

CHECK OUT WHAT'S NEW AT MAGIC!

TOPICS / JUNE 2023



MAGIC

Minnesota Association of
Geriatrics Inspired Clinicians

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Thank you for being a member of MAGIC!

PRESIDENT'S LETTER:

Welcome Summer!

In this issue of Topics, we have updates on Paxlovid, MDH program on impacts of long covid, as well as additional updates from the AMDA meeting.

The COVID-19 pandemic and Public Health Emergency may have been declared as “over” but the long-term effects of the pandemic remain with us. The MN Department of Health has secured funding to understand the impacts and raise awareness of long COVID and post-COVID conditions.

Paxlovid has been approved by the FDA for mild-to-moderate COVID-19. The question of crushing Paxlovid remains a challenge for many of our seniors that need their medications crushed. This article addresses off-label use (crushing) and how it impacts us as prescribers.

Thanks to the MAGIC members for sharing updates from the AMDA meeting. I would encourage all of us to consider how these issues impact our daily practice, our patient’s health journey and how we can engage ourselves, our practice, and our health systems.

SAVE THE DATE: Annual Conference November 2-3, 2023. Registration is open. We are currently accepting sponsors. Sponsorships allow us to keep the conference fees down. For more information, visit our website:

<https://www.minnesotageriatrics.org/Annual-Conference>

Cathy Lauring, APRN, CNP

President



2023 MAGIC Annual Conference

November 2nd - November 3rd,
2023

Day One: Live Webinar

Day Two: Midland Hills Country Club
Roseville, MN

For further details on the conference
and to register, click below.

[Register Here](#)

Feature Article: Long COVID in Older Adults

By Sandy Turbes, MD, CMD, and Farha Ikramuddin, MD, MHA

Case: A 76-year-old woman is new to you in your LTC after TCU stay post-hospitalizations for recurrent GI bleeds due to NSAID-induced esophageal and gastric ulcers. She has dementia, with BIMS of 2/15. Other medical conditions include lumbar spinal stenosis, pre-diabetes, osteopenia, obesity, and hyperlipidemia. Family indicates that her cognitive and functional decline began when she had COVID-19 two years prior (2021).

To continue reading, [click here.](#)

Updates from AMDA State Chapter Open Mic

Meeting, May 31, 2023

AMDA hosts quarterly “Open Mic” meetings as a forum for sharing information with all the state chapters – connecting chapters to their AMDA State Board

Liaison, connecting us to available resources, and providing opportunity to connect and share experiences with other state chapters.

A few topics to share with MAGIC members from the May 31 meeting are included here:

PALTC Foundation Awards

The Foundation for Post-Acute and Long Term Care Medicine sponsors four awards each year. Nominations opened July 1 for the following 2024 Excellence Awards:

- Clinician of the Year Award
- Medical Director of the Year Award
- William Dodd Founder's Award for Distinguished Service
- James Pattee Award for Excellence in Education

The Clinician of the Year Award recognizes members of the interdisciplinary (IDT) team who serve in PALTC settings. It honors a licensed health-care practitioner who is directly involved in treating and caring for people in PALTC settings and who embodies excellence in patient/resident care.

The Medical Director of the Year Award recognizes those individuals whose vision, passion, leadership, knowledge, and commitment succeed in taking patient care to exceptional levels of quality, excellence, and innovation

The William Dodd Founder's Award for Distinguished Service recognizes significant contributions to building the Society's organizational strength, image, and mission by promoting the development of competent, compassionate, and committed medical practitioners.

The James Pattee Award for Excellence in Education recognizes significant contributions to enhance the Society's educational structure and framework, to advance education specific to PALTC practice, and to promote AMDA leadership via educational endeavors within the LTC continuum. It was established to honor James Pattee, MD, CMD, the father of the AMDA Certification Program and the Core Curriculum program. Dr. Pattee was a geriatrician and medical director right here in in Minnesota!

Visit <https://paltcfoundation.org/award-programs/> to learn more about these awards and how to nominate a colleague. Nominations will be accepted July 1 – September 30, 2023, and the awards will be presented at PALTC24 – AMDA’s annual conference.

