



6th Annual Ohio Long-Term Care Symposium Schedule

Friday, August 25, 2023

12:00 – 1:00 pm

Registration Desk Open (Exhibit Hall open)

1:00 – 2:30 pm

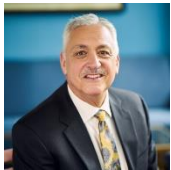
Dementia Related Behavior Management

Speakers: Daniel Heiser, PsyD, James Shackson, MD

The overall focus of this session is to identify the root causes of behaviors from a person-centered approach. This will include a discussion of the current models of dementia behaviors as well as the importance of proper clinical diagnosis. In addition, specific case examples will be presented to highlight the implementation of the clinical protocol. Understanding behavioral triggers and providing integrated clinical management can lead to improved care planning and positive outcomes, based on proper individual neuropsychiatric and/or psychiatric diagnoses, conceptualization and treatment.

Session Learning Objectives

- Identify three models of explaining Dementia behaviors
- Discuss the four key elements to Documentation of Dementia behaviors
- List three Comorbid Secondary Diagnoses of Dementia
- Name three pharmacological approaches for Neurologic BPSD Mitigation



Daniel Heiser, PsyD received his Doctoral Degree in Clinical Psychology from The Adler School of Professional Psychology (Adler University) in Chicago in 2005. He began his clinical work with GuideStar Eldercare in 2006 and was appointed as the Director of Psychological Services in 2008. He currently serves as the Sr. VP of Behavioral Health. In this role with GuideStar, Dr. Heiser assists in the expansion and development of new markets for the company. For the last 14 years Dr. Heiser has specialized in providing comprehensive behavioral health services to older adults living in Long-term Care facilities. He is frequently asked to speak on behavioral health services to older adults residing in long-term care settings on regional, state and national basis.



James Shackson, MD is a fellowship-trained geriatric psychiatrist with 30 years of experience in the Greater Cincinnati Area. He earned his MD from Northeastern Ohio Universities College of Medicine. He has worked in various treatment settings such as inpatient psychiatry, outpatient clinics and geriatric assessment centers, hospital consultation/liaison, and has served as Medical Director for several geriatric psychiatry hospital units. Currently Dr. Shackson is an associate medical director with GuideStar Eldercare where he is completely focused on service to the Long-term Care Community. His special interests include dementia care and treatment of chronic mental illness in the nursing home setting. Dr. Shackson also volunteers with the Alzheimer's Association assisting with caregiver support and community education especially in underserved populations.

2:30 – 3:30 pm

Deprescribing CNS Medications – Case Studies and Panel

Speakers: Alan Fox, RPh, BCGP, Amita Patel, MD, CMD, MHA, CPE, Todd Sobol, MD, CMD

Many categories of medications affect the central nervous system (CNS) including but not limited to antidepressants, antiepileptics, antipsychotics, benzodiazepines, sedative/hypnotics, and opioids. The combination of multiple medications from these classes may incrementally contribute to adverse outcomes and morbidity. In the nursing home and assisted living settings, many patients experience cognitive decline, confusion, falls, etc. which can be attributed to CNS medications. Consultants, patients, and family members can be resistant to deprescribing due to an overestimation of the medication's efficacy, underestimation of the medication's potential side effects, and lack of insight related to the patient's wholistic state. This session will discuss how to evaluate indications, efficacy, and side effects for an individual patient who is prescribed multiple CNS medications. Talking points will be presented to assist providers in these conversations.

Session Learning Objectives

- Determine which CNS-active medication to GDR first
- Review next steps when deprescribing does not go as planned
- Discuss family/patient barriers to deprescribing
- Demonstrate a successful deprescribing conversation with specialist



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.



Amita Patel, MD, CMD, MHA, CPE is a Certified Medical Director and has her Master of Science in Health Administration. Dr. Patel is the Director of Behavioral Services at Joint township hospital in St. Mary's Ohio. She also directs behavior healthcare units in nursing facility in Dayton, Ohio. Dr. Patel is a Diplomat of the American Board of Psychiatry and Neurology. She is also Board certified in Geriatric Psychiatry and Clinical Psychopharmacology. Dr. Patel is a leading clinician and an educator in Geriatric Psychiatry. She is a member of numerous professional organizations and associations, such as the American Association of Geriatric Psychiatry, to which she was awarded distinguished fellow. The American Medical Directors Association, and the American Psychiatric Association, to which she was elected a distinguished fellow. She has been the recipient of several awards including the Clinician of the Year award in 2005 from the American Association of Geriatric Psychiatry. In addition to patient care, research, and teaching, she serves on numerous committees and boards. Dr. Patel received her MD from the University of Bombay, India and did her psychiatry training at the University of Cincinnati.



