



 Prairie Meadows Conference Center  
1 Prairie Drive  
Altoona, IA

**2024 SPRING  
EDUCATION  
CONFERENCE**  
March 19 and 20

## Grow your skills and spring into quality improvement

Education for ❖ **Activity Professionals** ❖ **Nurses**  
❖ **Social Services** ❖ **N.F. Administrators,**  
❖ **Department Heads,** ❖ **Assisted Living Managers**  
❖ **Home Health Professionals.**



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Earn up to 10.0 CEUs

### TUESDAY - March 19

12:00 p.m. **Registration Open**  
1:00 p.m. **Opening General Session**  
2:00 p.m. **Break**  
2:15 p.m. **Breakout Session One**  
3:45 p.m. **Break**  
4:00 p.m. **Breakout Session Two**  
5:30 p.m. **Welcome Reception**  
Open Bar with Appetizers  
7:00 p.m. **Evening Open**

### WEDNESDAY - March 20

8:00 a.m. **Registration Open**  
Continental breakfast  
8:30 a.m. **Breakout Session Three**  
10:00 a.m. **Break**  
10:15 a.m. **Breakout Session Four**  
11:45 a.m. **Lunch (Provided)**  
12:30 p.m. **Breakout Session Five**  
2:00 p.m. **Break**  
2:15 p.m. **Breakout Session Six**  
3:45 p.m. **Adjourn**

#### PRESENTING SPONSOR



#### RECEPTION SPONSORS



# SESSION DETAILS

All education sessions are approved for CEUs.  
(Check discipline approvals for each topic)

ALL	All Disciplines
AP	Activity Directors
SS	Social Services
N	Nurses (IBON provider #166)
DH	Department Heads
ADM	NF Administrators
ALMC	Assisted Living Managers
HH	Home Health Professionals

## TUESDAY, MARCH 19

### OPENING GENERAL SESSION | 1:00 p.m.

#### **Basically, Incredible**

**Speaker: Matt Booth | CEUs: ALL**

This fun, uplifting keynote is designed to inspire, motivate and equip you with the mindset, skills and strategies needed to create a life that aligns with your aspirations and dreams and unlocks the extraordinary potential within you.

### BREAKOUT SESSION ONE | 2:15 p.m.

#### **Communicate with Attitude and Confidence**

**Speaker: Matt Booth | CEUs: ALL**

This session aims to enhance participants' communication skills in health care settings by emphasizing the importance of a confident and positive attitude that enhances communication, fostering better connections and impactful interactions.

#### **Section GG – Develop an Efficient Compliant Team Approach to Assessment**

**Speaker: Daleen Seibold | CEUs: SS, N, ADM, HH**

The information collected in Section GG is crucial for evaluating a patient's functional status, tracking changes over time and developing quality care plans. This session will provide tips and advice on how to accurately assess and document residents' functional abilities in Section GG, facilitating improved care outcomes and regulatory compliance.

#### **Fueling Aspirations – Joy and Purpose for Residents and Staff**

**Speaker: Sarah Kyle | CEUs: ALL**

This fun, enlightening session is designed to empower and uplift both residents and staff within your organization. Participants will leave feeling empowered to contribute positively to the overall atmosphere of the community, fostering a sense of purpose, joy and fulfillment.

#### **Combating Social Isolation**

**Speaker: James Alexander | CEUs: S, N, DH, ADM**

Social isolation can have severe consequences on mental health, well-being, and overall quality of life for residents. This session aims to empower participants with strategies, resources and a comprehensive understanding of social isolation to foster connected, supportive and inclusive communities.

### BREAKOUT SESSION TWO | 4:00 p.m.

#### **Combating Drug Diversions in Care Settings**

**Speaker: Daniel McCormick | CEUs: ALL**

Controlled substance diversion is a critical issue that can lead to serious patient harm, risks to staff, liability to health care organizations and damage to communities. Attendees will learn the scope of controlled substance diversion and its impact at care facilities, the most commonly diverted drugs and how they are diverted, as well as preventative measures.

#### **CSI: Conducting Successful Investigations in Nursing Homes**

**Speaker: Amy Lee | CEUs: N, DH, ADM**

In an environment where patient well-being is paramount, the ability to effectively investigate incidents and concerns is crucial to ensuring the highest standards of care, safety and regulatory compliance. This session will review practical approaches when conducting a thorough investigation and provide useful investigative tools for immediate implementation.

#### **Resident Discovery – Best Practices for a Resident's Move-In**

**Speaker: Sara Kyle | CEUs: ALL**

Too often resident discovery is minimized to a checklist of "to-do's" when a resident first moves in. This session will empower long-term care facility staff to go beyond the "to-do's" list by providing the knowledge and skills needed to create a more welcoming and supportive environment for residents as they transition into their new home.

