

Best Pearls from the Day

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Best Pearls from the Day

Caring for the Caregivers.....

- a. Solve the basics: supplies, scheduling, pay equity
- b. Make it a person-driven environment
- c. Listen to the whole person

Workforce innovative solutions can look like....

- a. Career ladder based on training and experience
- b. Meaningful engagement in care planning
- c. Value time spent at the bedside
- d. Tie pay to length of employment and merit

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CMS is requiring 20% of all nursing homes receive a stand alone infection control survey between **October 2021** and the end of **September 2022**.

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When communicating with someone with dementia, never demand. ASK.

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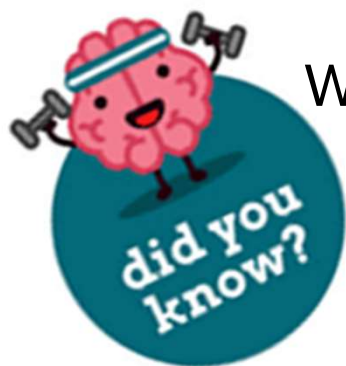
Things to avoid at the end of life

- Finger sticks and labs
- Continuing medications that are no longer beneficial
- Showing alarm about weight loss when it is expected (document this!)
- Sending the person to the hospital for behaviors
- Using antipsychotics when pain medication might be more effective/necessary
- Using sleeping pills when the resident prefers to sleep intermittently, not necessarily at night



PRO TIP!

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Warfarin is the most common drug involved in error in 2012.
The most litigious medication in long term care

For non-hospitalized patients with COVID-19, anticoagulants and antiplatelet therapy should not be initiated for prevention of venous thromboembolism (VTE) or arterial thrombosis unless there are other indications

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The Colorado MOST form is portable; a new one is not needed upon admission to a nursing facility if a patient's preferences remain unchanged.

Photocopies of MOST forms are acceptable and completion of a MOST form cannot be a mandatory requirement for admission.

2010 ORIGINAL FORM WITH REVISIONS WHENEVER SIGNATURE MATCHES
Colorado Medical Orders for Scope of Treatment (MOST)

- FIMs follow these orders, FIMs contain Physician, Advanced Practice Nurse, APRN, or Physician Assistant (PA) for further orders if indicated.
- These Medical Orders are based on the patient's medical condition & wishes.
- If Section A or B is not completed, full treatment for that section is implied.
- Orders only to be completed by, or on behalf of, a person 18 years of age or older.
- Everyone shall be treated with dignity and respect.

In preparing these orders, please inquire whether patient has expressed a living will or other advance directive. If one and available, review for consistency with these orders and update as needed. (See additional instructions on page 2.)

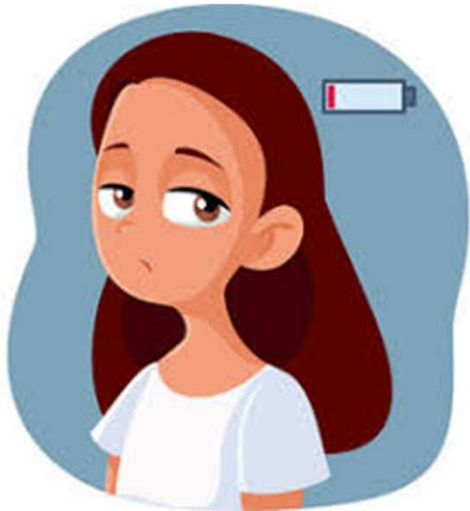
Age Last Birthday: _____
Age Last Birthday Range: _____
Sex of Birth: _____
Last Name: _____ First Name: _____
Address: _____
City: _____ State: _____ Zip: _____

A Check one box only
CARDIOPULMONARY RESUSCITATION (CPR)
 Yes CPR: Attempt Resuscitation
NOTE: Selecting "No CPR" requires checking "Full Statement" in Section B.
 No CPR: Do Not Attempt Resuscitation
Patient has no pulse and/or is breathing.

B Check one box only
MEDICAL INTERVENTIONS
 Full Treatment—primary goal to prolong life by all medically effective means:
In addition to treatment described in Selective Treatment and Comfort-focused Treatment, use intubation, advanced airway interventions, mechanical ventilation, and transfusion as indicated. Transfer to hospital if indicated. Includes tracheostomy care.
 Selective Treatment—goal to treat medical conditions while avoiding burdensome measures:
In addition to treatment described in Comfort-focused Treatment, use IV antibiotics and IV fluids, as indicated. Do not intubate. May use noninvasive positive airway pressure. Transfer to hospital if indicated. Avoid tracheostomy.
 Comfort-focused Treatment—primary goal to maximize comfort:
Relieve pain and suffering with medications by any route as needed; use oxygen, suctioning, and manual treatment of airway obstruction. Use palliative treatments aimed at full and comfortable patient consent with comfort's goal. Do not transfer to hospital for life-sustaining treatment. Transfer only if comfort goals cannot be met in current location.

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Common Post-Acute Sequelae of SARS-CoV-2 infection (PASC) include:



Fatigue 58%



Headache 44%



Attention Disorder 27%

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1. Each human has a unique story.
2. Dignified care is what happens when no one is watching.
3. Tone of voice and body language matter more than words.
4. Turning down sensory input solves many problems.
5. Take nothing personally.

Dr. Watson's TOP TEN:

6. Social isolation can be deadly.
 7. Purpose drives happiness.
 8. Less is more on medications and medical care.
 9. End of life is a sacred time, and a good death is possible.
 10. Best care is grounded in compassionate presence. Without it, nothing else works.
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With regards to diabetes, consider newer medications such as SGLT-2s and GLP-1s as well as continuous glucose monitoring to reduce risk of hypoglycemia and improve outcomes

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The most important question a person with a personality disorder wants to know is:



Will you be there for me?

SAVE THE DATE CMDA 2023!

APRIL 28, 2023



THE COLORADO
SOCIETY FOR
POST-ACUTE AND
LONG-TERM CARE
MEDICINE

This is the most
important takeaway
that everyone has to
remember.

What you do is
important and
makes a difference.
Thank you.