

Annual Spring Institute

April 16–18, 2024 — Ramkota Hotel, Sioux Falls, SD

2024

United in Caring



South Dakota
Health Care Association SM

Assisted Living Association SM

Senior Living Association SM



We welcome you to the SDHCA Annual Spring Institute and Exhibit Show to be held April 16 – 18, 2024, at the Ramkota Hotel in Sioux Falls, SD.

Spring Institute Highlights

- Exceptional Education Sessions – enjoy top-notch speakers while earning CEUs.
- Exhibit Show – attend the Exhibit Show to view cutting edge products and services during the Wednesday Social Reception and Thursday Exhibit Show.
- Dining – attend the SDHCA PAC Dinner on Wednesday evening for food, fun and to support our PAC.
- Institute app – an app will be available for attendees to access the schedule/sessions, exhibit info., etc.
- Resources & Networking with Peers – valuable interactions with colleagues!

Registration Information

Register for the Annual Spring Institute online by going to www.sdhca.org/education. If you need assistance with registration, please contact the SDHCA Office at 1-800-952-3052 or email sdhca@sdhca.org.

Registration Categories:	Fee	After March 22nd
Per Nursing Center – SDHCA Members (up to 5)	\$600.00	\$625.00
Per Assisted Living Center – SDALA Members (up to 3)	\$475.00	\$500.00
SDHCA Corporate Members (up to 4)	\$575.00	\$600.00
SDHCA Associate Member	\$350.00	\$375.00
Non-Member (Individual)	\$900.00	\$950.00
Fee Per Additional Member Attendee	\$55.00	\$55.00

Remember your TEAM when registering. This Institute will benefit all your staff of your center including: SNF Administrators, AL Administrators, DON/MDS/Charge Nurses, Social Services, Activities, Dietary, Business Office, and Owners/Operators. **Registered Centers are also invited to register two additional frontline caregivers free of charge for Wednesday sessions!**

The registration system will only allow individuals from your center to register! **Please contact the office to add a new individual from your center into the system before registering.** (SNFs & ALCs may not combine onto one registration.)

Cancellation Policy

All centers/individuals need to register by March 22nd. Any cancellation received by March 22nd, will be refunded minus \$150.00 fee. Refunds will NOT be issued for cancellations after March 22nd.

Continuing Education Units

Attendees of the SDHCA Annual Spring Institute can earn up to 12.75 CEUs. The CEUs are approved by the SDBENFA, SD Board of Social Work Examiners, and pending approval from ANFP and the Commission on Dietetics.

Business Meetings (Members Only)

The Administrator and Council Business Meetings will be held on April 16, 2024, from 3:00 – 3:45 PM with elections. (Administrators need to designate a Delegate when registering for the Institute.)

Lodging (Ramkota Hotel)

Special Rate - Request the SDHCA Room Block for lodging by calling (605) 336-0650 by March 18, 2024.

SCHEDULE OF EVENTS

TUESDAY, APRIL 16

1:00–1:30 PM

WELCOME/SPECIAL PRESENTATION

Mark B. Deak, SDHCA Executive Director

1:30–2:30 PM

OPENING SESSION

(1.0 CEU)

Department of Health Long-Term Care Update

Cassandra Deffenbaugh, Administrator, Office of Licensure & Certification, SD DOH

2:30–3:00 PM

BREAK

3:00–3:45 PM

BUSINESS MEETINGS – MEMBERS ONLY

Administrator Business Meeting

Activity, Dietary, Nursing and Social Services Council Business Meetings

4:00–5:30 PM

EDUCATION SESSION

(1.5 CEUs)

Becoming a Person of Influence

Jason Hunt, CSP, Leadership Speaker and Trainer, Eye Squared

WEDNESDAY, APRIL 17

8:15–9:45 AM

CONCURRENT EDUCATION SESSIONS

(1.5 CEUs)

Revitalize Your Restorative Nursing Program for Nursing Assistants

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services

Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

Nursing Skills – It is Important to Practice These Skills

Sarah Comp, RN, Div Dir of Clinical Operations, EmpRes by Evergreen Healthcare

Diana Weiland, RN, Public Health Advisor, Office of Licensure & Certification, SD DOH

Courageously Communicating: How to Communicate the Right Way and What to do

When it Doesn't Go Right

Jason Hunt, CSP, Leadership Speaker and Trainer, Eye Squared

Activity Programming for Challenging Needs (Younger Residents)

Cat Selman, President/Owner, The Cat Selman Company

NCAL Membership & DC Update

Jill Schewe, LALD, Director of Policy and Regulatory Affairs, NCAL

10:15–11:45 AM

CONCURRENT EDUCATION SESSIONS

(1.5 CEUs)

Can We Prevent Falls? Using QAPI to Do Just That

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services

Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

Courageously Communicating: How to Communicate the Right Way and What to do

When it Doesn't Go Right

Jason Hunt, CSP, Leadership Speaker and Trainer, Eye Squared

Activity Programming for Challenging Needs (Special Needs)

Cat Selman, President/Owner, The Cat Selman Company

Frontline Skills – What You Can and Can't Do and Practicing These Skills

Sarah Comp, RN, Div Dir of Clinical Operations, EmpRes by Evergreen Healthcare

Diana Weiland, RN, Public Health Advisor, Office of Licensure & Certification, SD DOH