Todd Sobol, MD, CMD has managed patients in nursing facilities as well as in the acute care hospital and outpatient private practice setting in Dayton, Ohio for over 30 years. He serves on the teaching faculty for the AMDA Core Curriculum for CMD Certification. In addition, he serves on the American Board of Post-Acute and Long-Term Medicine (ABPLM) Board of Directors. He works as the Central Regional Medical Director for Optum Senior Community Care.

3:30 – 4:00 pm

Refreshment Break (Exhibit Hall open)

4:00 – 5:00 pm

**LTSS, Governor's Task Force, and State Budget
Speaker: Peter Van Runkle, OHCA**

This presentation will cover the impact of long-term services and supports on the senior care world, the latest activities of the Governor's Task Force on Nursing Home Quality and Accountability, and key provisions of the state budget affecting LTSS providers.

Session Learning Objectives

- Define LTSS and explain its impact on care for seniors and people with disabilities
- Identify key initiatives of the Governor's Task Force on Nursing Home Quality and Accountability
- Describe the most significant items in the recent state budget that affect LTSS providers



Pete Van Runkle has been OHCA's Executive Director for 23 years. He joined the association's team in 1992. In his current role, Pete provides leadership and focuses on public policy issues affecting LTSS providers. Before coming to OHCA, Pete worked for the Ohio Department of Health's legal office for over 9 years.

5:00 – 6:00 pm

Screening for and Effective Treatment of Depression in the NH

Speaker: Amita Patel, MD, CMD, MHA, CPE

Depression is perhaps the most frequent cause of emotional suffering in later life. This significantly decreases quality of life in older adults. In recent years, the literature in late life depression has exploded. In this presentation, we will review how this affects our LTC and AL residents and the importance of screening tools for early recognition. We will also discuss the risk factors and diagnostic work-up. Finally, evidence will be presented for current therapies prescribed for depression. This includes risks and benefits of medications and psychotherapeutic and psychosocial interventions.

Session Learning Objectives

- Recognize how depression presents in nursing home residents and learn the diagnostic criteria
- Learn common screening tools used for depression in the LTC and AL setting
- Learn psychotherapeutic and psychopharmacologic treatments for depression



Amita Patel, MD, CMD, MHA, CPE is a Certified Medical Director and has her Master of Science in Health Administration. Dr. Patel is the Director of Behavioral Services at Joint township hospital in St. Mary's Ohio. She also directs behavior healthcare units in nursing facility in Dayton, Ohio. Dr. Patel is a Diplomat of the American Board of Psychiatry and Neurology. She is also Board certified in Geriatric Psychiatry and Clinical Psychopharmacology. Dr. Patel is a leading clinician and an educator in Geriatric Psychiatry. She is a member of numerous professional organizations and associations, such as the American Association of Geriatric Psychiatry, to which she was awarded distinguished fellow. The American Medical Directors Association, and the American Psychiatric Association, to which she was elected a distinguished fellow. She has been the recipient of several awards including the Clinician of the Year award in 2005 from the American Association of Geriatric Psychiatry. In addition to patient care, research, and teaching, she serves on numerous committees and boards. Dr. Patel received her MD from the University of Bombay, India and did her psychiatry training at the University of Cincinnati.

6:00 – 7:30 pm

Welcome Reception (Exhibit Hall open)

7:30 – 8:30 pm

Dinner (Product Theater)

Saturday, August 26, 2023

7:00 – 8:00 am **Exhibit Hall Open**

7:00 – 7:30 am **OMDA Membership Meeting**

8:00 – 9:00 am **Breakfast (Product Theater)**

9:00 – 10:30 am **DEI – Putting Ideals into Practice**

Speakers: Felicia Beckham, FNP-BC, Anna Goroncy, MD, LaToya Smith, MD



Felicia Beckham, FNP-BC is an experienced Board-Certified Family Nurse Practitioner. She is a native Cincinnati who persevered through college to earn her Bachelors and Masters of Science in Nursing from The University of Cincinnati, College of Nursing. She is the co-author of nationally recognized manuscript "Transitioning from Insulin to Dipeptidyl-Peptidase 4 (DPP-4) Inhibitors for Type 2 Diabetes." She presented the above manuscript at the 2nd Annual International Nursing Conference in Paris, France in 2022. She is the founder and president of Cincinnati's Black Nurse Practitioner Network. Felicia is Vice President of the College of Nursing Alumni Council at the University of Cincinnati. She currently works at The University of Cincinnati, within the Department of Family and Community Medicine, Division of Geriatrics.



