

## Fourth Annual Ohio Long-Term Care Symposium Schedule

### Friday, October 22, 2021

**2:00 – 3:00 pm      Registration Desk Open**

**3:00 – 6:00 pm      General Session – Cardiology Mini-symposium**

#### **Post-Acute Cardiac Management**

**Speaker: Nicole Orr, MD, FACC**

This session will provide an overview of treating complex geriatric cardiology patients in the skilled nursing setting and provide a practical approach to addressing clinical scenarios related to decompensated heart failure, assessment of multifactorial dyspnea, chest pain and rapid atrial fibrillation. Emphasis will be placed on strategies for and the importance of treating cardiac patients in the context of their multiple co-morbid illnesses.

##### Session Learning Objectives

- Discuss principles of patient-centered deprescribing related to cardiac conditions/symptoms in post-acute and long-term care
- Review framework for selecting medications appropriate for deprescribing
- Discuss practical strategies for deprescribing using care-based examples of patients in the skilled nursing setting

#### **Anticoagulation for Atrial Fibrillation in PALTC**

**Speaker: Meenakshi Patel, MD, FACP, MMM, CMD**

The session will discuss the appropriateness of anticoagulation treatment in the elderly population. We will discuss pros and cons of anticoagulation as well as true contraindications.

##### Session Learning Objectives

- Comprehend guideline-based treatment of atrial fibrillation
- Know the absolute contraindications for anticoagulation
- Understand the risks and benefits of anticoagulation

#### **Deprescribing Cardiovascular Medications in Older Adults: A Practical Approach**

**Speaker: Nicole Orr, MD, FACC**

This presentation will review a practical approach for deprescribing cardiovascular medications among frail older adults, within the context of optimizing physical function and addressing goals of care. As the leader of multiple successful post-acute cardiac programs, Dr. Orr offers vast practical experience for the SNF provider.

##### Session Learning Objectives

- Discuss the differential and assessment of dyspnea among patients in post-acute or long-term care
- Discuss the approach to management of patients presenting with acute heart failure
- Introduce practical strategies for assessing chest pain and indications for hospital transfer
- Discuss principles for managing atrial fibrillation with rapid ventricular response rates



**Nicole Orr, MD, FACC** is an Assistant Professor of Medicine in the Division of Cardiology at Tufts University School of Medicine, and the founder/president of Post-Acute Cardiology Care, LLC. Her work is dedicated to developing heart failure disease management programs in SNFs with a high burden of HF patients, with an emphasis on educating staff and residents about the complexity of treating this high-risk demographic. She serves both as a staff cardiologist and consultant, and provides weekly bedside rounds to several facilities in the Northeast region. She speaks nationally about the need to optimize strategies for treating geriatric cardiology patients admitted to post-acute care, and has published her work and insights regarding best practices for post-acute HF management.



**Meenakshi Patel, MD, FACP, MMM, CMD**, is a Clinical Associate Professor at Wright State University in Dayton, Ohio. She is also a practicing physician at Valley Medical Primary Care as well as a Principal Investigator at Valley Medical Research, and Medical Director at several nursing homes. Dr. Patel earned her medical degree at the University of Bombay in Bombay, India. She completed a residency in Internal Medicine at Sinai Hospital in Baltimore, Maryland. She is board-certified in Internal Medicine, Geriatrics, and Hospice and Palliative Care.