PALTC24 – delegates and resolutions

Speaking of PALTC24 - Start planning for AMDA’s annual conference, which will take place March 9-12 in San Antonio, Texas.

We encourage MAGIC members to think about whether you would like to be a delegate from our chapter to the House of Delegates.

It’s not too early to think about resolutions for 2024. The process for bringing forward resolutions at AMDA, with the goal of bringing them to the House of Delegates for voting at the annual meeting, was reviewed. Resolutions give AMDA direction and priorities from the membership. Examples of prior years’ resolutions can be found [here](#) and include topics such as oversight of PRN psychotropic drugs for hospice patients in SNF/LTC; advocating for a waiver process for regulatory visits to be able to be done via telehealth; and supporting efforts to increase transparency in nursing home ownership.

New medical director requirement for LTC facilities passed in California

Attendees at the Open Mic Meeting learned about California AB 749, Skilled Nursing Facilities: Medical Director Certification, which was signed into law in late 2021.

As required by California Legislation ([Assembly Bill No. 749](#)), all nursing home medical directors* in California must be certified by the American Board of Post-Acute and Long Term Care Medicine ([ABPLM](#)). AB 749 will help ensure that every medical director in California is prepared to provide effective oversight of quality and safety in their nursing homes. A medical director already employed in a skilled nursing facility as of January 1, 2022, has five years (until January 1, 2027) to become a Certified Medical Director.

(*See [AB749](#) for complete details and exemptions.)

Implementing this legislation will require the development and maintenance of a California state registry of medical directors. Advocating for this type of registry in Minnesota is being discussed by the MAGIC board. Please consider how this might impact your practice or program and provide feedback to the MAGIC policy committee: info@minnesotageriatrics.org

Paxlovid Update

Paxlovid now has full FDA approval!

- **No longer governed by EUA - Emergency Use Authorization - rules**
- **What does that mean for us as prescribers?**

Per the FDA's press release on May 25, 2023:

“Today, the U.S. Food and Drug Administration approved the oral antiviral Paxlovid (nirmatrelvir tablets and ritonavir tablets, co-packaged for oral use) for the treatment of mild-to-moderate COVID-19 in adults who are at high risk for progression to severe COVID-19, including hospitalization or death.”

The FDA used data from the EPIC-HR trial, which was a randomized, double-blind, placebo-controlled clinical trial studying Paxlovid for the treatment of non-hospitalized symptomatic adults with COVID-19, who were unvaccinated and had no prior immunity to COVID-19; and who had a prespecified risk factor for progression to severe disease or were 60 years and older regardless of prespecified chronic medical conditions. Another part of this trial looked at those who were antibody positive for COVID; and another trial (EPIC-SR) studied vaccinated patients with one or more risk factor for progression to severe disease. Hospitalization and death was reduced in these groups as well, though not by as much.

These trials also looked at whether Paxlovid was associated with rebound COVID symptoms, and found there was a similar rate of rebound symptoms in the Paxlovid group and the group that received placebo. This argues against the idea that Paxlovid causes more rebound COVID-19.

TOPICS reached out again to Dr. Jessica Zering, pharmacist in the Washington State Department of Health, who gave us such good guidance in our February issue about the importance of not crushing Paxlovid while under EUA. Per Dr. Zering, “The FDA approval is only for the treatment of mild-to-moderate COVID-19 in adults at high risk for severe disease, including hospitalization and death.” (Use in children ages 12-17 with increased risk remains under EUA).

When it comes to the question of being able to crush the pills, Dr. Zering

When it comes to the question of being able to crush the pills, Dr. Zering states, “The language advising against crushing the tablet is still in the package insert. The rationale for this is due to a lack of pharmacokinetic/pharmacodynamic data for crushed tablets.” Crushing the tablets would be an off-label use; Dr. Zering advises following institution policy or best practice regarding off-label medication usage.