PDPM Tools For Support and Successful Management

Aaron Irey, OTR/L, RAC-CT, VP of Clinical Reimbursement/Assessment, Legacy HC

1:00–2:30 PM

CONCURRENT EDUCATION SESSIONS

(1.5 CEUs)

Nursing Skills – It is Important to Practice These Skills

Sarah Comp, RN, Div Dir of Clinical Operations, EmpRes by Evergreen Healthcare

Diana Weiland, RN, Public Health Advisor, Office of Licensure & Certification, SD DOH

Advance Care Planning

Cat Selman, President/Owner, The Cat Selman Company

Fall Prevention – Using QAPI to Do Just That for Nursing Assistants

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services

Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

PDPM Tools For Support and Successful Management

Aaron Irey, OTR/L, RAC-CT, VP of Clinical Reimbursement/Assessment, Legacy HC

Emergency Preparedness in Assisted Living: You Can Never be Too Prepared

Jill Schewe, LALD, Director of Policy and Regulatory Affairs, NCAL

3:00–4:30 PM
(1.5 CEUs)

CONCURRENT EDUCATION SESSIONS

CMS Requirements of Participation: Non-pharmacological Interventions

Cat Selman, President/Owner, The Cat Selman Company

All Aboard on the MDS Change Train for Nursing Assistants

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services

Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

Maximizing the Impact of Medical Directors in Nursing Homes

Victoria Walker, MD, CMD, Medical Director, Avel eCare Senior Care

Diana Weiland, RN, Public Health Advisor, Office of Licensure & Certification, SD DOH

Wound Care for CNAs

Dionie Bibat, MSN, RN, ET, CWOCN, Sr. Manager Clinical Solutions, Medline

4:30–5:30 PM

EXHIBIT SHOW & SOCIAL RECEPTION (Exhibit Hall)

6:00 PM

SDHCA PAC DINNER (DESTINATION TBA)

THURSDAY, APRIL 18

8:00–9:30 AM

(1.5 CEUs)

CONCURRENT EDUCATION SESSIONS

Incident Reporting Changes – What You Need to Know

Shelly Walstead, RN, Complaint Advisor, CNA Coordinator, Sr Surveyor, SD DOH

Ethical Considerations: Sexuality in Nursing Homes/Assisted Living

Cat Selman, President/Owner, The Cat Selman Company

Wound Care for Nursing

Dionie Bibat, MSN, RN, ET, CWOCN, Sr. Manager Clinical Solutions, Medline

PASRR: What Do I Need to Know?

Emily Johnson, PASRR Program Manager, DSS Division of Medical Services

Andrea Heronimus, MH Services Program Manager, DSS Division of Behavioral Health

Lights, Camera, Action: Featuring Infection Prevention!

Cheri Fast, RN, BSN, CIC, LTC-CIP, HAI Coordinator, SDFMC

Jess Danko, MS, RRT, LTC-CIP, Program Director, SDFMC

All Aboard on the MDS Change Train

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services

Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

9:30–10:30 AM

EXHIBIT SHOW (Exhibit Hall)

10:30–12:00 PM

(1.5 CEUs)

CONCURRENT EDUCATION SESSIONS

Incident Reporting Changes – What You Need to Know

Shelly Walstead, RN, Complaint Advisor, CNA Coordinator, Sr Surveyor, SD DOH

Trauma Informed Care: How Should We Train Our Staff?

Cat Selman, President/Owner, The Cat Selman Company

Wound Care for Nursing

Dionie Bibat, MSN, RN, ET, CWOCN, Sr. Manager Clinical Solutions, Medline

PASRR: What Do I Need to Know?

Emily Johnson, PASRR Program Manager, DSS Division of Medical Services

Andrea Heronimus, MH Services Program Manager, DSS Division of Behavioral Health

Lights, Camera, Action: Featuring Infection Prevention!

Cheri Fast, RN, BSN, CIC, LTC-CIP, HAI Coordinator, SDFMC

Jess Danko, MS, RRT, LTC-CIP, Program Director, SDFMC

Revitalize Your Restorative Nursing Program for Positive Outcomes, Compliance, and Reimbursement

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services

Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

12:00–1:15 PM

EXHIBIT SHOW LUNCH (Exhibit Hall)

1:15–2:30 PM

(1.25 CEUs)

CLOSING SESSION

What's Happening in Washington: AHCA/NCAL and DC Update

Mark Parkinson, President and CEO, AHCA/NCAL

EDUCATION SESSIONS

TUESDAY, APRIL 16

1:30–2:30 PM

OPENING SESSION:

Department of Health Long-Term Care Update

Cassandra Deffenbaugh,
Administrator, Office of Licensure
& Certification, SD DOH

1.0 CEUs (ALC)



The mission of the South Dakota Department of Health, Office of Health Facilities Licensure and Certification is to partner with consumers, families, healthcare providers, healthcare organizations, and other regulatory agencies to ensure the health, safety, and quality care of patients and residents in South Dakota.