<b>6:00 – 7:00 pm</b>	<b>Welcome Reception (Exhibit Hall open)</b>
<b>7:00 – 8:00 pm</b>	<b>Dinner (Product Theaters) and Exhibitor Introductions</b>

## **Saturday, October 23, 2021**

<b>7:00 – 8:00 am</b>	<b>Breakfast (Product Theaters)</b>
<b>8:00 – 9:30 am</b>	<b>General Session</b>

### **Research Update/Fellows Forum**

**Moderators: Ronan Factora and Amanda Lathia**

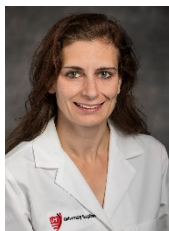
Geriatric research and quality improvement is being conducted in multiple settings throughout the State of Ohio. This session provides the opportunity for participants to present challenging patient cases and results of quality improvement and research projects. The design and implementation of research being conducted particularly in the long-term care environment will be reviewed. Cases from long term and post-acute care will also be presented and analyzed for opportunities for improvement in patient care. Discussion will provide the opportunity for input to those conducting studies to improve relevance to practice patterns. The goal of the session will be to present new ideas and delivery models and to identify patient care scenarios that impact patient outcomes.

#### Session Learning Objectives

- Describe the design and implementation process for conducting geriatric research in the long-term care environment
- Identify opportunities for geriatric research projects
- Analyze patient cases and identify areas for improvement in care policies and processes



**Ronan Factora, MD** is Associate Professor of Medicine at the Cleveland Clinic Lerner College of Medicine at Case Western Reserve University and Program Director for the Geriatric Medicine Fellowship at the Cleveland Clinic. His areas of interest include Alzheimer's Disease and related dementias, falls, elder abuse, and preserving functional independence. His current areas of research are in the areas of cognitive screening and assessment of decision-making capacity. He is the current President of the Ohio Geriatrics Society. He has served as a member of the Ohio State Medical Board under Governor John Kasich and remains active on the Attorney General's Elder Abuse Commission as the co-chair of the Research Subcommittee.



**Amanda Lathia, MD** is board certified in internal medicine and geriatric medicine. She is an assistant professor of medicine at Case Western Reserve School of Medicine and is a staff physician in the Division of Geriatrics and Palliative Care at University Hospitals in Cleveland, Ohio. She is the program director of the geriatric medicine fellowship and also the medical director of the Foley ElderHealth Center at University Hospitals. She has worked in post-acute and long-term care and has been a facility medical director. She is currently a member of the OMDA Board until October of 2022.

## **9:30 - 10:00 am      General Session**

### **AMDA Update**

**Speaker: David Nace, MD, MPH, CMD, AMDA Past President** – *Information coming soon*

## **10:00 – 10:30 am      Refreshment Break with Exhibitors**

## **10:30 – 11:30 am      General Session**

### **Microbiome and Cardiovascular Health**

**Speaker: Stanley Hazen, MD, PhD**– *Information coming soon*

## **11:30 – 12:30 pm      General Session**

### **Using the AMDA UTI Toolkit**

**Speaker: David Nace, MD**– *Information coming soon*

## **12:30 – 1:30 pm      Lunch (Product Theater)**

## **1:30 – 2:30 pm      Concurrent Session A - Management**

### **PDPM: What's New and Lessons Learned After 2 Years**

**Speaker: Peter Van Runkle, OHCA**

This session will provide an update on the Patient-Driven Payment Model (PDPM), the new Medicare reimbursement system for skilled nursing centers that began October 1, 2019. The presentation will examine what we have learned about PDPM, especially during the COVID-19 pandemic that has encompassed most of the new system's life. We will address potential changes to PDPM and related topics such as Value-Based Purchasing.

### Session Learning Objectives

- Understand the basic structure and incentives of PDPM
- Explain key impacts of COVID-19 on PDPM
- Identify potential future changes



**Peter Van Runkle** is the Executive Director of the Ohio Health Care Association (OHCA), which is the state's largest organization representing long-term services and support to providers. OHCA membership includes skilled nursing, assisted living, ID/DD service providers, and home care and hospice. Peter has been involved with the association for 27 years. Before that, he worked for the Ohio Department of Health in the legal office.

