



37th Annual Meeting
*Culture Change: Innovations in Management of Depression,
Dementia and Diabetes in Long-Term Care*
July 15 – 16, 2011
*Omni Los Angeles Hotel at California Plaza
Los Angeles, CA*

FRIDAY, JULY 15

8:00 AM **Welcome & Introductions**
Dan Osterweil, MD, CMD, FACP
CALTCM President

8:05 **Opening Comments**
Mira Cantrell, MD
Education Committee Chair

MANAGING YOUR DIABETIC PATIENT IN THE NURSING HOME

8:10 **Optimal Diabetes Care in Long Term Care Settings**
Jane E. Weinreb, MD

Objectives:

- 1) Review the prevalence and severity of diabetes in LTC, its complications and the benefits of early intervention.
- 2) Discuss advances in current understanding of type II diabetes and the evidence-based care recommendations for diabetic control in the LTC population.
- 3) Identify risk factors that accelerate diabetic complications and review recommendations to minimize their risk.

FRIDAY, JULY 15 (continued)

9:10 AM

Processes that Improve Diabetic Care

Janice Marie Diez, MSN, BSN, DON

Timothy Gieseke, MD, CMD

Objectives:

1. Introduce and showcase adaptable care processes and tools, including model policies and procedures, to facilitate diabetic care QI in LTC.
2. Demonstrate ways to improve IDT collaboration for the development of optimal diabetes care practices; clarify the roles of members of interdisciplinary team in diabetes care.
3. Recognize system failures and near-misses; consider a process for root cause analysis and system modification(s).
4. Acknowledge and address potential conflicts between self-management and regulatory compliance.

10:00

Break

10:30

Maximizing Self Care of Diabetes in Long-Term Care

Deborah Greenwood, RN, MEd, CNS, BC-ADM, CDE

Objectives:

1. Explore patient education tools and processes that improve safe glycemic management.
2. Discuss optimal diet and lifestyle modifications with approaches to overcome change inertia.
3. Identify tools that help patients know when and how to seek help for emerging diabetic complications.
4. Review metrics that document the value of this process to individual patients.

11:15

Practical Group Learning – Small Group Sessions

Objectives:

1. Provide an opportunity for the attendees to integrate the above information into the care of hypothetical cases.

Process:

1. Each speaker will develop 1-2 cases for group discussion that will require participants to apply the presented materials to the specific clinical case.
2. Attendees will be divided into groups of 8-10 participants.
3. A spokes-person for each group will present their findings with final comments to be made by the faculty who submitted the case.

FRIDAY, JULY 15 (continued)

11:45 AM

Interactive Audience/Panel Discussion

Moderator: *Mira Cantrell, MD*

PANELISTS:

Janice Marie Diez, MSN, BSN, DON

Timothy Gieseke, MD, CMD

Deborah Greenwood, RN, MEd, CNS, BC-ADM, CDE

Jane E. Weinreb, MD

Objectives:

1. Emphasize areas of importance.
2. Clarify questions about the information presented.
3. Consolidate the learning process to apply "lessons learned" to attendees' individual homes and residents.

12:15 PM

Pre-lunch Announcements

Janet C. Frank, DrPH. CGEC & Depression Performance Improvement Education (PIE)

12:30

No Host Lunch

MANAGEMENT OF DEPRESSION IN THE NURSING HOME

1:30

PHQ-9: Value Added to MDS Assessment

Debra M. Saliba, MD, MPH

Objectives:

- 1) Gain an understanding of the PHQ-9 its status as a required element in the MDS 3.0
- 2) Outline the benefits of using the PHQ-9 for screening and monitoring of depression

1:45

An Overview of Depression in LTC: Diagnosis and Management

Randall T. Espinoza, MD, MPH

Objectives:

- 1) Identify diagnostic criteria for major depressive disorder and selected other affective disorders as well as risk factors for their development.
- 2) Discuss prevalence of depression in LTC and its impact on quality of life, physical symptoms and overall functional status of LTC patients.
- 3) Describe a range of non-pharmacological strategies to address depressive disorders in LTC.

FRIDAY, JULY 15 (continued)

2:45 PM

Pharmacotherapy: What to Consider and What to Monitor

Jay S. Luxenberg, MD, CMD

Objectives:

- 1) Describe current medication management options for depressive disorders, including adjuvant therapy and treatment of related symptoms.
- 2) Review the risks, adverse effects, benefits and alternatives of antidepressant medications.
- 3) Clarify appropriate monitoring regimens for different types of antidepressant medications.

3:15

Break

3:45

The Impact of Culture Change and Environment on Mood Disorders in LTC

Christa M. Hojlo, PhD, RN, NHA

Objectives:

- 1) Describe how culture change oriented to patient preferences and patient-centered care can reduce the incidence of depression.
- 2) Identify patient-centered care processes/policies that can be utilized in LTC.