At the conclusion of this session, the participants will be aware of:

- Survey activities involving long term care in South Dakota
- The top 10 deficiencies for nursing homes and assisted living centers
- CMS' guidelines for past non-compliance in nursing facilities and skilled nursing facilities
- Possible new survey process

4:00–5:30 PM

EDUCATION SESSION:

Becoming a Person of Influence

Jason Hunt, CSP, Leadership
Speaker and Trainer,
Eye Squared

1.5 CEUs (ALC)



In healthcare, you have an innate drive to live a meaningful life, driven by a desire to make a positive impact. However, understanding how to effectively create that difference can be tough. Some mistakenly believe that a fancy title is needed, but this is misguided. True leaders understand that regardless of your position within an organization, you possess the power to influence employees, residents, and families. By consciously utilizing this influence to foster positive change, you can demonstrate real leadership.

In this captivating and empowering session on leadership, we unravel the complexities of this subject, presenting a straightforward framework of influence that helps you build more care, connection, collaboration, and courage in your work and at your facility. Full of practical and relevant tools, this session will help you expand your influence and establish meaningful connections with anyone you encounter. Wherever you are in the healthcare world, master these tools and watch your influence grow - at home, at work, and in every other area of life.

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

- Identify why influence is important and how we need to be intentional in growth
- Increase connection and trust as they implement the tools of influence
- Create a stronger culture of care and belonging, increasing retention, and reducing turnover

EDUCATION SESSIONS

WEDNESDAY, APRIL 17

8:15–9:45 AM

EDUCATION SESSION:

Nursing Skills – It is Important to Practice These Skills

Sarah Comp, RN, Div Dir of Clinical Operations, EmpRes by Evergreen Healthcare
Diana Weiland, RN, Public Health Advisor, Office of Licensure & Certification, SD DOH

1.5 CEUs



Nursing requires cognitive, interpersonal, and technical abilities. Nurses need each type of skill to implement direct and indirect nursing interventions and care.

This Skills Nursing Session is designed to provide an opportunity for nursing staff to learn about procedures and/or practices seldom or little used skills. This session will provide the opportunity to improve clinical performance and, in some cases, demonstrate competence in skill procedures utilized in the long term care environment.

Continuing education or practicing your skills stands as a crucial way for nurses to update their skills and knowledge. This session will offer information, demonstration, and policy and procedures needed for some nursing skills in long term care.

At the conclusion of this session, the participants should be able to:

- Understand various skills utilized in the nursing role in LTC
- Understand appropriate and inappropriate delegation of skills performed
- Understand assessment of care need determination with examples and what constitutes nursing judgement
- Recognize change in condition and communication involved with change
- Understand skills and reimbursement procedures
- Review state versus federal annual education requirements

EDUCATION SESSION:

Courageously Communicating: How to Communicate the Right Way and What to do When it Doesn't Go Right

Jason Hunt, CSP, Leadership Speaker and Trainer, Eye Squared

1.5 CEUs (ALC)

Maybe you are great at communicating with your staff, residents, and families. Or maybe there is room for improvement. No matter how you are at communicating, sometimes it doesn't go right, and you end up finding yourself on the opposite side of an upset individual. In this session, you'll learn a simple strategy for super clear communication, tailored to diverse learning styles. This will help ensure that all your communication internally or externally is done in the most successful way possible. Then, we'll take a close look at what happens with miscommunication. Maybe you've not communicated enough, maybe they didn't like your message, or maybe they misinterpreted your message. You'll learn a 30-second tool for understanding where they are coming from and 13 tips for dealing with the difficult. Communication may be messy but armed with the tools and strategies from this session, you'll communicate more courageously than ever before.

EDUCATION SESSION:

Revitalize Your Restorative Nursing Program for Nursing Assistants

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services

Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

1.5 CEUs



At the conclusion of this presentation, the attendees will be able to:

- Learn the three-step method for clear communication and how it can be tailored to visual, auditory and kinesthetic learning styles
- Address miscommunication in a non-confrontational way using CPR method
- Navigate difficult conversations more confidently through several techniques and strategies

A Restorative Nursing Program improves the quality of life for people living in skilled nursing facilities. Restorative Nursing Assistants interact with the resident and provide skill practice in activities such as walking and mobility, dressing, grooming, eating, swallowing, transferring, amputation care, and communication to improve and maintain function in physical abilities and ADLs and prevent further impairment. Plan to attend this session and discover strategies to revitalize the restorative nursing program.

At the conclusion of this session, the participants should be able to:

- Examine the activities that encompass a restorative nursing program
- Understand the importance of accurate and daily documentation on restorative services
- Discuss the correlation between a successful restorative nursing plan and resident-centered care

EDUCATION SESSION:

Activity Programming for Challenging Needs (Younger Residents)

Cat Selman, President/Owner, The Cat Selman Company

1.5 CEUs



Long-term care is no longer synonymous with "geriatric care." In the past 10 years, adults ages 31 to 64 have been the fastest growing population in nursing homes. In fact, they now make up 14% of the nursing home population. Faced by a variety of issues, these younger residents can provide complicated challenges to facility staff, who are attempting to meet their needs. On the "flip side" of that situation is another programming challenge: we now have more residents who are bedfast, who prefer to stay in their room, or who have dementia/special needs. With the CMS focus on person-centered care, it is necessary to recognize these specific populations and improve their quality of life during their time in a facility. One way to improve quality of life is to give each resident a purpose and sense of accomplishment through activities...and NOT the activities that have normally been provided to our elder population.

