



# LAGNIAPPE

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## NOW OPEN: LNHA Spring Conference Online Registration

The 2015 LNHA Annual Spring Conference will be on May 4-6, 2015 at the Crowne Plaza in Baton Rouge. We are excited to announce this year's theme: "satisfying the soul."

What are the basics to satisfying your soul? Love, comfort, warmth and peace. We live in such a high-speed society that we forget the core of our being. We are constantly on media overload and forget the basics. In our industry, we have the unique opportunity to give back to our elders and "satisfy their souls" by creating the feeling of compassion and love from their own sense of "home". The smell of mom's cooking, the hand holding to connect during conversation, the songs they sang at home. It's about making the heart happy. And for us as professionals, satisfying the soul means that we have mastered meeting our residents' personal and individual needs!

To register, visit our online registration calendar at [www.lnha.org](http://www.lnha.org). View the brochure [here](#) for more information including CEUs, special hotel rates, and an itinerary.

## Focus on Antipsychotics and Dementia Training

The most recent data released by the Partnership to Improve Dementia In Nursing Homes once again ranks Louisiana as the state with the highest prevalence of antipsychotic use for long-stay residents. In view of the decision by CMS to include new measures to the Five Star Quality Measures, both measuring the use of antipsychotic drugs, it is more important than ever to focus on this issue within our facilities. During the recent LNHA Education Committee Meeting, DHH representatives reported that they are planning to contact nursing facilities with high antipsychotic drug use and, on a voluntary basis, offer to provide assistance. As a reminder, LNHA has offered, and will continue to offer, workshops and conferences that include dementia training.

In 2012, CMS issued S & C: 12-44-NH "Hand in Hand: A Training Series for Nursing Homes, on Person-Centered Care of Persons with Dementia and Prevention of Abuse" which was revised in October of that year. (cont. on page 2)

Join the conversation and connect with LNHA today!

## Focus on Antipsychotics and Dementia Training (Cont.)

CMS announced that the training program was designed to meet the annual nurse aide training on the subjects of dementia and abuse (<http://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/Downloads/Survey-and-Cert-Letter-12-44.pdf>). The training, titled, "Hand in Hand" contained an orientation guide, six-one hour video-based modules, as well as an accompanying instructor guide. DHH provided the toolkit to all the nursing facilities in the state free-of-charge. There are no additional copies available at DHH, however, it is possible to request a download from CMS for training purposes. The download is available at <http://www.cms-handinhandtoolkit.info/Downloads.aspx>. Section 6121 of the Affordable Care Act requires providers to ensure that nurse aides annually receive this training and surveyors will be looking to see that it has occurred. In addition, please remember that state law also requires dementia training for all staff. The state regulations can be found in the Louisiana Register, Volume. 35, Number 08, August 20, 2009 which is available on the Division of Administration website, <http://doa.louisiana.gov/doa/>.  
*Author: KarenSue Zoeller, LNHA Regulatory Director*

## 22nd Annual Long Term Care Administrators Week at Hand

Administrators in long-term care are enjoying "their" week. Sunday started a weeklong celebration honoring LTC building leaders who oversee both the delivery of care and the pursuit of a supportive work environment, while also being good stewards of the bottom line. This week we honor and celebrate the important role the administrator has in providing leadership for the delivery of quality, resident-centered care and a supportive work environment for staff. Please accept our congratulations as your role is celebrated this week and our appreciation for the work you do each day throughout the year. Thank you for dedicating yourself to the positive impact you have on the lives of your residents, their families and your staff.

### Advertise in the *Lagniappe* and Meet Your 2015 Business Goals!

LNHA's newsletter, *Lagniappe*, hits providers' desks twice a month with the latest news in regulatory issues, innovative ideas and membership news. If your company has information that you want to get into the hands of long term care providers quickly and efficiently, *Lagniappe* is the perfect vehicle for your message. For more information on sizes and pricing visit the LNHA website. If you have questions, contact Karen Miller at [kmiller@lnha.org](mailto:kmiller@lnha.org).

### Did You Know?

LNHA is now offering the member mailout in an email version. Electronic delivery allows us to provide better, faster and more efficient service while going paperless. To receive this monthly informative member mailout, email Karen Miller at [kmiller@lnha.org](mailto:kmiller@lnha.org).

LNHA is now posting the weekly Region VI Insider on our website at [www.lnha.org](http://www.lnha.org) under "News and Events." The tab will be on the left called "CMS Region VI Insider."



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## Conversations Change Lives: LaPOST Coalition Promotes National Healthcare Decisions Day



On April 16, the Louisiana Health Care Quality Forum, on behalf of the Louisiana Physician Orders for Scope of Treatment (LaPOST) Coalition, will join hundreds of health care-related organizations across the country in support of National Healthcare Decisions Day (NHDD), a nationwide initiative focused on increasing awareness about advance care planning.

Despite gains in advance care planning education, a recent Pew Research Center study found that while 95 percent of Americans had heard of a ‘living will,’ or advance directive, only 29 percent had completed one. Further, according to research by the Agency for Healthcare Research and Quality (AHRQ), 76 percent of physicians whose patients did have an advance directive were not aware that it existed.

“These are statistics that we seek to change in our state,” says Susan Nelson, MD, Chair of the LaPOST Coalition. “We have a shared goal with our NHDD partners: to improve these numbers by inspiring, educating and empowering the public and health care providers with information about the value of advance care planning and available advance care planning options.”

In Louisiana, those options include documents such as the advance directive, also known as a living will, and the health care power of attorney. A living will is typically written well in advance of any known illness and describes the type of care a patient wants if something occurs, particularly scenarios in which the patient does not wish to receive aggressive medical care. Unfortunately, less than 25 percent of Americans have this level of planning, and even with an advance directive in place, the document requires interpretation and a physician’s order before it can be implemented.

