Virginia Long-Term Care Clinician Network Monthly Forum
August 16, 2023
Welcome!

As you join, please turn on cameras and mic or unmute your phone and say hello to your Virginia colleagues. We all have a common bond: the choice to serve in a unique area of health care. During the presentation we can mute ourselves until it is time for more interaction.
Disclosures

The speakers and presenters for today have no relevant financial conflicts of interest.

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Virginia Long-Term Care Infrastructure Pilot Project (VLIPP) funding will be utilized in nursing homes and long-term care facilities to assist with the ongoing COVID-19 response and to bolster preparedness for emerging infections. The projects are based on identified needs that align with funding objectives.
Introducing the Network - Share w/ Peers

About the Network: The Virginia LTC-CN brings together medical directors and clinicians practicing in nursing homes, assisted living facilities, and other congregate care settings (e.g., PACE).

Member Benefits:

- Free peer network fostering open discussion and collaboration
- Monthly newsletter
- Monthly forum (third Wednesday of each month from 4:00-5:00 pm)
  - Each registered Network member receives a unique Zoom invite link. Please do not forward your link as this may lead to problems joining the Forum. Encourage your colleagues to register instead!

Invite your colleagues to join us!
Where to find us, slides, monthly newsletter?

Virginia Long-Term Care Clinician Network

A partnership between VDH and VCU.

Join the Network

https://ltccn.vcu.edu/
Who are we?

Staff
Christian Bergman, MD - Principal Investigator
Bert Waters, PhD - Project Director
Laura Finch, MS, GNP, RN - Clinical Coordinator
Kim Ivey, MS - Communications / Administration
Jenni Mathews - Survey Data & Evaluations
Kristin MacDonald, MS, RD - Newsletter/Content Editor

Steering Committee
Eastern Region: Rob Walters, MD & Mary Mallory, NP
Northwestern Region: Jonathan Winter, MD
Central Region: William Reed, MD & Tangela Crawley-Hardy, NP
Southwest Region: Katherine Coffey-Vega, MD & Jamie Smith, NP
Northern Region: Noelle Pierson, NP
Statewide: Shawlawn Freeman-Hicks, NP

You! The heart of our Network - our members who participate in the monthly Network Forum.
Share with your peers on the VA LTC-CN

Please use the chat box to share:

- Name
- Role
- Location in Virginia (city or region)
- **Favorite vacation spot in Virginia**

Thank you for taking care of Virginia’s PACE, assisted living and nursing home residents!
Monthly Forum - Every 3rd Wednesday, 4-5 PM

A 60-minute Zoom session to connect with LTC clinicians around the state. We will continue to integrate COVID-19 topics in our discussion, but will also expand the topics and encourage robust discussions around other areas of interest pertinent to LTC.

- September 20
- October 18
- November 15
- December 20 or December 13 (TBD)
- January 17, 2024
Monthly Forum Structure

Introduction - 2-3 minutes

Open Discussion - 10-15 minutes

Featured Monthly Topic - 15-20 minutes with discussion

Updates - 3-5 minutes

Open Discussion - 10 minutes
Virginia LTC-C Network, have you ever...

Have you ever managed care for residents in assisted living? (POLL)

1. Yes
2. No
Virginia LTC-C Network, have you ever...

Have you ever been a Hospice Medical Director or clinician (POLL)?

1. Yes
2. No
Waterfall Chat National Vaccination Month

Instructions: Type in your answer and wait for the countdown to push enter.

Mr. Kai, 63 yo, with no close family, moved into your assisted living Monday Aug. 14. You, the staff and the pharmacist can discover no vaccine history. What vaccine(s) will you prioritize, and in what order?