In Part 1 of this session, Cat will discuss the challenges/barriers/needs presented by the younger populations and the strategies/interventions that need to be provided. Additionally, Cat will be sharing an extensive list of successful activity ideas for this very special population. If you have struggled with activity ideas for residents who present specific challenges within your community, this is one session you do not want to miss!

- At the conclusion of this session, the participants will be able to:
- List barriers that are faced by staff in the provision of activity services to younger populations in facilities
 - Self-report a knowledge gain in programming format when developing a program for younger populations
 - List effective/successful activities that meet the needs of younger populations in facilities

EDUCATION SESSION:
NCAL Member & DC Update

Jill Schewe, LALD, Director of Policy and Regulatory Affairs, NCAL

1.5 CEUs (ALC)



Have you heard about the assisted living sector in the national news lately? This session will provide a national update on the assisted living sector and NCAL's priorities, key initiatives, and resources to advance our profession.

- At the conclusion of this session, the participants will be able to:
- Understand what activities federal policymakers are undertaking that impact assisted living
 - Learn state and national industry, regulatory, and legislative trends, and developments
 - Learn current efforts and resources to help assisted living professionals succeed now and in the future

10:15–11:45 AM

EDUCATION SESSION:
Courageously Communicating: How to Communicate the Right Way and What to do When it Doesn't Go Right

Jason Hunt, CSP, Leadership Speaker and Trainer, Eye Squared

1.5 CEUs (ALC)

Maybe you are great at communicating with your staff, residents, and families. Or maybe there is room for improvement. No matter how you are at communicating, sometimes it doesn't go right, and you end up finding yourself on the opposite side of an upset individual. In this session, you'll learn a simple strategy for super clear communication, tailored to diverse learning styles. This will help ensure that all your communication internally or externally is done in the most successful way possible. Then, we'll take a close look at what happens with miscommunication. Maybe you've not communicated enough, maybe they didn't like your message, or maybe they misinterpreted your message. You'll learn a 30-second tool for understanding where they are coming from and 13 tips for dealing with the difficult. Communication may be messy but armed with the tools and strategies from this session, you'll communicate more courageously than ever before.

- At the conclusion of this presentation, the attendees will be able to:
- Learn the three-step method for clear communication and how it can be tailored to visual, auditory and kinesthetic learning styles
 - Address miscommunication in a non-confrontational way using CPR method
 - Navigate difficult conversations more confidently through several techniques and strategies

EDUCATION SESSION:

Can We Prevent Falls? Using QAPI to Do Just That

Colleen Toebe, RN-MSN, CWCN,
RAC, Dir of Consulting, Pathway
Health Services
Susan Rolfes, RN, MSN,
Consultant, Pathway Health
Services

1.5 CEUs

Investigating accidents and incidents is part of the daily routine of a nurse leader. The key to a successful investigation is the development of concrete processes. This information-packed session will provide tips and techniques for investigating accidents and injuries.

At the conclusion of this session, the participants should be able to:

- Review the regulatory interpretive guidelines for accidents and injury investigation
- Discover the critical components of completing an accident root cause analysis
- Apply the quality improvement components to the investigative process

EDUCATION SESSION:

PDPM Tools for Support and Successful Management

Aaron Irey, OTR/L, RAC-CT, VP
of Clinical Reimbursement &
Assessment, Legacy HC

1.5 CEUs



This session will include a review of PDPM components for Medicare A, Managed Care PDPM payers, and our SD Medicaid PDPM payment system. Within the review of each PDPM component we will discuss processes to assess and support the calculated Case Mix Group, discuss component specific calculation factors, and discuss strategies to ensure the calculated Case Mix Group is maximized to the correct level for best outcomes.

At the conclusion of this presentation, the participants will gain knowledge in:

- PDPM Component Calculation Review for OT/PT, Speech, Nursing-impact on Medicare A, Managed A, and SD Medicaid, NTA and Non-Case Mix
- Other PDPM Considerations such as MDSs used for PDPM, ICD-10, HIPPS Code, Variable Per Diem/Adjustment, Interrupted Stays, and ADR and Case Mix Review success

EDUCATION SESSION:

Activity Programming for Challenging Needs

Cat Selman, President/Owner,
The Cat Selman Company

1.5 CEUs

Long-term care is no longer synonymous with "geriatric care." In the past 10 years, adults ages 31 to 64 have been the fastest growing population in nursing homes. In fact, they now make up 14% of the nursing home population. Faced by a variety of issues, these younger residents can provide complicated challenges to facility staff, who are attempting to meet their needs. On the "flip side" of that situation is another programming challenge: we now have more residents who are bedfast, who prefer to stay in their room, or who have dementia/special needs. With the CMS focus on person-centered care, it is necessary to recognize these specific populations and improve their quality of life during their time in a facility. One way to improve quality of life is to give each resident a purpose and sense of accomplishment through activities...and NOT the activities that have normally been provided to our elder population.

In Part 2 of this session, Cat will be addressing the "special needs" population within our facilities: programming format and recommendations/ideas for residents who are bedfast, who have

dementia, or have special needs. If you have struggled with activity ideas for residents who present specific challenges within your community, this is one session you do not want to miss!