#### **Staff Burnout Prevention**

**Speaker: Chloe Hird | CEUs: ALL**

This session will help equip leaders with the knowledge and skills necessary to identify, address and prevent staff burnout. The training will focus on understanding the unique challenges faced by health care professionals in long-term care, recognizing burnout symptoms and implementing effective strategies to promote staff well-being and job satisfaction.

## WEDNESDAY, MARCH 20

### BREAKOUT SESSION THREE | 8:30 a.m.

#### Care Plan Development and Interdisciplinary Team Meetings

**Speaker: Amy Lee | CEUs: ALL**

This session will review regulatory requirements related to care planning, identify key resources needed to develop a person-centered care plan and describe an effective interdisciplinary team meeting process to support accurate care planning. Attendees will leave with an understanding of practical approaches to implement, immediately resulting in improved resident/family satisfaction, enhanced quality of care and survey compliance.

#### Behavioral Health – Caring for a New Generation in Assisted Living

**Speaker: Barbara Speedling | CEUs: N, ADM, ALMC**

Accommodating the needs of the next generation requires an understanding of today's customer – far more independent, outspoken and likely to march to the beat of their own drum. Strategies for addressing issues relative to dementia and mental health, social conflicts/bullying/aggression, substance abuse and related concerns will be the focus of the session.

#### Avoiding Four Traps Every Leader Will Face

**Speaker: Ricky Rohrig, Sr. | CEUs: ALL**

Leadership is dangerous and can be lonely at the top. These traps include isolation, greed, settling and avoidance. This leadership session is geared toward all leaders and will encourage, equip, empower and engage you to become a more effective and productive leader.

#### Pivoting Toward a New Mindset for Resident Engagement

**Speaker: Sara Kyle | CEUs: AP, SS, ADM, ALMC**

As the landscape of long-term care continues to evolve, there is a growing recognition of the importance of adopting innovative approaches to enhance the well-being and quality of life for residents. This program will explore new perspectives, strategies and best practices to shift toward a more resident-centered and holistic approach.

#### CGS Updates for Home Health

**Speaker: Katie Monzel | CEUs: SS, N, ADM, HH**

Connect with CGS to discuss Targeted Probe and Educate (TPE) and approaches for successful medical review outcomes. Discover proven submission practices and clinical documentation strategies to secure Medicare reimbursement. This session will unveil claim submission mysteries and analyze data, all while discovering all the CGS website has to offer. This session will address commonly asked provider questions and include essential resources for your team.

### BREAKOUT SESSION FOUR | 10:15 a.m.

#### Incident Investigations and Reporting in Assisted Living

**Speaker: Amy Skelton | CEUs: N, ADM, ALMC**

Incidents happen and sometimes we will need to report these to the Iowa Department of Inspections, Appeals and Licensing (DIAL). Do you know what you need to report? Are you comfortable with the investigation process? Do you know what to look at? Who do you interview and what questions do you ask? Do you know what corrections to put in place immediately and ongoing? A thorough investigation is key to determining root cause, as well as process improvement opportunities. This session will prepare you to investigate and report an incident and how to move forward to prevent negative outcomes.

#### Love Your Neighbor: Preventing Resident-to-Resident Aggression

**Speaker: Barbara Speedling | CEUs: ALL**

This session will empower nursing home and assisted living staff with the knowledge and skills necessary to prevent and effectively manage resident-to-resident aggression. Participants will learn strategies to create a safe and supportive environment, including how to recognize early warning signs, understand the contributing factors to aggression and develop techniques to de-escalate potential conflicts among residents.

#### Successful Programming for Younger Adults and Short-Term Stay

**Speakers: Cathy Allen & Laurie Reiss**

**CEUs: AP, SS, ADM, ALMC**

This session is designed to equip activity professionals with the knowledge and skills necessary to create engaging and inclusive programming for younger adults and short-term stay residents. Recognizing the diverse needs and preferences of these specific demographics, the training focuses on tailoring activities that promote social interaction, mental stimulation and overall well-being.





### Abuse Prevention in Senior Care

**Speaker:** Barbara Speedling | **CEUs:** ALL

Discussion will focus on recognizing the broad range of events and circumstances that constitute abuse, including those that may not rise to the level of reportable abuse, but are offensive to the resident. The session will provide advice and resources on developing viable, efficient quality assurance systems for staff education and competency, reporting, investigation and performance improvement.

### Interventions to Increase Resident Engagement in Activities

**Speakers:** Cathy Allen & Laurie Reiss

**CEUs:** AP, SS, ADM, ALMC

Why do some residents resist participating in facility and group activities? For some, it is simply a lack of motivation. For others, they have enjoyed and become accustomed to receiving individual attention. So how do you rebuild the group programs, yet meet individual preferences? This session will offer effective tips and strategies that re-motivate residents to become involved in group programs, activities and community life within your facility.