## **1:30 – 2:30 pm      Concurrent Session B - Clinical**

### **Chronic Diarrhea – When it's not C difficile**

**Speaker: Barbara Messinger-Rapport, MD, PhD, CMD**

Chronic, frequent, and loose stooling in long-term care can lead to dehydration, skin breakdown, reluctance to mobilize, reduced socialization, weight loss, and falls. This session covers potentially reversible etiologies of chronic diarrhea (other than antibiotic related causes such as *C difficile*), including medication related diarrhea; severe constipation; microscopic colitis; and pancreatic insufficiency.

### Session Learning Objectives

- Consider vulnerabilities to diarrhea in older adults in the long-term services and supports arena
- List possible causes of and tests for non-infectious diarrhea in LTC
- Implement strategies to reduce chronic diarrhea in vulnerable elders



**Barbara Messinger-Rapport, MD, FACP, CMD, HMDC** is Medical Director of Vinney Palliative and Hospice Care of Menorah Park Senior Living, including 3 skilled nursing facilities, 3 assisted livings, 3 memory units, home care, dialysis, ambulance service, therapy, and other services. She completed a residency in Internal Medicine and a fellowship in Geriatrics. She is also certified in Hospice and Palliative Medicine, and holds CMD and HMDC certifications. She is Associate Professor of Medicine at Case Western Reserve University, is an affiliate with the VA Northeast Ohio, and works with the Ethics Program. IASSC Certified Lean Six Sigma Black Belt. Special interests include quality of care at the end of life, safety, polypharmacy, and Goals of Care. When not working, she enjoys biking, cross-country skiing, and jogging.

## **2:30 – 3:30 pm      Concurrent Session A - Management**

### **When CMS met SARS-CoV-2, it was an Expensive Introduction**

**Speaker: William Vaughan, BSN, RN**

This presentation will examine the state and federal regulatory response to the pandemic. Trends and patterns of deficiencies will be analyzed with a focus on emergency preparedness and QAPI. The outcome of several pandemic related cases which were litigated before an administrative law judge will be discussed. Finally, lessons learned regarding person-centered care during the pandemic, centering on informed consent, will be shared.

### Session Learning Objectives

- Describe the trends and patterns of physician services and medical director deficiencies cited since the start of the pandemic
- Discuss the outcomes of enforcement actions taken by CMS and State survey agencies based on care provided during the pandemic
- List the rights of residents under F552 regarding informed consent



**Bill Vaughan, RN** is a consultant, partnering with long term care providers to improve regulatory compliance, promote best practices and advance person-centered care. In his nearly 40 years as a registered nurse, Bill has held leadership positions including Chief Nurse at the Maryland State Survey Agency and Vice President of Education and Clinical Affairs at a LTC pharmacy providing services in over 30 states. He was a member of CMS expert panels that developed guidance to surveyors on pain and end of life care and recently worked as a CMS contractor on regulations related to QAPI. Over his career, he has given hundreds of local, regional and national presentations on the regulation of health care facilities and has taught pharmacy and nursing students in multiple states. Bill is currently a faculty member for the ECHO/IHI National Nursing Home COVID Action Network and an advisor to the Institute for Safe Medication Practices LTC newsletter.

## **2:30 – 3:30 pm      Concurrent Session B - Clinical**

### **Making Sense of Diets, Vitamins, and Supplements** **Speaker: Suzanne Cryst, RDN, CSG, LD**

#### Session Learning Objectives

- Identify nutrients to assess that may result in debility and need for supplementation
- Acknowledge nutrients in relationship to immune response, reducing inflammation and oxidative stress
- Identify why “food first” is not always enough or feasible



**Suzanne Cryst, RDN, CSG, LD** is a registered licensed dietitian specializing in gerontological nutrition employed at Divine Rehab & Nursing at Canal Pointe Nursing in Akron. In addition to her advocacy for quality care, improved nutrition status and quality services for all ages, Suzanne is focused on the advancement of the dietetic profession by her commitment as a preceptor for numerous dietetic programs, and education of the intra- professional team at all levels. Suzanne had the distinct honor to co-author the Standards of Practice, Standards of Professional Performance for RDN's in Extended Care Settings that was published in 2018. She is currently the Chair of the Ohio AND Foundation and was appointed by the

Governor of Ohio to serve on the Malnutrition task force that submitted a paper on the issues surrounding Malnutrition in Ohio. Suzanne is Past Chair of the long-term care practice group – Dietetics in Health Care Facilities, Past President of the Ohio Academy of Nutrition and Dietetics, past Ohio Delegate Chair AND House of Delegates, and Past Ohio Public Policy Chair.