At the conclusion of this session, the attendees will be able to:

- Describe how 1-1 programming format differs from regular activity programming
- List effective 1-1 activities that can be provided to residents who are bedfast
- List effective activities for residents who have dementia or other special needs

EDUCATION SESSION:

Frontline Skills – What You Can and Can't Do and Practicing These Skills

Sarah Comp, RN, Div Dir of Clinical Operations, EmpRes by Evergreen Healthcare

Diana Weiland, RN, Public Health Advisor, Office of Licensure & Certification, SD DOH

1.5 CEUs

Frontline Caregivers (CNAs) play a vital role in the Interdisciplinary Team in long term care. They work under the supervision of a registered nurse. In addition to their direct resident care responsibilities, CNAs also serve as a valuable source of information for nurses and other members of the long term care team. They observe and report any changes in a resident's condition, which ensures that appropriate action is taken promptly.

CNAs deal with data, resident charts, and care plans containing critical data that they must correctly understand. Additionally, CNAs must pay great attention to their residents' nonverbal signs and watch for changes in their physical or mental condition.

While CNAs can perform many skills, there are several skills they are not allowed to perform or administer as they must be performed by a nurse. This session will review some of the skills performed by a CNA and the procedure for performing them as well as skills that should not be performed or delegated to CNA.

At the conclusion of this presentation, the learners should be able to:

- Understand skills performed by CNAs
- Understand inappropriate delegation of a skill
- Understand information to be reported to the nurse
- Understand education requirements for CNAs for state and federal requirements

1:00–2:30 PM

EDUCATION SESSION:

Advance Care Planning

Cat Selman, President/Owner, The Cat Selman Company

1.5 CEUs

Advance Care Planning (ACP) is a process that supports adults at any age or stage of health in understanding and sharing their personal values, life goals, and preferences regarding future medical care. The goal of ACP is to help ensure that people receive medical care, during serious and chronic illnesses, that is consistent with their values, goals, and preferences. Within LTC facilities themselves, few staff members report engagement in ACP. While policies may promote ACP and End of Life discussions in LTC settings, practices often result in outcomes different from residents' wishes. In this session, Cat will be addressing the challenges that are faced when discussing ACP with

residents and offering recommendations/techniques to facilitate this process. After all, don't we want to ensure that residents receive support at the end of life that is congruent with their values and wishes?

At the conclusion of this presentation, the attendees will be able to:

- Self-report a knowledge gain in the development of Advance Care Planning
- Self-report a knowledge gain in the provision of Palliative Care/End of Life Care

EDUCATION SESSION:

PDPM Tools for Support and Successful Management

Aaron Irey, OTR/L, RAC-CT, VP of Clinical Reimbursement & Assessment, Legacy HC

1.5 CEUs

This session will include a review of PDPM components for Medicare A, Managed Care PDPM payers, and our SD Medicaid PDPM payment system. Within the review of each PDPM component we will discuss processes to assess and support the calculated Case Mix Group, discuss component specific calculation factors, and discuss strategies to ensure the calculated Case Mix Group is maximized to the correct level for best outcomes.

At the conclusion of this presentation, the participants will gain knowledge in:

- PDPM Component Calculation Review for OT/PT, Speech, Nursing-impact on Medicare A, Managed A, and SD Medicaid, NTA and Non-Case Mix
- Other PDPM Considerations such as MDSs used for PDPM, ICD-10, HIPPS Code, Variable Per Diem/Adjustment, Interrupted Stays, and ADR and Case Mix Review success

EDUCATION SESSION:

Nursing Skills – It is Important to Practice These Skills

Sarah Comp, RN, Div Dir of Clinical Operations, EmpRes by Evergreen Healthcare

Diana Weiland, RN, Public Health Advisor, Office of Licensure & Certification, SD DOH

1.5 CEUs

Nursing requires cognitive, interpersonal, and technical abilities. Nurses need each type of skill to implement direct and indirect nursing interventions and care.

This Skills Nursing Session is designed to provide an opportunity for nursing staff to learn about procedures and/or practices seldom or little used skills. This session will provide the opportunity to improve clinical performance and, in some cases, demonstrate competence in skill procedures utilized in the long term care environment.

Continuing education or practicing your skills stands as a crucial way for nurses to update their skills and knowledge. This session will offer information, demonstration, and policy and procedures needed for some nursing skills in long term care.

At the conclusion of this session, the participants should be able to:

- Understand various skills utilized in the nursing role in LTC
- Understand appropriate and inappropriate delegation of skills performed
- Understand assessment of care need determination with examples and what constitutes nursing judgement
- Recognize change in condition and communication involved with change

- Understand skills and reimbursement procedures
- Review state versus federal annual education requirements

EDUCATION SESSION:

Fall Prevention – Using QAPI to do Just That for Nursing Assistants

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services
Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

1.5 CEUs

The nursing assistant plays a crucial role in preventing falls in the nursing home. Applying the QAPI process to falls is essential in improving the residents' quality of life. Attend this session and discover strategies to reduce falls.

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

- Discuss the critical elements of a fall prevention plan
- Identify the nursing assistant's role as an active participant in fall prevention and root cause analysis
- Explain the steps to an interdisciplinary fall risk assessment

EDUCATION SESSION:

Emergency Preparedness in Assisted Living: You Can Never be Too Prepared

Jill Schewe, LALD, Director of Policy and Regulatory Affairs, NCAL

1.5 CEUs (ALC)

This session will provide an overview of emergency and disaster planning in assisted living including the challenges, common risks, and hazards, and how you can assess what you need to plan for in the event of an emergency.

