Texas Geriatric Symposium

A Quality Improvement Agenda for Nursing Home Care

Doubletree Hotel North
Austin, Texas

April 28 & 29, 2000
# Texas Geriatrics Symposium:
A Quality Improvement Agenda for Nursing Home Care

April 28 - 29, 2000

## PROGRAM

### Friday - April 28, 2000

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<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12:00 PM</td>
<td>Registration</td>
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</table>
| 1:00 PM | Welcome and Introduction  
Keith Rapp, MD, CMD                                                      |
| 1:15 PM | Texas in Action  
Honorable Elliott Naishtat                                              |
| 1:45 PM | Managing Behaviors  
Donald R. Royall, MD                                                     |
| 2:45 PM | Networking Break                                                      |
| 3:00 PM | Issue I: Achieving Urinary Continence  
Diane K. Newman, RNC, MSN, CRNP, FAAN                                    |
| 4:30 PM | Discipline-Specific Breakout Session: Discussion of problem situations associated with the three issues identified for the conference |
| 5:30 PM | Dinner on your own                                                     |

### Saturday - April 29, 2000

<table>
<thead>
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<th>Time</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>Registration</td>
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| 8:30 AM | Issue II: Polypharmacy and Use of Antipsychotic Medications  
Mark A. Stratton, PharmD, BCPS, FASHP                                    |
| 10:00 AM | Networking Break                                                      |
| 10:15 AM | Issue III: Physical Activity: Implementing Programs in Long Term Care Facilities  
Jacquelyn L. Vaughan, PhD, CTRS                                           |
| 11:45 AM | Working Lunch:  
Interdisciplinary Group  
Problem Solving Session                                                   |
| 1:00 PM | Panel: Response to Groups’ Suggested Solutions  
Peggy M. Russell, DO; Cindy Norgan, RN, MSN; Ramona Williams, MBA        |
| 2:00 PM | Networking Break                                                      |
| 2:15 PM | Quality Assurance: How Will We Know If We Are Succeeding?  
Leslie L. Cortes, MD                                                     |
| 2:45 PM | What Have We Learned: Where Do We Go From Here?  
Keith Rapp, MD, CMD                                                     |
| 3:45 PM | Evaluations/Adjournment                                               |
OVERVIEW

On Friday, April 28, 2000, from 1:00 PM to 5:30 PM, and Saturday, April 29, 2000, from 8:30 AM to 3:45 PM, the Texas Department of Health (TDH), Texas Department of Human Services (TDHS), and the Texas Nurses Association (TNA) will present the first Texas Geriatrics Symposium: A Quality Improvement Agenda for Nursing Home Care. The conference will be held at the Doubletree Hotel in Austin, Texas.

Featuring an interdisciplinary faculty of experts, the Texas Geriatrics Symposium will explore quality initiatives for nursing facilities in Texas. Key nursing facility decision-makers will have the opportunity to network with peers and learn how to implement quality patient care programs to reduce incontinence, increase physical activity, and assure compliance with appropriate medication protocols. Presentations will focus on ways participants can promote positive outcomes in these areas rather than simply managing the indicator conditions that signal poor clinical outcomes.

CONTINUING EDUCATION CREDIT

Physicians

The Texas Department of Health designates this educational activity for a maximum of 10.5 hours in Category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

The Texas Department of Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Nurses

Texas Nurses Association/Foundation is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation. This activity meets Type I criteria for mandatory continuing education requirements toward relicensure as established by the Board of Nurse Examiners for the State of Texas.

Nurse participants who attend the entire symposium and complete a contact hour request form and evaluation tool will be awarded 12.0 Type I contact hours. Those completing the entire first day will be awarded 4.8 Type I contact hours; those completing the entire second day will be awarded 7.2 Type I contact hours.

Nursing Facility Administrators

Management theory continuing education hours for licensed nursing facility administrators will be awarded pending Texas Department of Human Services (TDHS) approval.
TARGET AUDIENCE

This conference is designed for physicians, physician assistants, nurses, nursing facility administrators, and other professionals caring for older adults who reside in nursing homes.

FORMAT

The format will consist of lecture presentations, discipline-specific and multidisciplinary breakout groups, and panel discussions, and with time for questions from participants. Handouts will be provided for study and later reference. Participant contribution and networking is important to us: significant time is made available for interactions with speakers and fellow participants.

