

8th Annual Ohio Long Term Care Symposium Schedule

Maintaining Balance in PALTC

September 5-6, 2025

Marriott Columbus Northwest, Dublin, Ohio

Friday, September 5, 2025

11:00 - 7:30 pm Registration Open

11:00 – 7:30 pm Exhibit Hall Open

12:00 – 1:00 pm Keynote Address: Nutrition and Weight Loss in Post-Acute and Long-Term Care

Speaker: Suzanne Cryst, RDN, CSG, LD

Weight management in post-acute and long-term care is more than just calories in and calories out. The clinical focus should be individualized for each resident or patient and should include the input of multiple team members. This session will review the head-to-toe perspective and the need for a collaborative approach between the nutrition professional and the interdisciplinary team, including clinical provider, foodservice and administration. Adding in the perspective of the family or responsible party can also be enlightening. The end result is the creation and communication of a plan to optimize patient and resident outcomes.

Learning Objectives:

- Discuss the complexity of the clinical aspects of weight loss
- Describe the role of the nutrition professional
- Examine the importance of the interdisciplinary team and collaborative steps to optimize nutrition

Suzanne Cryst, RDN, CSG, LD has been a registered dietitian since 1978 and until recently worked fulltime in extended care facilities settings. Suzanne is an educator, preceptor, consultant and national and international public speaker. She is a fierce advocate for quality-of-care, including the need for the nutrition professional as part of the interdisciplinary team. With her transition to part-time in extended care, her passion became teaching others that aging is multi-faceted, and being a caregiver is a team sport. Suzanne has a robust local, state, and national volunteer history, with many appointments, including by the Ohio Governor to the Ohio Malnutrition Commission. She is a mother of three with eight grandchildren, four cats, two dogs, with hobbies such as cooking, gardening, food preservation and using social media to educate others.

1:00 – 2:00 pm Wound Care Clinical Management

Speakers: Kristy Leininger, APRN, CWCN, Renee Andree, APRN, CWS

This expert-led session provides healthcare professionals with a comprehensive overview of foundational wound care practices, delving into basic assessment techniques, debridement, moisture control, and infection prevention. Participants will explore cutting-edge therapies, including skin substitutes and cellular-tissue products, understanding their clinical applications and the heightened documentation demands CMS places on their use. In addition, the session will review current CMS focus areas such as quality metrics and coverage rules under LCD policies.

Learning Objectives:

1. Delineate the basics of wound care and management
2. Discuss new treatments and modalities
3. Identify areas that are a focus for CMS in regards to wound care

Renee Andree, APRN, CWS is a dedicated and highly skilled Certified Adult Nurse Practitioner and Lead Nurse Practitioner at Northeast Surgical Wound Care. With a strong commitment to patient care and advanced wound management, Renee has built a distinguished career in the field of nursing, specializing in wound care and healing. After earning her Master of Science in Nursing from Kent State University, Renee further honed her expertise by becoming a Certified Wound Care Specialist through the American Board of Wound Management. Renee provides comprehensive wound care consulting across multiple healthcare settings, including long-term care facilities, acute care hospitals, and outpatient wound care clinics.

Kristy Leininger, APRN, CWCN, is a board-certified Adult Gerontology Nurse Practitioner and Wound Care Certified. She earned her Master's of Science in Nursing from the University of Cincinnati and has since become a dedicated and experienced provider in wound care. Currently serving as a key member of the wound care team at NESWC, Kristy has played a pivotal role in the development and success of the Kettering Health Network Wound Continuum program in Dayton, Ohio. This innovative collaboration between Kettering Health Network and NESWC allows Kristy to provide comprehensive care for patients with complex wounds, both during their hospital stay and through follow-up care after discharge, whether to home or a long-term care facility. Kristy's expertise, commitment, and compassionate approach make her a trusted professional in the field of wound care, positively impacting the lives of her patients and the healthcare community.

2:00 – 2:30 pm Refreshment Break in Exhibit Hall

2:30 – 3:30 pm Pharmacists' Perspective on Weight Loss and Wound Care **Speaker: Tim Oser, RPh, BCGP**

Unintentional weight loss in post-acute and long-term care is a common problem and can be associated with potentially serious complications including pressure wounds and falls with injury. Not only can medications contribute to weight loss by affecting taste and causing gastrointestinal symptoms, but they are often also used to help patients gain weight. In Addition, with the growing popularity of GLP-1 agonists for use for intentional weight loss, they are being prescribed more often in post-acute and long-term care. This presentation will center around medications that can lead to unintentional weight loss as well as medications utilized for intentional weight loss. We will also address the role of medications in the development of wounds and wound management.