At the conclusion of this presentation, the attendees will be able to:

- Understand emergency and disaster planning challenges that assisted living providers face
- Learn to identify common risks and hazards that may occur
- Learn how to be prepared for emergencies to minimize injury and loss

3:00–4:30 PM

EDUCATION SESSION:

Maximizing the Impact of Medical Directors in Nursing Homes

Victoria Walker, MD, CMD, Medical Director, Avel eCare Senior Care
Diana Weiland, RN, Public Health Advisor, Office of Licensure & Certification, SD DOH

1.5 CEUs (Joint Session)



This session will explain the role of the medical director in a nursing home and explore how to effectively engage the medical director in the leadership team. This session will discuss the responsibilities of a medical director, such as supervising medical staff, providing input to policy, reviewing, and participating in quality assurance, and providing oversight to safety and risk management, particularly around safe prescribing.

This session will discuss antimicrobial resistance and how this remains a serious threat to residents, and the role nursing homes, and medical directors have in addressing this issue. Medical directors and long term care staff need an accurate understanding of regulatory expectations and practical tools to partner with leadership to impact change at the facility level. This session will engage medical directors in stewardship programs leveraging the QAPI program to optimize prescribing patterns. Strong partnership and effective communication are necessary to accomplish these standards.

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

- Identify roles at the nursing home that should be regularly collaborating with medical director and the communication necessary
- Identify standard of care for antipsychotic prescribing and apply tools for evaluating
- Recommend specific quality tools for problem definition and encourage use of PDSA cycle for performance improvement projects
- Understand the regulations regarding the medical director and responsibilities

EDUCATION SESSION:

CMS Requirements of Participation: Non-pharmacological Interventions

Cat Selman, President/Owner,
The Cat Selman Company

1.5 CEUs (ALC)

“Non-pharmacological intervention” refers to care that does not involve medications, generally directed to stabilizing and/or improving a resident’s mental, physical, and psychosocial well-being.” CMS requires that “non-pharmacological interventions/approaches” be utilized in several specific care areas: behavior, pain management, psychosocial disorders, and trauma, to name a few. In addition to the care areas, CMS has very detailed guidance regarding staff competencies and non-pharmacological interventions. In this session, Cat will address each regulation that provides surveyor guidance for these specific interventions. Additionally, she will provide effective examples that are included in the revised Surveyor Guidance. If Surveyors have been given examples of these interventions, you may be assured this will be a focus when they review your assessments, and, more specifically, your care plans.

At the conclusion of this presentation, the attendees will be able to:

- Self-report a knowledge gain in CMS requirements regarding non-pharmacological interventions
- Self-report a knowledge gain in Behavior Management Techniques

EDUCATION SESSION:

All Aboard the CMS Change Train for Nursing Assistants

Colleen Toebe, RN-MSN, CWCN,
RAC, Dir of Consulting, Pathway
Health Services

Susan Rolfes, RN, MSN,
Consultant, Pathway Health
Services

1.5 CEUs

The MDS 3.0 adopted in October 2023 impacted the interdisciplinary team in long-term care facilities. The changes included additional interviews, increased focus on discharge planning, expanded questions on race and ethnicity, the elimination of section G, the adoption of section GG, and expanded focus on clinical services. Plan to attend this session to hear about these changes.

At the conclusion of this session, the learners will be able to:

- Review the changes to MDS process
- Discuss the critical elements in accurately completing section GG
- Examine the role of the nursing assistant in the completion of the MDS 3.0 assessment

EDUCATION SESSION:

Wound Care for CNAs

Dionie Bibat, MSN, RN, ET,
CWOCN, Sr. Manager Clinical
Solutions

1.5 CEUs



This session will discuss who's at risk for skin breakdown and basic preventive skin care based on recommendations from the Coalition for At-Risk Skin. Importance of teamwork to help reduce skin injury using prevention strategies to reduce skin injury such as skin tears, moisture associated skin damage and pressure injury. Looking at appropriate practice considerations for moisturizers and skin barriers.

At the conclusion of this session, the attendees will be able to:

- Identify the anatomy and functions of the skin
- Understand the importance of prevention in skin health
- Know how to work with clinical staff to help maintain healthy skin

EDUCATION SESSIONS

THURSDAY, APRIL 18

8:00–9:30 AM

EDUCATION SESSION:

Ethical Considerations: Sexuality in Nursing Homes/Assisted Living

Cat Selman, President/Owner,
The Cat Selman Company

1.5 CEUs (ALC)

Older adults' sexuality and sexual expression are often overlooked in nursing home and residential care settings. Despite cultural beliefs that this population is asexual, sexual activity occurs frequently among residents in long-term care. About 40% of people between ages 65 and 80 are sexually active. Federal government regulations instruct nursing homes that they “must promote care for residents in a manner and in an environment that maintains or enhances each resident’s dignity and respect in full recognition of his or her individuality.” Most Assisted Living Regulations don’t mention this area of an individual’s life. However, mandates fall far short of providing guidance on how to respond to these situations. Nursing homes and Assisted Living Centers need to clarify their response to the challenging topic of intimate sexual activity by implementing (1) effective communication approaches with residents and among staff members, (2) assessments of sexual decision-making capacity, and (3) measures that will ensure resident autonomy, safety, and dignity. In this session, Cat will discuss what expectations CMS, as well as Adult Protective Services, has in regard to “protecting” the resident, as well as guidance for the resident’s autonomy. She will be providing information on criteria that should be assessed for residents who have dementia, or do not exhibit the capacity to make decisions for themselves.