LaToya Smith, MD is a geriatric fellow at The Christ Hospital/University of Cincinnati. She has a passion for community service and mentorship. In residency, she was a co-chair of the Diversity Committee which focused on recruitment and retention. At an institutional level, Dr. Smith was the Community Service Chair of the University of Cincinnati Minority Housestaff Association. After fellowship, she will start her clinical practice at the University of Cincinnati.

10:30 – 11:30 am **Osteoporosis Management in the NH with "To D or not to D"**

Speakers: Irene Hamrick, MD, CMD, AFSF, FAAFP, Amanda Lathia, MD, MPhil

There have been conflicting reports of studies showing benefit or no benefit for: falls, fractures, memory, cancer, depression and many other diseases. We will debate the for and against based on the evidence.

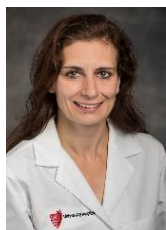
Session Learning Objectives

- Understand how aging changes affect vitamin D need over time
- Know how to diagnose vitamin D deficiency
- Know how to dose of the 2 vitamin D formulations



Irene Hamrick, MD, CMD, AFSF, FAAFP After obtaining her BS in Nursing, Dr. Hamrick attended East Carolina University School of Medicine, completing her residency and geriatric fellowship and remained there 20 years. She moved to the University of Wisconsin- Madison to start an interdisciplinary geriatric teaching program. Since 2019 she is Chair of the Office of Geriatrics at the University of Cincinnati and Chief of Geriatrics and Palliative Care at the Cincinnati VA. She has been a Medical Director for over 25 years. Her research interests include falls, osteoporosis, dementia, diabetes and dehydration. Dr. Hamrick has dozens of

publications on her research studies and has over 100 national and international presentations. She has received numerous awards for leadership, teaching and mentoring. She cycles to work and in her spare time she enjoys downhill and cross-country skiing, running, social dancing and playing with her 4 grandsons.



Amanda Lathia, MD, MPhil 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 the Division Chief of 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 is the medical director of Judson Retirement Communities and Judson Hospice in Cleveland, Ohio. She is currently a member of the OMDA

Board and President Elect of the organization.

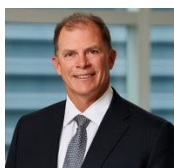
11:30 – 12:30 am Current Concepts in Hip Fracture Management for NH Residents

Speaker: Steven Coss, MD, FAAOS

Hip fractures in the United States are estimated to be between 350,000 to 400,00 per year. In 2010 the annual economic burden of managing these fractures in the US alone was 17-20 billion dollars. Between 1986 and 2005 the annual mean number of hip fractures was 973/100,000 for women and 414/100,000 for men. The number of these types of fractures are anticipated to increase as baby boomers continue to age. Despite advances in treatment, morbidity and mortality (up to 25-30% first year) persists. Clinical guidelines continue to evolve and change regarding the post-operative care of these complex patients. This lecture and discussion will address current treatment guidelines and potential issues as integrated teams develop best practices to manage these patients.

Session Learning objectives:

- Understand the impact of current hip fracture care and projections of current and future economic impact given future population estimates
- Identify comorbidities and risks factors among this patient population that result in worse outcomes with a goal of early intervention to produce better outcomes
- As part of a multidisciplinary team, encourage input from all team members with the goal of the best outcome for these patients



Steven Coss, MD, FAAOS is dual board-certified in sports medicine and general orthopedic Surgery. He has extensive expertise in hip, knee, shoulder, foot and ankle, total joint replacement, and hip fracture care. Dr. Coss earned his medical degree from Case Western Reserve University School of Medicine. He completed his internship at the Naval Hospital in Oakland, California, and his orthopedic surgery residency at the Naval Regional Medical Center, San Diego, California. After

completing his military service, he returned to Canton, Ohio, where he is a partner and shareholder in Orthounited. Dr. Coss is also an associate professor affiliated with an ACGME accredited orthopedic residency program. He enjoys spending time with family, teaching, and golfing.

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

1:30 – 3:00 pm Wound Care in the Nursing Home – Prevention and Treatment

Speakers: Louis Pilato, MD, Jamie Werts, APRN, CWS

It is essential for health care providers in the nursing home setting to understand how to prevent, treat and manage wounds. This presentation will provide up to date clinical and evidence-based findings regarding wound prevention, support surfaces, vascular wound assessments, edema and skin tears.