Learning Objectives:

- Identify the medications and medication categories that can contribute to unintentional weight loss
- Compare and contrast medications used for intentional weight loss
- Discuss the effectiveness of medications used to help patients gain weight
- Describe medications that may impede wound healing

Tim Oser, RPh, BCGP is Clinical Specialist Pharmacist at Omnicare who has been providing consultant services and managing drug therapies for the senior population for over 30 years. Tim is a board certified geriatric pharmacist and strives for patient safety and advocacy for our seniors by managing and reviewing narrow therapeutic index medications such as warfarin. He is the residency program coordinator for CVS/Omnicare PGY-1 Community Pharmacy Residency. He is a longstanding member in ASCP. He has been a past "Omnicare Preceptor of the Year" in 2021 and past CVS Paragon Leadership Awards nominee. Tim has a passion for teaching pharmacy students and fostering the pharmacy profession. His passion outside of work is running, especially in various marathons, including the Boston Marathon for 11 consecutive years.

3:30 – 4:30 pm Oral Health and Older Adults **Speaker: Suparna Mahalaha, DDS, MPH**

As people age, maintaining good oral health becomes increasingly important, and often more challenging in nursing homes and other types of living facilities. This session explores the unique oral health needs of older adults, addressing common issues such as tooth loss, dry mouth, gum disease, and the impact of chronic conditions and medications. Participants will learn how oral health is connected to overall health and quality of life, with special attention to underserved and institutionalized populations.

Learning Objectives:

- Identify common oral health conditions that disproportionately affect older adults, including dental decay, periodontal disease, tooth loss, dry mouth (xerostomia) and oral cancers
- Explain the relationship between oral health and overall health in older adults, including links to chronic conditions such as diabetes, cardiovascular disease and cognitive decline
- Describe strategies for promoting good oral hygiene practices among older adults in institutional settings
- Assess the role of interdisciplinary care teams, including dental, medical, and caregiving professionals, in addressing the oral health needs of aging populations

Suparna Argekar Mahalaha, DDS, MPH is a public health dentist who has practiced clinically in federally qualified health centers, elementary schools, nursing homes and academic settings. Currently, she focuses on oral health care for older adults in residential and community settings. She is an associate professor at Case Western Reserve University's School of Dental Medicine in the Department of Community Dentistry.

4:30 – 4:45 pm Refreshment Break in Exhibit Hall

4:45 – 6:00 pm Interdisciplinary Perspectives in Wound Care, Weight Loss and Oral Care

Moderator: Roberta Brofman, BSN, RN, MBA, HCM, CDP, CLHP

Panel Speakers: Suzanne Cryst, RDN, CSG, LD, Kristy Leininger, CNP, CWCN, Suparna Mahalaha, DDS, MPH, Tim Oser, RPh

Poor oral health, unintentional weight loss, malnutrition, polypharmacy, and pressure ulcers are all common issues among residents and patients in post-acute, long-term care and assisted living facilities. Each of these conditions are often inter-related and are associated with poor patient outcomes. They also have broader regulatory implications for facilities that can lead to deficiency citations. Interdisciplinary collaboration is crucial to ensure patient/resident safety. During this session, we will explore the perspective of facility administration and invite discussion with the interdisciplinary expert panel.

Learning Objectives:

- Determine the role of the director of nursing and facility administrator on ensuring proper wound care, medication management, nutrition and oral hygiene for facility residents
- Identify facility barriers in the management of these common issues
- Discuss ways to enhance interdisciplinary collaboration

Roberta Brofman, MBA-HCM, BSN, RN, CDP, CLHP is the Founder and President of Five Star Clinical Solutions, LLC. Before starting her own consulting firm, Roberta Brofman's nursing career encompassed a wide variety of healthcare experience. As the Director of Nursing and Program Development of a 63-bed skilled post-hospital nursing unit, she achieved perfect Five-Star rating from the Center for Medicare and Medicaid Services (CMS) and the Ohio Department of Health (ODH).

Suzanne Cryst, RDN, CSG, LD has been a registered dietitian since 1978 and until recently worked fulltime in extended care facilities settings. Suzanne is an educator, preceptor, consultant and national and international public speaker. She is a fierce advocate for quality-of-care, including the need for the nutrition professional as part of the interdisciplinary team. With her transition to part-time in extended care, her passion became teaching others that aging is multi-faceted, and being a caregiver is a team sport. Suzanne has a robust local, state, and national volunteer history, with many appointments, including by the Ohio Governor to the Ohio Malnutrition Commission. She is a mother of three with eight grandchildren, four cats, two dogs, with hobbies such as cooking, gardening, food preservation and using social media to educate others.