## **3:30 – 4:00 pm      Refreshment Break**

## **4:00 – 5:00 pm      Concurrent Session A - Management**

### **PPI or Not: Collaborating with Your Consultant Pharmacist to Deprescribe** **Speaker: Alan Fox, RPh, BCGP**

This presentation will discuss a brief history of Proton Pump Inhibitors and their possible over use in post-acute and long-term care. The art of deprescribing PPI's and other medications while utilizing your consultant pharmacist and building that relationship to reduce medication burden will also be explored. There will be a review of tools available in order to assist with reducing polypharmacy in your practice.

#### Session Learning Objectives

- Become familiar with the past and present use of proton pump inhibitors in post-acute and long-term care
- Identify three ways to better utilize the consultant pharmacist
- Recall three tools used to deprescribe



**Alan Fox, Rph, BCGP** is a consultant pharmacist that is not associated with a pharmacy. He has worked in post-acute care for over fifteen years. Alan is the Past President of the Northern Ohio Academy of Pharmacy and Ohio ASCP. He is a member of ASCP's Deprescribing Committee that developed our "Choosing Wisely" recommendations and Transitions of Care Committee.

## 4:00 – 5:30 pm      Concurrent Session B - Clinical

### Management of Dysphagia in the Nursing Home

**Speakers:** **Zara Gennert, MACCCSLP, ST**

**Brian Hill, LNHA**

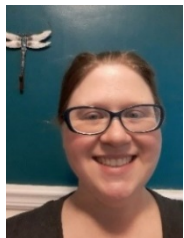
**Barbara Messinger-Rapport, MD, FACP, CMD, HMDC**

**Nancy Reinhardt, ST, SLP**

This course is intended to provide a multi-disciplinary focus on swallowing issues in the nursing home environment with a focus on identification of risk factors and potential causes, related diagnoses and diagnostic assessments (bedside, FEES vs MBS), and management within this setting from the perspective of both the SLP and the physician. Potential nutritional implications and other complications, with an emphasis on development of aspiration pneumonia, will be explored along with prognosis. Ethical issues with regard to diet levels, patient choice, and quality of life will also be addressed.

#### Session Learning Objectives

- Describe the relationship between common conditions in LTC and dysphagia (including risk factors for dysphagia and prognosis)
- Compare the different types of objective testing of dysphagia
- List a range of possible recommendations based on dysphagia and nutritional considerations
- Incorporate ethics and patient/family preferences into decision making process regarding nutrition



**Zara Gennert, MACCCSLP**, has been a senior SLP at University Hospitals for over ten years, and works with patients of all ages and abilities, including dysphagia and dysphagia-related issues.

**Brian Hill, LNHA**, is the Nursing Home Administrator for Saber Healthcare Group. Brian is a licensed nursing home administrator with over 20 years' experience working in the long-term care industry.



**Barbara Messinger-Rapport, MD, FACP, CMD, HMDC** is Medical Director of Vinney Palliative and Hospice Care of Menorah Park Senior Living, including 3 skilled nursing facilities, 3 assisted livings, 3 memory units, home care, dialysis, ambulance service, therapy, and other services. She completed a residency in Internal Medicine and a fellowship in Geriatrics. She is also certified in Hospice and Palliative Medicine, and holds CMD and HMDC certifications. She is Associate Professor of Medicine at Case Western Reserve University, is an affiliate with the VA Northeast Ohio, and works with the Ethics Program. IASSC Certified Lean Six Sigma Black Belt. Special interests include quality of care at the end of life, safety, polypharmacy, and Goals of Care. When not working, she enjoys biking, cross-country skiing, and jogging.