5, 4, 3, 2, 1..enter in chat!
Next:  Featured Monthly Topic
WHAT MATTERS MOST

August 16, 2023
Virginia Long-Term Care Clinician Network
Monthly Series
Marissa Galicia-Castillo, MD, MSEd
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GOAL OF TREATMENTS AT END-OF-LIFE

- Promote comfort
- Prevent or relieve suffering
- Respect patient’s wishes
Continue or expand life-prolonging treatments with goal of:

- Improve QOL
- Extend Life
- Improve Function
Anatomy of Current Discussions

- Usually receives MOST (or all) attention
- Not always talked about
- Rarely addressed

Diagnosis
Prognosis

Treatments (Interventions)

Goals
GOALS

Diagnosis
Prognosis
“Medical reality”

Values
Preferences
Culture

Shared
decision
making

RECOMMENDATIONS

Treatments
Procedures
Tests
Mr. D

85 year old LTC resident with: hypertension, Alzheimer’s dementia, Type 2 DM

- Has been in your facility for 3 years
- Developed heart failure and has had 3 hospitalizations in the past 3 months due to dyspnea
- You have a great relationship with his wife who is his medical POA
- He does not have capacity
- He’s returned to your facility with skilled needs after this most recent hospitalization
What do you do FIRST during this re-admission?

A. Review discharge summary
B. Review medications
C. Talk with his wife
What do you ask his wife (mPOA) first?

A. What do you want to do?
B. Do you have any questions?
C. What is your understanding of his current medical condition?
D. What should his code status be?
After review of records and exam you find the following:

Function status has worsened

- Previously he could feed himself and sit up in a chair
- Currently –needs to be fed (he is still able to swallow)
- Short of breath when moving from bed to wheelchair
- EF is now 15%

Meds
- Lasix 80 mg BID
- Metopolol 25 mg BID
- Not on ACE (cannot tolerate)
- Atorvastatin 40 mg QDay

- Has edema in his bilateral LE (this is new)
What is your prognosis?

A. Days to weeks
B. Weeks to months
C. Months to years
You’ve had discussions with his wife in the past. You know that her goal for him is:

- Enjoy life –
  - Defined by interaction, eating
  - The Nursing home and staff = home and family
- Avoid suffering
- Ensure he is not in pain
Would you be surprised if he died in the next 6 months?

A. Yes
B. No
What do you recommend to align wishes and medical reality?

A. Status quo
B. Comfort care – fill out a POST form
C. Hospice care
GOALS

Diagnosis
Prognosis
“Medical reality”

Values
Preferences
Culture

Treatments
Procedures
Tests

RECOMMENDATIONS

Shared decision making
Take Home Points

• Start with goals first
• Prioritize goals
• Make recommendations
Open Forum

Ideas to share, Questions, What is new in your Health District?
Open Forum Discussion

Turn on your video - we’d love to see you!

Unmute - we want to hear from you

Use the Chat box to type in questions or comments
Regulation

*Please answer in chat:*

If you have had a survey visit recently, what types of deficiencies are being focused on in your facilities?
COVID-19: Data, Treatment, Vaccines

Cases in some areas trending up. No new therapeutics. Vaccination guidance page updated 7/17/23: 1 updated vaccine and if >65, a second dose 4 months after.

Nursing Home Resident Cases Jan 23-July 26, 2023

Virginia Hospitalized with COVID by Week

https://covid.cdc.gov/covid-data-tracker/#trends_currenthospitalizations_select_51
COVID-19 Updates

COVID-19 burden in Virginia LTC facilities
In the month of July there were 55 COVID-19 outbreaks reported from Virginia LTC facilities. So far in August, there have been 31 COVID-19 outbreaks reported from Virginia long-term care facilities, including 11 from assisted living facilities, 12 from nursing homes, and 8 from multicare facilities Virginia Department of Health (VDH) COVID-19 Dashboards

Vaccines are still free of charge to recipients (no charge or copay), but can seek reimbursement from private insurance, Medicare or Medicaid.

Vaccination Program Provider Agreement

*Share with colleagues in chat: Are you using Paxlovid in your LTC settings?
Thank you for joining the Network!

Invite your colleagues! They can register at ltccn.vcu.edu

Next Newsletter - coming to you in early September.

Next Monthly Forum - September 20 at 4pm. Diabetes Update
Scroll down in the Zoom registration confirmation email you received for a calendar link. Use this to update your calendar automatically with the Zoom link for future meetings.

On your way out of Zoom, kindly answer a 3-question feedback survey.

Stay in touch! Email us at ltccn@vcu.edu