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complex wounds, both during their hospital stay and through follow-up care after discharge, whether to home or a long-term care facility. Kristy's expertise, commitment, and compassionate approach make her a trusted professional in the field of wound care, positively impacting the lives of her patients and the healthcare community.

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6:00 – 7:30 pm Welcome Reception in Exhibit Hall

Saturday, September 6, 2025

7:30 – 8:30 am Exhibit Hall open

7:30 – 8:30 am Breakfast (Industry Expert Theater)

8:30 – 10:00 am Pain Management in the Elderly and Post-Acute and Long-Term Care
Speakers: Irene Hamrick, MD, AGSF, FAAFP, CMD, Sabine von Preyss-Friedman, MD, FACP, CMD

Pain is common in Post-acute and Long-term care, and assessment and medication management is highly regulated. Various pain medication categories will be addressed in terms of their use in older adults, including side effects and the need for dose adjustments. Alternative options for pain management will be discussed to allow for minimal and optimal use of medications. We will also discuss examples of F-tag related to pain assessment and a QAPI project for improved pain management.

Learning Objectives:

- Develop strategies to optimize and consistently utilize pain assessments
- Apply evidence based medical and alternative treatments for patients' comfort and quality of life
- Acquire skills to utilize the QAPI process to integrate pain assessments and reporting mechanisms with treatments for pain in order to improve the system of pain management and pain outcomes in facilities

Irene Hamrick MD, AGSF, FAAFP, CMD is fellowship trained and board-certified in geriatrics and family medicine. After 20 years of geriatrics practice in North Carolina including fellowship director and geriatrics division director, she moved to Madison, Wisconsin to develop a teaching nursing home and an advanced practice provider in long-term care program. In 2019, she moved to Cincinnati, where she was Chair of Geriatrics at the University of Cincinnati and Chief of Geriatrics and Palliative Care at the VA. She has been a nursing home medical director for >25 years in various facilities. Her research interests include health disparities, osteoporosis, dementia, diabetes, falls and dehydration, with >40 PubMed publications and >350 presentations. In her spare time, she enjoys skiing, running, biking, knitting, playing guitar, social dancing, travel and spending time with her four grandchildren and their parents.

Sabine von Preyss-Friedman, MD, FACP, CMD trained in Internal Medicine and completed a Geriatric Medicine fellowship at the University of Washington. A leader in post-acute and long-term care, she has served as Medical Director for multiple Seattle-area

SNFs and on UW's Long-Term Care Service. Honored for her leadership, she was named AMDA's Medical Director of the Year (2011) and received the John Gladstone and Choosing Wisely Awards for her deprescribing work. As CMO of Avalon Healthcare, she led an award-winning flu immunization effort. In 2023, she received the King County Medical Society COVID-19 Leadership Award. She is CMO of Avalon Healthcare and Caldera Care, Associate Clinical Professor Emerita at UW, and now President of PALTC, committed to empowering clinicians to deliver compassionate, high-quality, patient-centered care in PALTC.

10:00 – 10:30 am Refreshment Break in Exhibit Hall

10:30 – 11:30 am Update: State Budget, One Big Beautiful Bill, Trump Administration **Speaker: Peter Van Runkle**

The aging population is driving a significant increase in the need for long-term services and supports (LTSS), creating both challenges and opportunities in the sector. The post-acute and long-term care landscape is dynamic and often significantly impacted by policy changes on the state and national levels. This session will cover public policy changes as a result of the recently-passed Ohio budget (House Bill 96) and federal One Big Beautiful Bill. In addition, the session will review administrative actions by the Trump Administration that have impact on LTSS providers.

Learning Objectives:

- Identify how the state budget bill affects LTSS providers
- Discuss the provisions of the One Big Beautiful Bill that have impact on the Medicaid program and potential ramifications for LTSS
- Explain key policy initiatives of the Trump Administration that apply to LTSS providers

***Pete Van Runkle** was the Executive Director of the Ohio Health Care Association (OHCA) for 25 years. He joined the association's team in 1992. As Executive Director, Pete provided leadership and focused 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. He is now serving as an executive consultant to OHCA.*

11:30 – 12:00 pm OMDA Membership Meeting

12:00 – 1:00 pm Lunch (Industry Expert Theater)

1:00 – 2:00 am Coding and Billing Updates **Speaker: Sally Streiber, MBA, CPC, CEMA**

This session will cover the basics of documentation and coding in post-acute, long-term care, and assisted living facilities, including medical decision making and time-based billing. Under-utilized codes, such as advanced care planned and prolonged service codes, will be reviewed, as well as coding for common procedures. Also included in this session are documentation and coding for Medicare Annual Wellness Visits, screening and education codes.