At the conclusion of this presentation, the participants will be able to:

- Self-report a knowledge gain in sexuality barriers for older adults
- List the care domains that need to be assessed for residents with dementia who want to be sexually active

EDUCATION SESSION:

Wound Care for Nursing

Dionie Bibat, MSN, RN, ET,
CWOON, Sr. Manager Clinical
Solutions

1.5 CEUs

This session will discuss preventive skin care especially for individuals at risk for skin breakdown. Diving into the types of irritant dermatitis that causes Moisture Associated Skin Damage (MASD). Differentiation between MASD, pressure injuries and skin tears, discussing prevention, intervention, and treatment. Looking at appropriate practice considerations for moisturizers and skin barriers. Helping the learner to correctly identify practice considerations for skin health and at-risk skin, and to identify common skin injuries that are often labeled as pressure injuries in error.

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

- Identify key components of a quality routine skin care program based on recommendations from the Coalition for At-Risk Skin
- Identify types of irritant dermatitis, skin tears and strategies
- Identify pressure injury stage and prevention strategies

EDUCATION SESSION:

All Aboard the MDS Change Train

Colleen Toebe, RN-MSN, CWCN,
RAC, Dir of Consulting, Pathway
Health Services
Susan Rolfes, RN, MSN,
Consultant, Pathway Health
Services

1.5 CEUs

The MDS changes in October 2023 impacted organization outcomes, including reimbursement, quality measures, and data. This engaging presentation will provide insight for the operational and clinical leaders because of MDS changes, implementation of SPADES, and the impact on reimbursement.

At the conclusion of this session, the participants should be able to:

- Develop an action plan to prepare for the MDS changes
- Understand lessons learned from the 2023 Minimum Data Set (MDS) changes
- Identify the impact of the changes on resident data, reimbursement, and quality outcome

EDUCATION SESSION:

Lights, Camera, Action: Featuring Infection Prevention!

Cheri Fast, RN, BSN, CIC, LTC-CIP,
HAI Coordinator, South
Dakota Foundation for Medical
Care
Jess Danko, MS, RRT, LTC-CIP,
Program Director, South Dakota
Foundation for Medical Care

1.5 CEUs (ALC)

At the core of infection control is us—our staff, our daily habits and practices, our education, and our culture of creating a safe environment for our residents, their families, and for those that come into and leave our facilities. When it comes to infection control, there are steps that can be taken to have a Red-Carpet Ready Infection Prevention Program. South Dakota Foundation for Medical Care is excited to help you roll out the Red Carpet for infection control and assist your facility with identifying your strengths and weaknesses. The session will provide information on how you can utilize risk assessments to strengthen your program and reduce infections. Leave the red carpet with ready to utilize tools and resources. Come and put your “Star” on the Red-Carpet Model!

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

- Describe components of a long term care infection prevention program
- Explore how you can utilize CDC Infection Prevention modules in your program
- Understand an infection control plan for your facility
- Learn infection control resources that are available in South Dakota



EDUCATION SESSION:

PASRR: What Do I Need to Know?

Emily Johnson, PASRR Program Manager, DSS Division of Medical Services
Andrea Heronimus, MH Services Program Manager, DSS Div of Behavioral Health

1.5 CEUs



The South Dakota PASRR Program has recently implemented changes focusing on processes improvement, provider education, and quality assurance. This presentation will assist nursing facilities and other PASRR stakeholders in understanding the program's requirements, expectations, and processes and how to make PASRR a meaningful tool for the residents served. This presentation will assist nursing facilities and other PASRR stakeholders in understanding the PASRR program's requirements, expectations, and processes.

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

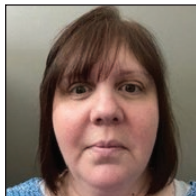
- Identify the nursing facility's responsibilities to the PASRR program
- Recognize when to submit a Change in Status PASRR
- Understand the types, requirements, and reporting processes for Specialized Services

EDUCATION SESSION:

Incident Reporting Changes – What You Need to Know

Shelly Walstead, RN, Complaint Advisor, CNA Coordinator, Sr Surveyor, SD DOH

1.5 CEUs (ALC)



2023 brought multiple changes to the incident reporting process at the SD Department of Health. This session will explore what changes were made and how it affects the provider community. The information the initial reports require will be reviewed and some common reasons reports are sent back to the provider will be discussed.

At the conclusion of this presentation, the participants will be able to:

- Identify changes to the incident reporting process in 2023
- Discuss what information needs to be provided and how it is reported

10:30–12:00 PM

EDUCATION SESSION:

Trauma Informed Care: How Should We Train Our Staff

Cat Selman, President/Owner, The Cat Selman Company

1.5 CEUs (ALC)

Do you need help teaching your staff to recognize and identify triggers for trauma? Are you on top of CMS expectations for utilizing non-pharmacological interventions? These are just a few of the areas of survey focus for 2024 for which you and your staff will be held responsible. Trauma-informed care involves understanding, recognizing, and responding to the effects of all types of traumas in residents, and incorporating knowledge about trauma into care plans, policies, procedures and practices to avoid re-traumatization. Minimizing triggers and/or re-traumatization is the responsibility of any person who provides care or services to individuals within your community, whether nurses, CNAs, dietary staff, laundry aides, housekeeping, or volunteers. In this session, Cat will present a common-sense approach to educating staff and offer presentations, handouts, and recommendations to use in your staff training.

