



NORTH CENTRAL SOCIETY
FOR POST-ACUTE AND
LONG-TERM CARE MEDICINE

Annual Seminar

April 10, 2019

Ramkota Hotel
Sioux Falls, SD

Sioux Falls, South Dakota 57104

Medical Directors Schedule

Wednesday
April 10, 2019
Roosevelt Room

7:45 AM - 8:15 AM
Registration - Breakfast

8:15 AM
Welcome - Dr. Schroeder

8:15 AM - 8:45 AM
“AMDA PALTC Update”
*Arif Nazir, MD, PhD, CMD,
AMDA PALTC President*

As current president, Dr. Arif Nazir will provide an overview of current strategic goals for AMDA, the Society for Post-Acute and Long-Term Care Medicine. He will answer questions attendees have and point out ways that attendees can become more involved in the organization.

By the end of this presentation, the participants will be able to:

- ◆ Summarize the values, mission and strategic goals
- ◆ List recent accomplishments and ongoing priorities
- ◆ Describe ways that individual members can contribute their passion, expertise, time and effort

8:45 AM - 9:45 AM
“Clinical Leadership in the New Healthcare Era: Wait or Innovate?”
*Arif Nazir, MD, PhD, CMD,
AMDA PALTC President*

With the evolving healthcare in the nation, strategies that worked yesterday are quickly becoming obsolete. From patient complexity to expectations of stakeholders, everything is changing. Unfortunately, regulatory frameworks and human behaviors are mostly resistant to change.

Innovative ideas are needed to help clinicians behave differently to meet the needs of their patients. In that regard, never has the role of clinical leaders, particularly medical directors, been more crucial.

In this session, Dr. Arif Nazir, based on his role as a geriatrician and a physician leader for a large post-acute organization, will provide an overview of the key changes in the setting. He will describe how these changes are spurring a change in the role of the clinical teams and will provide examples of how industry and his own organization is responding to these expectations.

At the end of this session, the participants will:

- ◆ Describe key changes in post-acute healthcare setting
- ◆ Learn importance of leadership in value-based care
- ◆ Provide strategies for motivating teams through innovative solutions
- ◆ Visualize the role of the future medical director in the post-acute setting

9:45 AM - 10:15 AM
Break

10:15 AM - 11:15 AM
“Fear and Faith at the End of Life”
*Rev. Greg Wilcox, Vice President
of Mission Integration, Ev
Lutheran Good Samaritan Society*

This session will invite participants to explore the spiritual dynamics present for people facing the end of life, especially older persons. The session will ask both about the variety of fears and regrets people feel at this stage in their lives, as well as what resources faith can offer to deal with those feelings.

This presenter will share stories to provide a context for best practices in journeying with people in the dying process, and to invite participants to share their own perspectives and experiences around death and dying.

At the end of this session, the participants will be able to:

- ◆ Describe typical fears related to death and dying
- ◆ Share faith resources for dealing with those fears
- ◆ Invite participants to share best practices for leveraging faith resources in providing care for those who are dying

11:15 AM - 12:30 PM
Conference Room

**NCSPALTC LUNCHEON -
◆ BUSINESS MEETING**

12:30 PM - 1:30 PM
“Symptom Management at End of Life”
*Priscilla Bade, MD, CMD, Medical
Director, Regional Health LTC
Jon Berg, MD, CMD, Medical
Director, Northwood Deaconess
Health Center and Cooperstown
Medical Center*

Death in the nursing home is common. Residents at the end of life may experience distressing symptoms such as pain, dyspnea, anxiety, nausea and agitation. Assessment and management of these symptoms may improve the experience of dying for residents, their families, and staff. Palliative care and hospice care in nursing homes can assist with these issues.

This presentation will use case-based discussions to address these topics.

At the end of this session, the participants will be able to:

- ◆ Discuss management of pain at end of life
- ◆ Describe the assessment and management of other common symptoms at end of life (dyspnea, nausea, anxiety, agitation)
- ◆ Describe the role of palliative care and hospice in the nursing home

*Please visit the
NCSPALTC Exhibits
in the lobby
during breaks!*

1:30 PM - 2:30 PM

“Advance Care Planning (ACP) in Palliative Care: The Role of the POLST Paradigm”

Nancy Joyner, MS, CNS-BC, APRN, Palliative Care Clinical Nurse Specialist, Nancy Joyner Consulting

Palliative Care has been expanding from hospitals and clinics to community and rural settings. It requires an interdisciplinary team approach to improve quality of life for people facing serious illness. Palliative care focuses on providing relief from the pain, symptoms, and stress of a serious illness for patients and their families. It is appropriate at any age, at any stage of disease and can be provided along with curative treatment.

At a minimum, the core components of a palliative care program are: a) skilled pain and symptom management, b) ability to screen and support the emotional, psychosocial, and spiritual needs of patients and their families, and c) effective communication with patients and families to support shared decision-making of medical treatment and care priorities. This includes Advance Care Planning.

Advance Care Planning (ACP) is a person-centered, ongoing process of communication that facilitates individuals’ understanding, reflection and discussion of their goals, values and preferences for future healthcare decisions. The POLST paradigm was developed to assist with those living with serious illness during the last years of their life.