4:05

Interactive Audience/Round Table Discussion

Moderator: *Karl E. Steinberg, MD, CMD*

PANELISTS:

Christa M. Hojlo, PhD, RN, NHA

Jay S. Luxenberg, MD, CMD

Debra M. Saliba, MD, MPH

Objectives:

- 1) Clarify issues, ask questions and share experiences in depression care and culture change interventions.

5:00

Poster Session & Reception

6:30

CALTCM General Membership Meeting

7:00

Adjourn

SATURDAY, JULY 16

8:00 AM

Welcome

8:05

MANAGEMENT OF DEMENTIA IN THE NURSING HOME

Diagnosing Dementia in the Nursing Home

Joshua Chodosh, MD, MSHS

Objectives:

1. Review prevalence and severity of dementia in LTC.
2. Discuss diagnostic criteria and how the impact of diagnosis (economic, social, etc) is different in the institutional setting vs. community setting and in skilled vs. custodial residents.
3. Consider implications of dementia diagnosis on care planning.
4. Introduce new ICD-9 codes related to dementia with neurobehavioral problems; implications for documentation and billing.

8:50

Non-Pharmacological Management of Agitated Behaviors in Cognitively Impaired Older Persons

James A. Mittelberger, MD, MPH, CMD, FACP

Objectives:

- 1) Identify patients at risk for behavioral issues.
- 2) Showcase protocols and policies for non-pharmacological management of agitation and other behavioral derangements.
- 3) Discuss the role of the interdisciplinary team in management of behavioral and psychiatric symptoms of dementia (BPSD).
- 4) Address the difference in presentation and approach between the delirious vs. demented patient.

9:35

Break

10:15

Pharmacological Management of Agitated Behavior in Cognitively Impaired Adults

Jay S. Luxenberg, MD, CMD

Objectives:

- 1) Discuss the latest evidence on atypical antipsychotic medication use for behavioral and psychiatric symptoms of dementia (BPSD).
- 2) Address approach to Black Box warnings on antipsychotic medications.
- 3) Discuss the role of behavior-modifying medications including mood stabilizers/anticonvulsants.
- 4) Consider differences in approach for different types of dementia and delirium.

SATURDAY, JULY 16 (continued)

11:00 AM **Real-life Implementation and Management of Dementia Patients**
Smadar Gal, RNC

Objectives:

- 1) Become familiar with The Garden Crest Experience.
- 2) Review other experiences, techniques and tools to assist the interdisciplinary team in managing dementia patients.

11:45 **Pre-lunch Announcements**
Mira Cantrell, MD

12:00 PM No Host Lunch

SUCCESSFULLY IMPLEMENTING QUALITY IMPROVEMENT IN THE NURSING HOME

1:00 **Challenges in Quality Assurance Performance Improvement (QAPI) in Long Term Care**
Debra Bakerjian, PhD, MSN, FNP

Objectives:

- 1) Review key aspects of QI – how it differs from QA. Review of the QI steps (PDSA or PDCA), Review of where NHs can get online resources – QIOs, IHI, AE

1:45 **Barriers and Facilitators to Change in Practice**
Mary Ellen Dellefield, PhD, RN,
Rebecca Ferrini, MD, MPH, CMD

Objectives:

- 1) Brainstorm how to apply QI to Diabetes, Depression, and Dementia and potential barriers to change that may arise
 - a. Understanding Structures, Processes and Outcomes
 - b. Identifying a QI problem – Assembling the Team
 - c. Root Cause Analysis
 - d. Designing a QI project
 - e. Developing an Action Plan – SMART Objectives
 - f. Data Measurement – What to measure, how to measure, how to track and trend
 - g. Reporting results

2:30 Break

SATURDAY, JULY 16 (continued)

3:00 PM

Interactive Small Group Discussion

Debra Bakerjian, PhD, MSN, FNP

Mary Ellen Dellefield, PhD, RN

Rebecca Ferrini, MD, MPH, CMD

Objectives:

- 1) Identifying a problem
- 2) Conducting a root cause analysis of the problem
- 3) Designing a quality improvement project
- 4) Developing an action plan
- 5) Developing SMART objectives
- 6) Plan for Data Collection
- 7) Reporting Results

Debra Bakerjian, PhD, MSN, FNP - Diabetes

Mary Ellen Dellefield, PhD, RN - Depression

Rebecca Ferrini, MD, MPH, CMD - Dementia

WORK PRODUCT – A DRAFT QI PROJECT RELATED TO DIABETES,
DEMENTIA, OR DEPRESSION

4:30

Lessons Learned, Questions, and Next Steps

Debra Bakerjian, PhD, MSN, FNP

Mary Ellen Dellefield, PhD, RN

Rebecca C. Ferrini, MD, MPH, CMD

Objectives:

- 1) Share experiences and plans, answer questions.
- 2) Identify participants' plans for quality improvement when they return to their LTC facilities.

5:00

Adjourn