### Advanced Care Planning Conversations

**Speaker:** Tasha Janssen | **CEUs:** SS, N, ADM

It is often said that the last mile of one's life is the most important, and with that mile comes difficult conversations and tough decisions. Planning for the future with an interdisciplinary approach is vital in post-acute care. Learn how to make advanced care planning conversations a more comfortable and regular experience in your facility, and help your residents meet their last mile of life in confidence.

### How Compliance with the COPs Will Create a WIN for HHVBP

**Speakers:** Maribeth Freland and Annette Lee

**CEUs:** SS, N, ADM, HH

This program will equip home health professionals with the knowledge and skills necessary to ensure compliance with the Conditions of Participation (COPs) and contribute to a successful outcome in Home Health Value-Based Purchasing (HHVBP) initiatives.



### Enhanced Medical Directorship Role

**Speaker:** Tasha Janssen | **CEUs:** N, ADM

The medical director's role is a crucial part of success for a facility. With the increased demand put on facilities to meet regulations, take higher acuity patients and treat more in-house, it is vital that each facility knows what standard to hold their medical director to and how to assist their medical director in becoming an active participant in their facility. It is time to step up the partnership between facilities and medical directors by embracing the enhanced medical directorship role.

### OASIS and Quality Changes Coming in 2025 - and What to Do NOW!

**Speaker:** Annette Lee | **CEUs:** SS, N, ADM, HH

Get a first-hand look at the upcoming changes for OASIS and home health quality measures in 2025. Participants will gain insights into the revisions, updates and impact these changes will have on home health care practices. The session will focus on ensuring compliance, maintaining high-quality patient care and adapting to the evolving landscape of home health care services.

**BREAKOUT SESSION FIVE | 12:30 p.m.**

### Citation Trends and Tips in NF and AL

**Speaker:** Becki Brommel | **CEUs:** ALL

As DIAL continues to evolve, it is crucial to examine the patterns of citations from facility survey results. This session will identify areas of recent surveyor focus and will provide tips to ensure ongoing regulatory compliance.

### Addressing Payment Issues and Involuntary Discharges

**Speaker: Becki Brommel | CEUs: ADM, ALMC**

This informative session aims to enhance the understanding of regulations, ethical considerations and communication strategies when dealing with payment issues and involuntary discharges in long-term care facilities, ensuring a balance between financial considerations and resident well-being.

### Mental Health Accommodations

**Speaker: Jo Ellen Whitney**

**CEUs: SS, N, ADM, ALMC**

This session will provide a review of the legal and regulatory requirements related to mental health accommodations in long-term care facilities. Participants will gain insights into relevant laws, regulations and best practices to ensure that facilities provide appropriate support and accommodations for individuals with mental health needs.

### Creative and Innovative Activity Programming

**Speakers: Cathy Allen & Laurie Reiss**

**CEUs: AP, ADM, ALMC**

This session will give participants a unique insight on how to assess the needs of their current activity program and develop a variety of quality-based programs that will benefit all residents at various functional levels within the facility and will enhance the physical, mental and psychosocial well-being of each resident.

### Time and Task Management for Busy People

**Speaker: Ricky Rohrig, Sr. | CEUs: ALL**

In this session, time management tips and skills will be explored to help you take control of your calendar instead of your calendar taking control of you.

### Medication Reconciliation and Drug Regimen Review in Home Health

**Speaker: Maribeth Freland | CEUs: N, ADM, HH**

Medication reconciliation is one of the most critical tasks that home care nurses complete. This session will review the best practices to perform timely and accurate medication reconciliation and comprehensive drug regimen reviews, which will contribute to improved patient safety and overall health care outcomes.



# STAY CONNECTED



IOWA HEALTH CARE ASSOCIATION

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## REGISTRATION RATES

Become a member and save. Visit [iowahealthcare.org/join](https://iowahealthcare.org/join).

### MEMBER REGISTRATION FEES

FULL Two-Day Registration	\$275
Day ONE Registration	\$135
Day TWO Registration	\$185

### NON-MEMBER REGISTRATION FEES

FULL Two-Day Registration	\$650
Day ONE Registration	\$295
Day TWO Registration	\$400

## HOTEL ACCOMMODATIONS

Rooms are available at a special discounted rate of **\$135** plus tax at the Prairie Meadows Hotel on the nights of March 18 - 19, 2024. **The deadline to reserve a room in the IHCA block is Feb. 25, 2024.**

Prairie Meadows Hotel  
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Altoona, IA  
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