The health care power of attorney document identifies the person who makes health care decisions if the patient becomes unable to do so, and requires the patient to state the kinds of decisions this person would make. If a health care power of attorney is unavailable, the state stipulates who would make those decisions – those individuals are, in order, a legal guardian (if one has been appointed); spouse (unless legally separated); the majority of children; parents; the majority of siblings; antecedents/descendants; special friends; and the attending physician (under certain circumstances).

Louisiana also has an advance care planning document designed specifically for patients with serious, advanced illnesses. The LaPOST document is more than an advance directive or health care power of attorney. It’s a medical order that is completed only after the patient - or the patient’s health care representatives - have discussed the patient’s goals of care and treatment preferences with his or her physician. LaPOST is completely voluntary, is biased neither for nor against treatment and can be modified or revoked at any time based on new information or a change in the patient’s condition or wishes. As a medical order, it travels with the patient across health care settings. When completed, it must be followed by all health care professionals. The LaPOST document may also be used to translate an advance directive into a physician’s order.

“Most importantly, it requires patients and caregivers to have real conversations about treatment options when a cure is no longer possible,” Nelson says. “These can be difficult conversations to have, but by discussing treatment options and personal goals, values and beliefs, patients can make their final days the best possible for themselves and their loved ones.”

Nelson notes that multiple studies have shown that patients and families who discuss their wishes for end-of-life care actually receive better care that’s patient-centered and in a location they want, whether it’s at home, in a hospital or nursing facility or elsewhere. Through advance care planning documents like LaPOST, she says, “Patients can design treatment strategies that ensure that the care they receive matches the care they want.”

“It’s a conversation that can be uncomfortable, but without it, the patient’s family or caregiver may never know what the patient’s wishes were, and he or she may not receive the kind of care that was wanted at the end of life,” she explains. “Families that have advance care planning documents like LaPOST in place find it easier to make those decisions because they know exactly what was wanted at the end of life. LaPOST provides patients with a voice to make those wishes heard and to make sure they are honored.” (cont. on page 4)

## Conversations Change Lives: LaPOST Coalition Promotes National Healthcare Decisions Day (cont.)

“While the LaPOST document is specific to patients with serious, advanced illness, advance care planning is a gift every patient, regardless of age or health, can give themselves and their loved ones,” Nelson adds. “We want everyone to have that important conversation on National Healthcare Decisions Day.”

To assist Louisiana’s patients and families in developing advance care plans and discussing their end-of-life care wishes, the LaPOST Coalition developed a special guidebook, “[Conversations Change Lives](#).” The guidebook may be viewed and downloaded from the LaPOST [website](#). The website features a number of other advance care planning tools for patients and families, and it also provides several advance care planning educational resources for health care professionals.

## Speak the language of Familia, Vida and Amor during National Nursing Home Week 2015!

Imagine an event that brings the long-term care (LTC) community of residents, rehab patients, families and facility staff together for a weeklong festival in 2015. In fact, let’s plan on a weeklong bash in May, starting on Mother’s Day. Think of all the fun your LTC community can have, which is precisely why the American Health Care Association (AHCA) will designate National Nursing Home Week (NNHW), May 10 to 17, 2015, as “Bring on the Fiesta!” week.

Make it a special time of entertainment and education for all while focusing on bringing to life the subtheme of “Familia, Vida and Amor” (family, life, love). Show how your facility, as part of culture change, brings these vital attributes of quality care to the forefront, irrespective of anyone’s age or physical or intellectual ability. Try to weave into your Fiesta! We see this as an opportunity to entice in new guests, infrequent visitors and local VIPs to realize and appreciate the importance of a kind word, a personal touch and being connected to the resident. So, BRING ON THE FIESTA! for all to enjoy the chance to whoop it up, enjoying the crowds, the activities, the comradery and the feelings engendered by Family, Life, Love (Familia, Vida, Amor). Learn more [here](#) at the National Nursing Home Week webpage.

## 9th Annual McKnight’s Online Expo arrives March 25-26



The 9th Annual McKnight’s Online Expo will take place March 25-26 and again offer up to five free continuing education credits to attendees. Registration [is ongoing](#).

The event features five one-hour educational sessions led by national experts spread over two days, plus an exhibition hall offering live interaction with top vendors. Prizes, white papers and direct consultation with LTC suppliers will be available.

Last year, nearly 4,000 long-term care professionals took part, and organizers are expecting another record crowd.

Pressure ulcer care, capital formation, MDS 3.0, rehospitalization avoidance and technology will be session topics. Janice Beitz, PhD, RN, CS, CNOR, CWOCN, CRNP, MAPWCA, FAAN, a wound care expert and professor of nursing at Rutgers University, will start everything with “The current science of pressure ulcer prevention (Or It’s Still Rock and Roll to Me)” at 9 a.m. CT on March 25.

For more details on the sessions and speakers, as well as registration information, go to [mcknights.com/Expo2015](http://mcknights.com/Expo2015).

## LNHA's Upcoming Events and Save the Dates!



New events have been added to the [News and Events web page](#) and to the e-calendar. Check the website today to view the flyer and agenda for upcoming trainings. To register for an event, visit [www.lnha.org](http://www.lnha.org) and click the calendar icon on the home page and select the appropriate event.

### UPCOMING EVENTS:

- May 5-6: LNHA Spring Conference

### SAVE THE DATES:

- Summer 2015: ICD-10
- June 25-26: Social Service Director Workshop
- September 21-23: Annual Convention and Trade Show

Follow LNHA on your social media sites for the latest in news and updates!



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