**Nancy Reinhardt, SLP**, spent the first 10+ years of her career working primarily in the SNF setting for various rehab companies- both as a staff therapist and as a senior therapist. She has experienced dysphagia services primarily from hospital discharge to community re-integration. She currently serves as the only SLP for the McGregor PACE program, serving seniors throughout Cuyahoga County who remain in the community.

## 5:00 – 6:00 pm Concurrent Session A - Management

### Billing and Coding for Geriatrics

#### Speaker: Kelly Shank, MSN, APRN, ANP-C

This session will review proper billing and coding for skilled nursing and assisted living visits. It will also cover additional codes including advanced care planning, smoking cessation, transitional care visits, telehealth etc.

#### Session Learning Objectives

- Understand the codes used for skilled facility visits
- Understand the codes used for assisted living visits
- Understand the documentation requirements for billing these visits
- Understand additional billing codes and documentation for telehealth, annual wellness visits, smoking cessation, transitional care visits and advanced care planning



**Kelly Shank, MSN, APRN, ANP-C**, is a nurse practitioner practicing in Northwest Ohio. She has been an advanced practice nurse for 25 years and has experience in skilled rehab, long term care, assisted living and house calls. She is currently the President of the Ohio Association of Advanced Practice Nurses where she also serves on the reimbursement committee. Kelly serves on the Board of OMDA.

**Dinner on your own**

## Sunday, October 24, 2021

**7:30 – 8:30 am OMDA Membership Meeting (Breakfast)**  
**Non-members: Breakfast supplied**

**8:30 – 10:00 am General Session**

### COVID-19 Panel Discussion

**Moderator: Tom Lehner, MD, CMD**

**Panelists: Robin Jump, MD, PhD**  
**John Weigand, MD**  
**Randy Wexler, MD**

This panel discussion eighteen months into the COVID-19 pandemic will touch on the latest information on the disease, its prevention, and treatment in the PALTC environment.

### Session Learning Objectives

- Review the state of the COVID-19 pandemic in Ohio and the United States
- Update your knowledge base with the newest available information on the prevention and treatment of COVID-19 in the nursing home
- Become familiar with the latest information on virus variants, chronic COVID, and vaccines

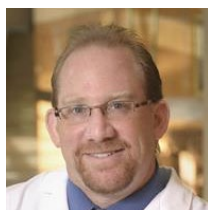


**Robin Jump, MD, PhD**, is an Infectious Diseases physician at the Veterans Affairs Northeast Ohio Healthcare System where she serves as the Associate Director of Informatics and Analytics in the Geriatric Research Education and Clinical Center (GRECC). She is also an Associate Professor of Medicine at Case Western Reserve University. She has research funding from the VA, CDC and AHRQ and has published extensively in peer-review journals. She was a recipient of the 2021 AMDA Service Award for her work supporting efforts to fight the COVID-19 pandemic in long-term care settings.

**Thomas Lehner, MD, CMD** is the Medical Director for Long Term Care at the Buckeye Community Health Plan. He is board certified in Family Medicine, Hospice and Palliative Medicine and a Fellow of the American Academy of Family Practice. Dr. Lehner was certified as a Long-Term Care Medical Director (CMD) by AMDA – The Society for Post-Acute and Long-Term Care Medicine in 1998 and has been a member of the Society since 1996. He has served two terms on the Board of Directors of AMDA and continues to serve on a number of committees. Tom is the Immediate Past President of OMDA – The Ohio Society for Post-Acute and Long-Term Care Medicine and a member since 2005. He also serves as the Medical Director for Kindred Hospice, the Regional Medical Officer for Region 1 for the R3AP program in Ohio and a member of the Clinical Advisory Council for the Ohio Department of Aging. Dr. Lehner is the Medical Director for three Long-Term Care Facilities.



