



PADONA /LTCN

Pennsylvania Association of
Directors of Nursing Administration

DEDICATED TO SERVICE
COMMITTED TO CARING

JANUARY 2017

How to Reach Us at :

Susan Piscator,
Chair, Board of Directors/
Executive Director
PADONA

660 Lonely Cottage Drive
Upper Black Eddy,
PA 18972
610-847-5396 /
padona@epix.net

Terri Gabany,
Area I President
tgabany@grovesmanor.care

Candace McMullen
Area II President
clmcmullen@hmwd.org

Lois Pasco
Area III President
lpasco@verizon.net

Susan Piscator,
Editor
padona@epix.net

Candace Jones,
Administrative Director
padonaadm@aol.com

Sue Keogh,
Asst Editor /Webmaster
jjm49sue@gmail.com



PADONA ENews



Dear PADONA Members:

I hope each of you had a wonderful holiday filled with the love of family and friends and that 2017 is a healthy and prosperous year for each of you. It is truly hard to imagine 2017 is here and convention is only three months away. Just a reminder, the registration fee does increase as of January 15th so you may want to submit your registration prior to that date. If you have any questions about hotel rooms and need information about staying off-site, please feel free to contact me. We will be providing a shuttle from the Lodge and hope to arrange transportation from the Hampton Inn as well.

I recently sent out requests for members to attend the State Board of Nursing meetings in Harrisburg and share the meeting summary with all of us. The response was so overwhelming the only way to choose the representatives was to select the first two members to respond. The two representatives chosen to share the position are Donna Starliper, Executive Director at Penn Hall at Menno Haven and Bilquis Ali, Director of Nursing at Darway. I would like to thank everyone who responded.

PADONA is holding its annual elections for the position of Treasurer. Details are shown below:

Treasurer shall monitor all income and expenses; report to the Board of Directors at meetings, submit a financial statement at the close of each fiscal year; perform such other duties as may be assigned by the Board; upon completion of term of office, deliver to the new Treasurer all books, records, checks, and funds with a report of transactions carried out since the last report to the membership.

Only an individual who has been a Primary Member for at least three years shall be eligible to hold any of the elected offices. PADONA Officers may not be active on another board of directors that could be considered a conflict of interest by the PADONA Board. PADONA Officers must have a valid RN license in the state of Pennsylvania.

The deadline for applying for this position is January 15, 2017. Send completed applications to info@padona.com.

In the very near future you will be receiving the link for our next issue of the PADONA E-Journal. Please take the time to visit our website and read the journal. Additionally, we will soon be announcing our next webinar as well.

Chair, Board of Directors / Executive Director PADONA



Fall Prevention and Your Pharmacist By Saul Greenberger, Founder PharmScript

According to the Centers for Disease Control and Prevention(CDC), there is an older adult that falls every second of every day, with 74 older persons dying daily from fall-related injuries. That equates to 27,000 deaths a year. Falling once doubles a person's risk of falling again. One out of every five falls results in a serious outcome, such as a fracture or a head injury. More than 95% of hip fractures are caused by falls. The most common cause of traumatic brain injuries is a fall. Nursing home residents are particularly vulnerable to falls and related injuries. Once a person falls, they become fearful of falling again. This fear may cause an older adult to avoid walking, resulting in a decline in physical strength and inability to perform activities of daily living.



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As the person becomes less active, their risk of falling increases. Many new residents fall in the first 24 hours of their stay in a nursing home. A renewed focus on safety may help reverse that trend if fall prevention strategies are introduced as soon as the person arrives.

Three key questions should be asked of every newly admitted resident or their representative as the admission assessment begins: Have you fallen in the past year? Do you feel unsteady when walking? Are you afraid of falling? Even if a resident has not previously been identified as at risk of falling, the unfamiliar environment, physical decline from a recent hospitalization, and the stress of a nursing home admission place them at greater than average risk for falls. It is crucial that an Interim Fall Care Plan be implemented immediately when risk for falls is identified. CMS in its recently published Final Rule of October 4, 2016, introduced a new regulation titled Comprehensive Person-Centered Care Planning that requires implementation of a baseline care plan within 48 hours of admission. Although this regulation does not become effective until November 28, 2017, it is advisable to implement this practice as soon as possible to improve safety and fall-prevention outcomes for residents.

Medication management can reduce drug interactions and side effects that may lead to falls. Your pharmacist can work with you in the effort to reduce your residents' risk of falling by performing a medication review. The CDC recommends that providers stop medications when possible, switch to safer alternatives, and reduce medications to the lowest effective dose. Drugs that require close monitoring include anticonvulsants, antidepressants, antipsychotics, benzodiazepines, opioids, and sedatives-hypnotics. Drugs that can cause dizziness, sedation, confusion, and orthostatic hypotension include anticholinergics, antihistamines, blood pressure medications, and muscle relaxants. Anticoagulants are of particular concern when a resident falls, as a subdural hematoma may result and can lead to death. Talk with your pharmacist about your residents who are at high risk for falls. By working together, you and the pharmacist can identify recommended changes in your residents' medication regimens that may prevent falls or serious injuries.

To obtain tools for inclusion in your fall prevention program, visit the CDC's Stopping Elderly Accidents, Deaths, and Injuries (STEADI) program <http://www.cdc.gov/steady/materials.html>

Sign Up TODAY for the PADONA 29th Annual Convention in Hershey March 29 - 31, 2017

Below is a sampling of our speakers and tentative lecture titles:

- IV Standard Update - Mary Ann Shuman
- Engaging Your Employees - Edward Leigh
- Quality Assurance and Performance Improvement (QAPI) - Sophie Campbell
- Hospice Collaboration in Long Term Care-It's More than Morphine! - Mary Norman & Andrea Lowrey
- When Extraordinary Meets the Future: The Power of One Voice-One Rhythm - Greg Nelson
- Diagnostics: Step Outside the Box, Instead of Just Checking it Off! - Lorelei Schmidt
- Nursing & Therapy Interaction to Improve QM and CMI - Terry Raser and Kay Hashagen
- Using Telemedicine to Reduce Potentially Avoidable Hospitalizations of Nursing Home Residents - Steven Handler
- CMS New Requirements of Participation-What You Need to Know - Paula Sanders
- Department of Health Update - Susan Williamson
- Antibiotic Stewardship - Sharon Bradley



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2017 Exhibitors: Sign Up for the PADONA 29th Annual Early - 98% of the exhibitor locations are already booked for 2017! Convention in Hershey, PA March 29, 30 and 31, 2017



Welcome New Members!

- Sheila Boyer - Phoebe Berks Health Care Center - Area III
- Sheila Hartle - Sugar Creek Rest - Area I
- Jeffrey Morris - Simpson House - Area III
- Eryn Odell - Community at Rockhill - Area III