Session Learning Objectives

- Define the 3 components of pressure injury development
- Recognize the characteristics to consider when selecting a support surface
- Identify support surface groups and the intended use for each
- Describe accepted pressure redistribution positions and techniques for positioning
- Describe clinical findings associated with vascular wounds, skin tears, and edema
- Understand vascular testing and the methods used to access limbs with chronic wounds
- Discuss interventions related to the prevention of skin tears and treatment of edema



Louis Pilati, MD has been practicing in the Dayton area for over 23 years. Dr. Pilati received his education and residency training at Wright State School of Medicine and Kettering Medical Center. Dr. Pilati served as a senior Airman for the Medical Service Corps from 1982-1985 and received medals for Air Force Achievement and Good Conduct. From 1991-1996, he served in the United States Navy as the department head of diving medicine and provided level 3 emergency room care. Since 1999, Dr. Pilati has served as medical director for the Kettering Medical Center's Wound Healing and Hyperbaric Medicine Center at Wright-Patterson Air Force Base. Dr. Pilati

joined NESWC as a collaborating physician for the Dayton, Ohio area in March of 2012 and is currently the Chief Medical Officer.



Jamie Werts, APRN, CWS is a certified Adult Nurse Practitioner and Chief of Clinical Operations for Northeast Surgical Wound Care. She obtained her Masters of Science in Nursing from the University of Cincinnati, and is a Certified Wound Specialist through the American Board of Wound Management. Since 2015, Jamie has been providing advanced wound management in long term care, skilled nursing centers, hospitals and outpatient wound centers throughout Northeast Ohio.

3:00 – 4:00 pm The Art and Science of Heart Failure Management

Speakers: Barbara Messinger-Rapport, MD, PhD, FACP, CMD, HMDC, Meenakshi Patel, MD, FACP, MMM, CMD

How do you integrate the Guideline Directed Medical Therapy outlined in the ACC/AHA/HFSA 2022 and the European Society of Cardiology 2021 guidelines into care for frail elders? This session will provide three cases, each with an elder residing in post-acute, long-term, and senior apartment settings and facilitate discussion about how to prevent heart failure exacerbations.

Session Learning Objectives:

- Identify updated medical interventions to intensify/ optimize HF_rEF
- Consider medical management of HF_pEF
- Recognize opportunities for palliative heart failure care in frail elders



Barbara Messinger-Rapport, MD, PhD, FACP, CMD, HMDC is a physician board certified in Internal Medicine; Geriatric Medicine; and, Hospice and Palliative Medicine, with additional certifications as a CMD and an HMDC. She has a special interest in optimizing cardiac care for older adults. She is formerly Chair of the AMDA Education Committee and former President of the Ohio Medical Directors Association (OMDA). She is currently a Market Medical Director with Landmark Health in the Greater Cleveland area, encompassing Cleveland, Akron, Canton, Youngstown, and Columbus, coordinating wrap-around care for older adults with multiple medical co-morbidities. In her spare time, she enjoys cycling, cross-country skiing, jogging, and reading.



Meenakshi Patel, MD, FACP, MMM, CMD, is a physician in Centerville, Ohio. She teaches medical students, residents and geriatric fellows. Dr. Patel is board-certified in Internal Medicine, Geriatrics, and Hospice and Palliative Care. Dr. Patel is a member of the American Medical Directors Association (AMDA), and the AMDA core curriculum faculty. She has authored a chapter in an American Diabetes Association book, co-authored a chapter in *Geriatric Medicine: A Person-Centered Evidence Based Approach*, and co-authored numerous scientific articles in journals such as the *American Journal of Cardiology* and the *Journal of the American Medical Directors Association*. Dr. Patel has been involved in scores of studies on treatments for diseases ranging from pain management to Alzheimer's to diabetes.

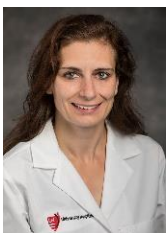
4:00 – 5:00 pm Refreshment Break (Product Theater)

5:00 – 6:30 pm Lessons from Learners Forum
Moderator: Amanda Lathia, MD, MPhil

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



Amanda Lathia, MD, MPhil 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 the Division Chief of 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 is the medical director of Judson Retirement Communities and Judson Hospice in Cleveland, Ohio. She is currently a member of the OMDA Board and President Elect of the organization.