



PADONA /LTCN

Pennsylvania Association of
Directors of Nursing Administration

October 2016

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October 2016

Dear PADONA Members:

We recently emailed to all members the 2017 convention announcement and registration form. If you have not received it, please contact us or visit our website. In the event you would like to take advantage of the early bird rate, send us your registration and payment prior to November 15th. PADONA, as an approved provider, is offering 16.5 contact hours for nurses who attend all offered programs and complete an evaluation form. Consequently, by attending all the convention sessions, you are able to obtain a year's worth of your RN required hours of continuing education! NAB/NCERS approval is pending for CE contact hours for nursing home administrators. If you will be staying at The Hotel Hershey, call them directly at 717-533-2171 to make your reservations. The Hampton Inn in Hershey has rooms available as well. When calling to make your reservations at either facility, be sure to identify yourself as attending the PADONA convention.

Our first electronic Journal is now history and a part of our website. Our thanks to both webmaster Sue Keogh and web developer Zach Bullock for their parts in making this happen.

At the recent Board of Directors meeting it was decided to investigate the possibility of developing an online course for new or commencing DONs and ADONs. It will be more foundational than the current certification course. We received this request from our members who feel such a resource would be invaluable.

Additionally, I would encourage all of you to complete the online survey needs assessment. The results are reviewed to assist in our educational programming.

If I can be of any assistance, please feel free to contact me.

Chair, Board of Directors / Executive Director PADONA



Welcome New Members!

- Kimberly Conrad - Cross Keys Village - The Brethren Home - Area II
- Joyce Cornell - The Green Home/Susquehanna Health - Area II
- Joanne Crable - Westmoreland Manor - Area I
- Alicia Haberberger - Elk Haven - Area I
- Gary Heinrich - Turning Rock, Inc. - Area II
- Corey Readd - Westmoreland Manor - Area I
- Melissa Sirgenson - Conestoga View - Area II
- Kristie Suhr - The Green Home/Susquehanna Health - Area II



Palliative Care: Relief from the Symptoms of Serious Illness

*This article is submitted by:
Hospice & Community Care, Lancaster, PA*

Coping with a serious illness defined by pain or other symptoms is difficult.

Palliative care is different from hospice care. Palliative (pal-lee-uh-tiv) care, like hospice care, is designed to improve a patient's quality of life. But unlike hospice care, which is provided when a cure is no longer possible, palliative care is available at any time during an illness, and can be provided while a patient is pursuing treatment, such as chemotherapy or radiation that are meant to cure an illness.

Palliative care is for any serious illness, whether curable, chronic or life threatening and is for adults, teens, children or infants. Palliative care also supports patients and families as they consider the benefits and burdens associated with available options for treatments.

Hospice care is for patients who have a limited life expectancy of usually six months or less. Hospice care is provided after all curative treatment has been attempted with the goal of providing comfort, care and dignity at end of life. Hospice care can also provide support for family members coping with the serious illness and end of life of a loved one. Both palliative care and hospice care share the same goals of improving a patient's quality of life by providing comfort and management of pain and symptoms.

How do you know if you need palliative care?

Palliative care provides relief from distressing symptoms including pain, shortness of breath, fatigue, nausea, loss of appetite, and other symptoms. It can also help with the side effects of medical treatments. Our staff works with the patient, family and your doctors to treat symptoms, maintain function and restore quality of life.

Palliative care can assist adults or children who are living with any serious illness including chronic obstructive pulmonary disease (COPD), congestive heart failure, ALS, Parkinson's disease, Alzheimer's disease or other dementias, kidney failure, stroke and cancer.

You may want to consider palliative care if you or your loved one:

- Suffers from pain or other difficult symptoms as a result of serious illness.



Dr. Andy Probolus spends time with a patient.



Dr. Joan Harrold examines a patient.

Palliative care can be very effective. Palliative care can provide relief from pain and symptoms that impact daily life and improve overall quality of life. In addition, palliative care can offer a greater understanding of the specific illness, solutions to more effectively manage pain, and assistance with decision-making regarding treatment options.

Who is Palliative Medicine Consultants?

Hospice & Community Care's Palliative Medicine Consultants is a team of board-certified palliative care specialists: physicians, nurse practitioners, palliative care nurses, social workers, and chaplains who work together with the patient's physician and caregivers, and supports family members coping with the stress of their loved one's condition. The Palliative Care physician visits patients where they live: at home, in a nursing home or senior care facility or in a hospital. Palliative Medicine Consultants' physicians cared for 1,500 patients and their families during 2015.

The practice works with Lancaster General Hospital's Palliative Care Service and provides palliative services at WellSpan York Hospital. The dedicated Palliative Care team provides comprehensive palliative care throughout the hospitals to those needing pain and symptom management, advance care planning, and supportive counseling.

Who Pays for Palliative Care?

Palliative care is billed like other doctor's visits. Medicare and many private insurance plans cover palliative care services. However, if you are without coverage, care is still available. Palliative Medicine Consultants' care is available to all in need of our services, regardless of ability to pay for care.

How Can I Get Palliative Care?

Anyone who has questions about whether palliative care could be helpful should speak to their physician. Your physician can call Palliative Medicine Consultants with a referral.

Outpatient services are also available at WellSpan York Hospital 1001 S. George Street, 6th Floor. Palliative Medicine Consultants also provides services at Lancaster General Hospital/Penn Medicine and the Ann B. Barshinger Cancer Institute and Palliative Medicine Consultants' Outpatient Clinic at 685 Good Drive in Lancaster.



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

Register early to receive our early bird discount. Please be sure to PAY by November 15, 2016 (not just register by that date) to receive the discounted rate and check the appropriate amount based on your membership status.

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

- IV Standard Update - Mary Ann Shuman
- Engaging Your Employees - Edward Leigh
- Focused Dementia Care Survey Overview & Update - 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

2017 Exhibitors: Sign Up for the PADONA 29th Annual Early - Only a few exhibitor locations are left for 2017! Convention in Hershey, PA March 29, 30 and 31, 2017



For Members of PADONA - Free Posting of Job Opportunities

Post your company's job openings at PADONA for free for 60 days per job posting. Send the following in a Word document to info@padona.com

1. Job Title
2. Company name and address
3. Brief summary position
4. Compensation/Benefits (if known)
5. Contact information (mailing address, email address, company email)

Mark your calendar for PADONA's upcoming webinar on Tuesday, November 29, 2016 - 1:00 p.m. - 2:00 p.m. The webinar presented by JoAnn Adkins will focus on learning how to use the data in PA-PSRS.