**John Weigand, MD** is a family physician and geriatrician who is the founding member of Central Ohio Geriatrics LLC and has served as Chief Medical Officer of National Church Residences, a non-profit organization that builds and maintains low-income senior housing in 25 states. He envisioned and implemented the Post-Acute Regional Rapid Testing (PARRT) Program at the onset of the COVID-19 pandemic which facilitated reliable testing in Ohio's nursing and assisted living facilities. He was named the Chief Medical Officer of the Regional Rapid Response Assistance Program (R3AP), a statewide COVID-19 support program for congregate-care settings through the Ohio Department of Aging. He was recently named the LeadingAge Ohio 2020 Spotlight Award recipient for his work through the PARRT Program.



**Randy Wexler, MD** is Professor and Academic Vice Chair in the Department of Family and Community Medicine at the Ohio State University. Dr. Wexler received his undergraduate degree from Miami University in Oxford, Ohio. His Medical Degree is from the Wright State University School of Medicine in Dayton, Ohio, and his MPH is from the School of Public Health at the Ohio State University. Dr. Wexler has received research funding from NIH, AHRQ, State of Ohio Medicaid, and the AAFP Foundation. His research interests include primary care transformation and improvement in cardiovascular disease care in the primary care setting.

**10:00 – 10:30 am Refreshment Break**



## 10:30 – 11:30 am General Session

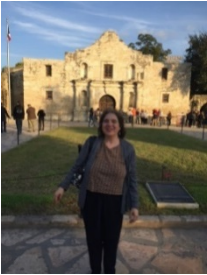
### Evaluation of Weight Loss in the Nursing Home

#### Speaker: Cynthia Kuttner, MD, CMD

Weight loss in nursing homes may be planned, undesirable, or unavoidable. Understanding how to define, evaluate, and treat patients with weight loss can help your quality measures. This lecture will define significant weight loss, propose a multidisciplinary evaluation process, and suggest treatment options.

#### Session Learning Objectives

- Define a significant weight change in post-acute/long-term-care, and what is a planned weight loss, an undesirable weight loss, and what may be an unavoidable weight loss
- Create a multidisciplinary plan to evaluate a significant weight change
- Review treatment options for weight loss in the post-acute/long-term care environment



**Cynthia Kuttner, MD, CMD**, is the Medical Director at the Chillicothe VA Community Living Center. She is a geriatrician and palliative care specialist, and is a Clinical Assistant Professor at Ohio University Heritage College of Osteopathic Medicine. She graduated from the Mount Sinai School of Medicine, completed residency at Montefiore Hospital/North Central Bronx Hospital, and a geriatric fellowship at Johns Hopkins Bayview Medical Center. She teaches in the core curriculum for AMDA, the Society for Post-Acute and Long-Term-Care.

## 11:30 – 12:30 pm General Session

### Responsible Opiate Prescribing in the Nursing Home

#### Speaker: Monica Ott, MD, CMD

The session will discuss the prevalence of opioid prescribing and prevalence of persistent pain in nursing home residents. Three cases will be utilized to illustrate management of patients with acute pain and history of substance use, chronic pain and history of substance use, and red flags. The discussion will also include setting boundaries with patients and avoidance of compassion and all-or-nothing traps.

#### Session Learning Objectives

- Identify patients at risk for opioid abuse in the nursing home setting
- Manage patients with acute pain and a history of substance use
- Evaluate patients with chronic pain and a history of substance use
- Set boundaries with patients to avoid compassion and all-or-nothing traps



**Monica Ott, MD, CMD**, is a geriatrician in Indianapolis, Indiana. She is the CCM (chronic care management) medical director for Optum in the Indiana market. Dr. Ott is a CMD (certified medical director). She has been involved with the Indiana chapter of AMDA for 10 years including as president, secretary, and treasurer. Dr. Ott is a popular speaker on topics such as dementia with behavior management, palliative care, and nursing home care.

12:30 pm

Adjourn