In the absence of institutional policies, if considering this off-label use of approved medication, it may be reasonable to consider such things as informed consent; potential benefit vs potential risk; clinical judgment; and available evidence. One monograph entitled “Therapeutic Brief: Crushing Nirmatrelvir/ritonavir (Paxlovid)” summarizes some pharmacokinetic data and can be found [here](#). This monograph is by the British Columbia COVID Therapeutics Committee COVID Therapy Review and Advisory Working Group, and is dated July 4, 2022. It states, “Both ritonavir and nirmatrelvir (components of Paxlovid) **can be split or crushed and mixed with apple sauce, pudding or any common food or liquid** including dairy-containing products based on Phase I studies demonstrating that suspensions achieve similar pharmacokinetics to whole tablets.” More detail of the available data and thoughts about clinical judgment can be found in the monograph.

MDH's Long COVID Work

Kate Murray, Program Manager for Long COVID & Post-COVID Conditions at MDH, shared the following update:

The Minnesota Department of Health (MDH) is working to understand the impacts of long COVID and post-COVID conditions on people in Minnesota and support those most affected. The program's efforts include increasing awareness about long COVID and available resources, convening a Guiding Council of clinicians who care for people with long COVID, conducting phone surveys, partnering with community organizations around messaging and needs assessments, and engaging people with long COVID and their caregivers to help inform efforts and priorities. Thanks to new State funding, the program will soon be able to expand and sustain this work and the partnerships that are central to it.

JOB POSTINGS:

If you are interested in posting a job on the MAGIC website or in TOPICS, please note the fee will be \$150 for 30 days. Please reach out to Heidi Holste, Executive Director at MAGIC at info@minnesotageriatrics.org or call 612-708-1982 if you have any questions.

Covenant Living of Golden Valley Care and Rehabilitation Center is a 5-star skilled nursing facility in the Minneapolis Metro **seeking a Medical Director**. The Medical Director is essential for the facility to collaborate with the HCA, DON, Staff, Providers, and Consultants to assist in reviewing and developing procedures and recommending current best practices and standards to implement or maintain in an effort to continuously improve the quality of resident care within the facility.

Requirements:

- Board Certified Long-Term Care Medical Director
- Minimum of 3-5 years' experience
- Member of MAGIC Association
- License in good standing

Please contact Grace Gobler, Healthcare Administrator, via phone: 763-732-1415 or email: ggobler@covliving.org for further information.

AMDA RESOURCES:

To learn more about AMDA and what they offer, [click here](#).

Visit AMDA's Website

RECOGNIZING OUR SPONSORS:

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BECOME A MEMBER TODAY!

Membership includes:

- Access to the [members only section](#) of our website
- Subscription to our newsletter [TOPICS](#) which is emailed six times a year
- Discounts on annual meeting registration
- Being part of a vibrant organization providing information and expertise on issues related to geriatric care
- Participation in [MAGIC ACE](#)*

*As a MAGIC member you have the opportunity to participate in the MAGIC Alliance for Clinical Excellence (ACE). Members include anyone who has an interest in geriatric health care and want to actively contribute to or lead collective clinical work. The purpose of MAGIC ACE is to create common, evidence-based approaches to care from our collective wisdom and practice. MAGIC ACE committee meets 3-4 times per year and participation is on a volunteer-base. For information on clinical guidance and output from MAGIC ACE, please visit our [webpage](#).



Let's get social! We encourage you to follow us on our social media pages. Please click each social media icon and it will bring you to our page. Like, share and comment!

Also, we recommend you add 'Minnesota Association of Geriatrics Inspired Clinicians' to your LinkedIn profile if you are a member/board member. This will add to your LinkedIn experience, and it will also bring MAGIC extra presence.

Please reach out if you have any questions or have any social media ideas!

Download our '[Social Media Best Practices](#)' here.

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TOPICS in Geriatric Medicine and Medical Direction is published six times per year by the Minnesota Association of Geriatrics Inspired Clinicians.

Opinions expressed in articles are those of the authors, and do not represent official views or positions of any organization including MAGIC.

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