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

- Self-report a knowledge gain in CMS requirements for Trauma-Informed Care
- Self-report a knowledge gain in the development of staff training tools

EDUCATION SESSION:

Incident Reporting Changes – What You Need to Know

Shelly Walstead, RN, Complaint Advisor, CNA Coordinator, Sr Surveyor, SD DOH

1.5 CEUs (ALC)

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EDUCATION SESSION:

Wound Care for Nursing

Dionie Bibat, MSN, RN, ET, CWOCN, Sr. Manager Clinical Solutions

1.5 CEUs

This session will discuss preventive skin care especially for individuals at risk for skin breakdown. Diving into the types of irritant dermatitis that causes Moisture Associated Skin Damage (MASD). Differentiation between MASD, pressure injuries and skin tears, discussing prevention, intervention, and treatment. Looking at appropriate practice considerations for moisturizers and skin barriers. Helping the learner to correctly identify practice considerations for skin health and at-risk skin, and to identify common skin injuries that are often labeled as pressure injuries in error.

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

- Identify key components of a quality routine skin care program based on recommendations from the Coalition for At-Risk Skin
- Identify types of irritant dermatitis, skin tears and strategies
- Identify pressure injury stage and prevention strategies

EDUCATION SESSION:

Lights, Camera, Action: Featuring Infection Prevention!

Cheri Fast, RN, BSN, CIC, LTC-CIP, HAI Coordinator, South Dakota Foundation for Medical Care

Jess Danko, MS, RRT, LTC-CIP, Program Director, South Dakota Foundation for Medical Care

1.5 CEUs (ALC)

At the core of infection control is us—our staff, our daily habits and practices, our education, and our culture of creating a safe environment for our residents, their families, and for those that come into and leave our facilities. When it comes to infection control, there are steps that can be taken to have a Red-Carpet Ready Infection Prevention Program. South Dakota Foundation for Medical Care is excited to help you roll out the Red Carpet for infection control and assist your facility with identifying your strengths and weaknesses. The session will provide information on how you can utilize risk assessments to strengthen your program and reduce infections. Leave the red carpet with ready to utilize tools and resources. Come and put your “Star” on the Red-Carpet Model!

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

- Describe components of a long term care infection prevention program
- Explore how you can utilize CDC Infection Prevention modules in your program
- Understand an infection control plan for your facility
- Learn infection control resources that are available in South Dakota

EDUCATION SESSION:

PASRR: What Do I Need to Know?

Emily Johnson, PASRR Program Manager, DSS Division of Medical Services
Andrea Heronimus, MH Services Program Manager, DSS Division of Behavioral Health

1.5 CEUs

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

- Identify the nursing facility's responsibilities to the PASRR program
- Recognize when to submit a Change in Status PASRR
- Understand the types, requirements, and reporting processes for Specialized Services

EDUCATION SESSION:

Revitalize Your Restorative Nursing Program for Positive Outcomes, Compliance, and Reimbursement

Colleen Toebe, RN-MSN, CWCN, RAC, Dir of Consulting, Pathway Health Services
Susan Rolfes, RN, MSN, Consultant, Pathway Health Services

1.5 CEUs

A well-planned Restorative Nursing Program is essential! Providing a good assessment process, identification of person-centered goals, and consistent implementation is vital to delivering a program to avoid resident decline and promote quality of care. Join us for this fast-paced, information-packed session that will provide user-friendly strategies for success!

At the conclusion of this session, the participants should be able to:

- Identify key regulatory and best practice aspects for implementing a Restorative Nursing Program for quality outcomes
- Verbalize understanding of the documentation necessary to support the MDS 3.0 coding
- Describe three successful leadership strategies for oversight of the Restorative Nursing Program

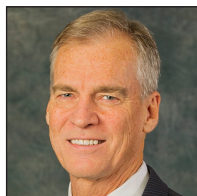
1:15–2:30 PM

CLOSING SESSION:

What's Happening in Washington: AHCA/NCAL and DC Update

Mark Parkinson, President and CEO, American Health Care Association/National Center For Assisted Living

1.25 CEUs (ALC)



Mark Parkinson, President and CEO of AHCA/NCAL, will give a national update on actions that have taken place in DC, the state of the sector, and what we can look to in the coming year in long term care.

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

- Provide a comprehensive view on the state of LTC nationally
- Review recent actions that have taken place in DC
- Discuss the future of the sector

Mark your calendars and plan to attend the
Annual Spring Institute and Exhibit Show!

Exhibit Show:

Wednesday, April 17th
Exhibit Social Reception
4:30 – 5:30 PM

Thursday, April 18th
Break
9:30 – 10:30 AM
Lunch
12:00 – 1:15 PM



South Dakota
Health Care Association_{SM}

Assisted Living Association_{SM}

Senior Living Association_{SM}

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