At the end of this session, the participants will be able to:

- ◆ Describe four aspects of community based palliative care
- ◆ Define three key characteristics of advance care planning
- ◆ Identify five unique elements of the POSLT paradigm

2:30 PM - 3:00 PM

Break

3:00 PM - 4:30 PM

“Considerations of Culture at Death”

Sandra White Shield, Lakota Cultural Presenter, Member Ethics Committee, Rapid City Regional, Past Member SD Advisory Board for Geriatric Programs

As life ends, we all hope to be surrounded by those that we love and things that make us comfortable. For individuals and their families who are attended to in their final days by healthcare personnel who are unaware of cultural differences which may exist between the two, these days and hours can be less than we would like.

Knowing just a bit about the cultural identity and values of our patients can aid healthcare professionals attending to patients in a more medically competent way and help patients and family feel more at ease.

This presentation will give information on the cultural differences of several unique and minority communities found in South Dakota.

At the end of this session, the participants will be able to:

- ◆ Identify unique communities within our healthcare area
- ◆ Identify unique and significant differences affected by culture at end of life
- ◆ Provide cultural information regarding decision making and care at end of life
- ◆ Provide resources for the use of healthcare personnel

NCSPALTC is requesting 6.0 hours in medical direction toward certification as a Certified Medical Director (CMD).

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Registration Form

NCSPALTC's Registration Form is designed to make registering for the Seminar easy. Please complete all the information on the form to ensure proper registration.

How Do I Register?

Print or type your name and title on the Registration Form. You can download the form on the website at www.sdhca.org and click on the Medical Director Tab.

Submit your payment and registration form to:

NCSPALTC
804 N Western Avenue
Sioux Falls, SD 57104
(No Phone Registrations)

You may fax your registration form, but the original must be sent to the office with payment.
Fax: (605) 339-1354
No credit card payments.

Seminar Information

All educational sessions and exhibits will be held at:

Ramkota Hotel
3200 W Maple Street
Sioux Falls, SD 57107

Hotel Information

NCSPALTC seminar attendees are responsible for placing their own room reservations. The South Dakota Health Care Association (SDHCA) has blocked rooms at the Ramkota Hotel. These rooms are available to NCSPALTC seminar attendees:

Ramkota Hotel
3200 W Maple Street
Sioux Falls, SD 57107

NCSPALTC attendees may reserve these rooms and the rates are as follows:

\$102.99 plus tax/Single
\$102.99 plus tax/Double

The Ramkota Hotel has sleeping rooms for the evenings of April 9 & 10, 2019. You must place your reservation by **March 8, 2019** by calling **605-336-0650**.
Code: SDHCA Room Block

Cancellation Policy

Cancellations received on or before March 8, 2019, will be refunded. Any cancellations between March 9th and March 19th will be refunded minus a \$40.00 fee. Cancellations made after March 19th will not be refunded. All cancellations must be made in writing and faxed to (605) 339-1354 or emailed to sdhca@sdhca.org.
Attn: NCSPALTC Seminar Registration.

April 10, 2019
Medical Director Lunch
(1 Free with Member Registration)
\$18.00 Value

Sandwich, Soup and
Salad Buffet



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Medical Director Speakers

Arif Nazir, MD, PhD, CMD, is President of SHC Medical Partners. He has been a practicing post-acute care geriatrician for over 15 years and focuses his research on finding practical solutions to frontline barriers to high quality care coordination. His leadership for the Center for Medicare and Medicaid Services Innovations project OPTIMISTIC is most notable. He is the current President of AMDA The Society for Post-Acute and Long Term Care Medicine and Chair of Innovations for Post-Acute and Long-Term Care Medicine. He is a Certified Medical Director.

Rev. Greg Wilcox is the Vice President for Mission Integration and Senior Pastor at the Evangelical Lutheran Good Samaritan Society. He is an Ordained Lutheran Clergy and Certified Nursing Assistant in long term care. Rev. Wilcox oversees both ordained and lay ministry work throughout the Good Samaritan's senior living and long term care campuses. He leads Good Samaritan's international mission partnerships with a healthcare emphasis.

Jon Berg, MD, CMD, is the Chief of Staff at Northwood Deaconess Health Center in Northwood, ND, and Cooperstown Medical Center in Cooperstown, ND. He is the Medical Director at six long term care centers in North Dakota. He is a Certified Medical Director. He served as President of the North Dakota Medical Director Association for seven years. He holds a certificate of Added Qualifications in Geriatric Medicine and has been involved in long term care for over 30 years.

Priscilla Bade, MD, CMD, is a nursing home attending physician for Regional Health Long Term Care Outreach. She is the Medical Director for three nursing homes in Rapid City, SD, and associate medical director of Regional Home+ Hospice. She is a Certified Medical Director. She has been the President of the NCSPALTC, formerly known as the South Dakota Medical Directors Association.

Nancy Joyner, MS, CNS-BC, APRN, ACHPN, is a Palliative Care Clinical Nurse Specialist. She is owner/CEO of Nancy Joyner Consulting. She is a Palliative Care SME and Nurse Mentor for the University of North Dakota - Center for Rural Health and College of Nursing & Professional Disciplines. She is an Advanced Certified Hospice and Palliative Nurse and Advance Practice Registered Nurse-Clinical Nurse Specialist. She is a trained Physician Orders for Life Sustaining Treatment (POLST) Trainer. She is a member of the National POLST Education Committee and Honoring Choices® North Dakota.

Sandra White Shield is a Lakota Cultural Presenter who has been presenting to the USD Sanford School of Medicine since 2008. She is a Member of the Institutional Review Board and Ethics Committee at Rapid City Regional Hospital. She is acquainted with the problems of culture encountered within research and in medical ethic decision making. She works in the Graduate Studies Department at Oglala Lakota College on the Pine Ridge Indian Reservation.