Marketing/Outreach Coordinator, Covenant Village of Golden Valley

Betsy, Horsch CTRS, CVT
Director of Therapeutic Recreation St. Benedict’s Senior Community

Learning Objectives:
At the conclusion of the presentation, leaners should be able to:
1. Explain SAIDO Learning Therapy- New way to treat dementia.
2. Demonstrate culture change on campus.
3. Understand the process, purpose and benefits of Mneme Therapy as an intervention for persons with dementia.
4. Understand how music, art and focused interactions can help individuals to relax, relieve stress, and decrease pain, and reduce the need for pharmaceutical treatments.

Betsy Horsch has been the Director of Therapeutic Recreation at St. Benedict's Senior Community in St. Cloud for the past 15 years. Prior to SBSC she was a consultant for two long term care organizations providing education and program development for Therapeutic Recreation and Activities, Volunteer Services, Spiritual Care and Alzheimer’s Program Development. She is a CTRS, Certified Therapeutic Recreation Specialist and has completed 3 years of training to become a CVT, Certified Validation Trainer.

2:15 pm- 3:00 pm
Current Topics in Public Health Emergency Preparedness and Response
Erin McLachlan
Healthcare System Preparedness Coordinator, Emergency Preparedness and Response Minnesota Department of Health

Learning Objectives:
At the conclusion of the presentation, learners will be able to:
1. Participants will have a comprehensive understanding of Minnesota Department of Health, Public Health and Healthcare Coalition Preparedness activities.
2. Identify areas of intersection with the MDH, Healthcare Coalitions and Local Public Health for advancing Emergency Operations planning.

Erin McLachlan comes to Minnesota after working in emergency management in New York City for the last 14 years. Erin is the Healthcare System Preparedness Coordinator for the Minnesota Department of Health. Most recently in New York, Erin was the Executive Director of the Regional Catastrophic Planning Team preparing for catastrophic disasters in NY, NJ, CT, and PA. Working for the City of New York, Erin worked at both NYC Office of Emergency Management and the Office of Chief Medical Examiner. In 2011, Erin took a break from local disasters and worked in South Sudan with Doctors Without Borders.
Learning Objectives:
At the conclusion of the presentation, learners will be able to:

1. Explain how to support the development of a fall prevention culture in the Long Term Care setting.

Shelly Wiggin, RN, BA, NHA is the Campus Administrator of the Minnesota Masonic Home. She has held a number of Nursing Management positions including Education manager, Infection Control Practitioner, Quality Assurance Manager, and Director of Nursing. In 1994, she obtained the post graduate course work for licensure as a Nursing Home Administrator. She has worked in both for profit and non-profit organizations and has extensive experience establishing specialty care areas within the long term care spectrum.

Jean Jorlett, RN, MSHSA has been an RN for over 45 years, with experience in acute care, and home care. She has experience as a director of staff development in acute care, assistant director and director of nursing in long term care and director of nursing home care. She currently is Quality Assurance Coordinator and develops and implements quality grants at the MN Masonic Home in Bloomington, MN. She has reported on the lessons learning in fall prevention for several articles and webinars.

Clinical Track
1:30 pm- 2:15 pm

Standardizing Clinical Approach to LTC

Tom Von Sternberg, MD
Associate Medical Director of Geriatrics Home Care, Hospice and Care Management, Health Partners

Alison Romstad, GNP, Fairview Health Geriatric Services
Jaclyn R. Guetzko, DNP, APRN, C-AGNP, Allina Internal Medicine

Learning Objectives:
At the conclusion of the presentation, learners should be able to:

1. Explain the drawback in individual variation for admission orders.

2. Appreciate how consensus can drive quality.

Alison Romstad has been working as an APRN for Fairview Geriatric Services with geriatric patients in rehab centers, long term care facilities and assisted livings for over 10 years. She has been involved with the Metro Alliance of Geriatric Providers since it started in 2009.

Jaclyn is a graduate of the University of Minnesota with a Doctor of Nursing Practice (DNP) as an Adult/Gerontological Primary Care Nurse Practitioner. Currently employed at Allina Health internal medicine primary care in Bloomington, MN. In order to demonstrate the advanced competencies and outcomes necessary for a DNP, she functioned as the principal investigator and project leader, designing and directing the standardization of standing house orders in LTC in partnership with the Metro Alliance of Geriatric Primary Care Providers. The written manuscript for this project is being submitted for exclusive consideration to the Journal of the American Medical Directors Association.
2:15 pm - 3:00 pm
Reframe Your Perspective on LTCF Antimicrobial Stewardship
Linn Warnke, RN, MPH
Healthcare-associated Infections and Antimicrobial Resistance Unit
Minnesota Department of Health

Sara Tomczyk
Preventive Medicine Resident
Minnesota Department of Health

Jean Rainbow, RN, MPH
Minnesota’s Healthcare-associated Infections (HAI) Prevention Coordinator
Minnesota Department of Health

Learning Objectives:
At the conclusion of the presentation, learners should be able to:
1. Describe antimicrobial use/overuse and consequences in long-term care (LTC)
2. Demonstrate how UTI management can be an opportunity for antimicrobial stewardship in LTC

Sara Tomczyk, PHN, MSc, is a Preventive Medicine Resident at the Minnesota Department of Health (MDH), completing her third year as an Epidemic Intelligence Service officer with the Centers for Disease Control and Prevention.

Jean Rainbow, RN, MPH, serves as Minnesota’s Healthcare-associated Infections (HAI) Prevention Coordinator at MDH, convening stakeholders for the HAI Prevention Advisory Group to promote and support the implementation of best practices for infection prevention across the spectrum of care, promote optimal antimicrobial prescribing and use, and use data to prioritize and target interventions.

Linn Warnke, RN, MPH, participates in various HAI prevention and antimicrobial stewardship projects at MDH, including the long-term care antimicrobial stewardship demonstration project presented today.

3:15 pm - 4:00 pm
Heart Failure and Diabetes AMDA Clinical Guidelines
George Schoephoerster, MD
Geriatrician, Geriatric Services of Minnesota

Learning Objectives:
At the conclusion of the presentation learners should be able to:
1) Understand the unique features of management of DM/HF in the frail elderly.
2) Understand the role of nutrition in the management of DM in the long term care environment.
3) Describe a pneumonic that can be used to help direct caregivers recognize early signs of heart failure.

4:00 pm - 5:00 pm
Ethical Cases
Edward Ratner, MD, Geriatrician, VA Medical Center

Learning Objectives:
At the conclusion of the presentation, learners will be able to:
1. Describe geriatrics issues in bioethics.
2. Recognize an ethical issue.
3. Present various professionals’ perspectives on common ethical problems in LTC.
4. Differentiate Board vs. Staff issues related to bioethics.
5. Form and use an ethics committee.
Dr. Ratner received his undergraduate degree from Carleton College. Medical school and residency training in Internal Medicine were at University of Chicago and affiliate hospitals. Post-residency training in Geriatric Medicine has included the Harvard's Geriatric Education Center, the Home Medicine Program at Boston University, and the University of Minnesota's Internal Medicine Geriatric Fellowship. His clinical practice currently focuses on care in the home, on behalf of the Spinal Cord Injury and Disorders Program of the Minneapolis VA Medical Center. He serves on the Graduate faculty in three programs: Bioethics, Gerontology and Medical Informatics. Research and teaching interests include bioethics, home care, interprofessional education, end of life care, and ALS. His current projects include an AHRQ funded study of decision aids in advance care planning, development of a statewide POLST form and creation of service learning opportunities for medical and other graduate students.