OBJECTIVES

After attending this conference, the participants will be able to

• Identify what aspects of a resident’s environment promote negative resident outcomes in the areas of incontinence, activity, and behavior.
• Describe types of behaviors that could be modified through environmental intervention.
• Discuss strategies the healthcare team could employ for improvement of the facility environment which would promote positive resident outcomes in the key areas identified for quality improvement.
• Describe some of the bio-psychosocial benefits of successful continence promotion and incontinence management.
• Identify the assessment components for long and short term catheterization.
• Describe actions each member of the healthcare team can take to positively promote continence management.
• Discuss the various dimensions of activity.
• Relate outcome risks of residents who do not have adequate activity in the identified dimensions.
• Identify supports and barriers to resident activity.
• Design a leadership plan that would work in their facility for promotion of resident activity.
• List the major risks and costs of polypharmacy.
• Describe classes of medications which contribute to incontinence, injury, and altered cognitive function.
• Relate healthcare team communication necessary for promoting systems to simplify medication regimes for residents and for alerting the attending physician regarding untoward effects of prescribed drug treatment.
• Identify interventions that could be used to manage residents non-pharmacologically which could be utilized as an alternative to drug management.
**FACULTY**

Leslie L. Cortes, MD  
Director  
Medical Quality Assurance  
Texas Department of Human Services  
Austin, Texas

Honorable Elliott Naishat  
State Representative, District 49  
Austin, Texas

Diane K. Newman, RNC, MSN, CRNP, FAAN  
President  
DKN and Associates, Inc.  
Philadelphia, Pennsylvania

Cindy Norgan, RN, MSN  
Nurse Consultant  
HCR - Manor Care  
Chair, Texas Nurses Association  
Long Term Care Committee  
Boerne, Texas

Keith Rapp, MD, CMD  
President  
Geriatric Associates of America, PA  
President-Elect  
American Medical Directors Association  
Houston, Texas

Donald R. Royall, MD  
Associate Professor and Director  
Geropsychiatry  
Department of Psychiatry  
Medicine and Clinical Pharmacology  
University of Texas Health Science Center  
San Antonio, Texas

Peggy M. Russell, DO  
Private Practice  
Internal Medicine and Geriatric  
Medical Director  
Community Care for Seton Healthcare Network  
Austin, Texas

Mark A. Stratton, PharmD, BCPS, FASHP  
Professor and Department Chair  
College of Pharmacy  
Director, Center for Pharmaceutical Care for the Elderly  
University of Houston  
Houston, Texas

Jacquelyn L. Vaughan, PhD  
Assistant Professor  
Health, Physical Education, and Recreation  
Department of Education  
Southwest Texas State University  
San Marcos, Texas

Ramona Williams, MBA  
Administrator  
Friendship Haven  
Skilled Nursing and Rehabilitation Center  
Friendswood, Texas

**REGISTRATION**

To register, call **1-800-252-8239, press 4**, or *(512) 458-7677*. You may pay the registration fee by credit card or by sending a check with the completed registration form. The fee for physicians attending the conference is $125. The fee for nurses and nursing facility administrators is $100. Registration fee includes lunch on Saturday and refreshment breaks.

Because the Symposium planners want to encourage interdisciplinary teams to attend this activity, a reduced registration fee ($105 for physicians and $80 for nurses and facility administrators) for any participant who attends with one or more colleagues from the same facility.

**SPECIAL NEEDS**

If you need any of the auxiliary aids or services identified in the Americans with Disabilities Act, please call Lois Johnson at *(512) 458-7677* or **1-800-252-8239, press 4**.

**INFORMATION**

For further information, contact Lois Johnson at *(512) 458-7677* or **1-800-252-8239, press 4**, or fax her at *(512) 458-7340*. 
ACCcommodations

The symposium will be held in the Doubletree Hotel North, 6505 IH 35 North, Austin, Texas. A special guest room rate of $70 (plus tax) single and $110 (plus tax) double has been granted for attendees at this symposium. For reservations and hotel information call (512)454-3737 or 800-222-8733. Please identify yourself as attending the Texas Geriatric Symposium at the Doubletree Hotel North. Please make your reservations early, as these rates are available only through April 7, 2000.

Parking

Parking is an additional expense: $5 daily for self parking and $8 for valet parking. For transportation from the airport, the Super Shuttle service is available and you will need the following number and zip code location of hotel: Phone (512)454-3737 and Zip Code 78752. For more Super Shuttle information, call (512)258-3826.