Learning Objectives:

- Review the appropriate codes for post-acute, long-term care and assisted living settings
- Describe how to correctly code for visits based on medical decision making or based on time
- Identify the correct selection of coding for common procedures
- Discuss the use of Medicare wellness visit codes in long term care, memory care and assisted living
- Utilize advanced care planning, screening, and education codes when appropriate

***Sally Streiber, MBA, CPC, CEMA** has worked hands-on for more than 35 years with all types of providers in order to achieve appropriate revenue optimization, while simplifying the documentation requirements necessary to be compliant in a CMS world. She has created documentation coding tools and processes that assist in optimized capture of all appropriate revenue sources.*

She works for University Hospitals Health System as the Manager of Professional Fee Clinical Documentation Improvement. She also has her own company, Practical Coding Solutions, LLC, where she focuses on documentation and coding education.

2:00 – 3:00 pm Sepsis Management

Speaker: Jose Poblete, MD

Ensuring resident safety in PALTC settings necessitates a strong emphasis on sepsis prevention, early detection, and prompt, effective management. This requires adherence to federal and state regulations, implementation of evidence-based guidelines, utilization of sepsis screening tools, and a commitment to prompt recognition and treatment of this life-threatening condition. The goal of this session is to provide healthcare professionals in post-acute and long-term care settings with the knowledge and skills necessary to effectively address sepsis in their vulnerable patient populations, ultimately improving outcomes and quality of life.

Learning Objectives:

- Discuss steps necessary for the prevention of sepsis in facilities
- Identify tools for early detection
- Describe sepsis management and treatment
- Review state and federal regulations in regard to sepsis identification, management, response, and reporting in post-acute and long-term care facilities.

***Jose Poblete, MD** is a specialist in infectious diseases at Summa Health in Akron, Ohio. He is an assistant professor of internal medicine at Northeastern Ohio Medical University. He graduated from medical school at Howard University in 2001. He completed internal medicine residency and a fellowship in infectious diseases at Cleveland Clinic.*

3:00 – 3:30 pm Refreshment Break in Exhibit Hall

3:30 – 4:30 pm The Power of Self-Care

Speaker: Tamara White, CNP, RYT

As health care providers, we are always taking care of others 24/7. The good news is that it is a rewarding profession. The bad news is it is exhausting and can lead to burnout. You need to ask if you are REALLY taking care of yourself. Burnout is now listed in the World Health Organization (ICD-11) handbook as a codable diagnosis. Symptoms of burnout include energy depletion or exhaustion, increased mental distance or feelings of negativity related to one's job, and reduced professional efficacy. As a result, this can affect other areas in our lives. In this interactive program, participants will learn how to identify symptoms of burn-out, experience a meditation and yoga practice, and develop a tool-kit for self-care.

Learning Objectives:

- Define and assess burnout
- Experience a meditation and yoga practice
- Develop a self-care toolkit

***Tamara White, CNP, RYT** is a Board-Certified Adult/Geriatric Nurse Practitioner (CNP/ANCC), a Registered Yoga Teacher (RYT 500), and has a private practice in Cincinnati, Ohio. She received a MSN from the University of Kentucky in Lexington, KY, a BS in Nursing, Magna Cum Laude, from the University of Cincinnati, and a diploma in Nursing from Good Samaritan Hospital School of Nursing in Cincinnati. Tamara is a GAPNA Member and Past Chapter President. She is a member of the Parish Nurse Committee, a Steven Minister at St. Thomas Episcopal Church, and past President of the Board for True Freedom Recovery Yoga.*

4:30 – 5:30 pm **Lessons from Learners and Researchers**

Moderator: Amanda Lathia, MD, CMP, MPhil

Geriatric research and quality improvement is being conducted in multiple settings throughout the State of Ohio. This session provides the opportunity for learners/researchers 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.

Learning Objectives:

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

Amanda Lathia, MD, CMD MPhil is board certified in internal medicine and geriatric medicine. She is an associate 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 medical director of the Foley ElderHealth Center at University Hospitals and the medical director of Judson Retirement Communities in Cleveland, Ohio. She is currently a member of the OMDA Board of Directors and the chair of the Education Committee.

5:30 pm **Adjourn Annual Symposium**