



Bringing the conference to Colorado:

AMDA Pearls

April 5, 2022



Foundation for PALTC Medicine

FUTURES
PROGRAM

Clinical Medicine

Pearl: A high protein, high calorie intervention for malnutrition increased weight and function in a clinically meaningful way.

Results of High-Protein, High-Calorie Oral Nutritional
Supplementation in Malnourished Older People in Nursing Homes:
An Observational, Multicenter, Prospective, Pragmatic Study
(PROT-e-GER)

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Andrés Ollero Ortigas MDⁱ, Alfonso J. Cruz-Jentoft MD, PhD^{j,*}

J Am Med Dir Assoc. 2021 Sep;22(9):1919-1926.e5.

[https://www.jamda.com/article/S1525-8610\(21\)00297-8/fulltext](https://www.jamda.com/article/S1525-8610(21)00297-8/fulltext)

Pearl: “Slowing” (i.e. slow gait speed, slow cognitive processing, apathy) may be a new vascular syndrome. These traits correlated with white matter disease burden on imaging.

Slowing: A Vascular Geriatric Syndrome?

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Laurien Aben PhD^d, Eefje M. Sizoo MD, PhD^b, Mike J.L. Peters MD, PhD^a,
Marijke C. Trappenburg MD, PhD^{a,e}, Cees M.P.M. Hertogh MD, PhD^b,
Martin Klein PhD^d, Majon Muller MD, PhD^a

2022 Jan;23(1):47-53.e2. doi: 10.1016/j.jamda.2021.07.031

<https://pubmed.ncbi.nlm.nih.gov/34454919/>

Pearl: Study of pimavanserin (Nuplazid) shows patients with dementia-related psychosis who had a response to pimavanserin had a lower risk of relapse with continuation of the drug than with discontinuation. Not likely to be practice changing based on this study.

Trial of Pimavanserin in Dementia-Related Psychosis


Pierre N. Tariot, M.D., Jeffrey L. Cummings, M.D., Sc.D.,
Maria E. Soto-Martin, M.D., Ph.D., Clive Ballard, M.D., Deniz Erten-Lyons, M.D.,
David L. Sultzer, M.D., Davangere P. Devanand, M.D., Daniel Weintraub, M.D.,
Bradley McEvoy, Dr.P.H., James M. Youakim, M.D.,
Srdjan Stankovic, M.D., M.S.P.H., and Erin P. Foff, M.D., Ph.D.

N Engl J Med. 2021 Jul 22;385(4):309-319.

<https://pubmed.ncbi.nlm.nih.gov/34289275/>

Pearl: Doll therapy can decrease agitation, wandering, delirium and caregiver burnout. Consider it as a viable non-pharmacologic intervention.

The doll therapy as a first line treatment for behavioral and psychologic symptoms of dementia in nursing homes residents: a randomized, controlled study

Francesca Santagata¹, Massimiliano Massaia¹  and Patrizia D'Amelio^{1,2*}

BMC Geriatr. 2021 Oct 12;21(1):545.

<https://pubmed.ncbi.nlm.nih.gov/34641791/>



Pearl: Antibody therapies for Alzheimer's Disease show clearance of amyloid in MCI but fail to show meaningful clinical benefit with high cost and potential side effects.

“After considering the evidence, we conclude that the aducanumab trials did not adequately demonstrate safety or efficacy. Moreover, aducanumab has only been studied in individuals with mild cognitive impairment or early-stage dementia due to hyperamyloidosis (eg, AD) and has never been tested in a population representative of nursing home residents. We therefore cannot endorse recommending or prescribing aducanumab to post-acute and long-term care (PALTC) residents and patients.”

Pearl: Older adults are using cannabis and less than half report to their providers. We need to be talking to patients about this and educating ourselves.

- Poll taken in the older adult population
 - only 41% of users report their use to their providers
 - 61% of the participants have used cannabis for the first time and 55% have no plans to reduce or quit



Pearl: Consider race as a social construct, not biologic. Use of race in clinical tools we use may adversely impact patients.

Estimated glomerular filtration rate (eGFR) & CKD-EPI equations

Organ Procurement & Transplantation Network, Kidney Donor Risk Index (KDRI)

Pulmonary Function Test

American Heart Association Heart failure risk score

Osteoporosis Risk Score Calculator

Fracture Risk Assessment Tool

The Society of Thoracic Surgeons Short Term Risk Score

Rectal Cancer Survival Calculator

National cancer Institute Breast Cancer Risk Assessment Tool

Breast Cancer Surveillance Consortium Risk Calculator

Pearl: Consider race as a social construct, not biologic. Use of race in clinical tools we use may adversely impact patients.

Estimated Glomerular filtration rate (eGFR)

- MDRD and CKD-EPI equations reports higher eGFR values for patients identified as black suggestive of better kidney function

Pulmonary Function Test

- correction factors for Black and Asian patient; leading to inaccurate estimates of lung disease severity

Fracture Risk Assessment Tool

- Asian, Black and Hispanic women risk is estimated to be less than white women with same risk factors

Pearl: Goal-concordant care conversations should include:

- 1) Ask “what brings them joy or sadness?”**
- 2) Practice cultural humility rather than specific competency**
- 3) Acknowledge emotions and respond with silence – even let it get awkward**

***Code status is a small part of the care plan**



Operations

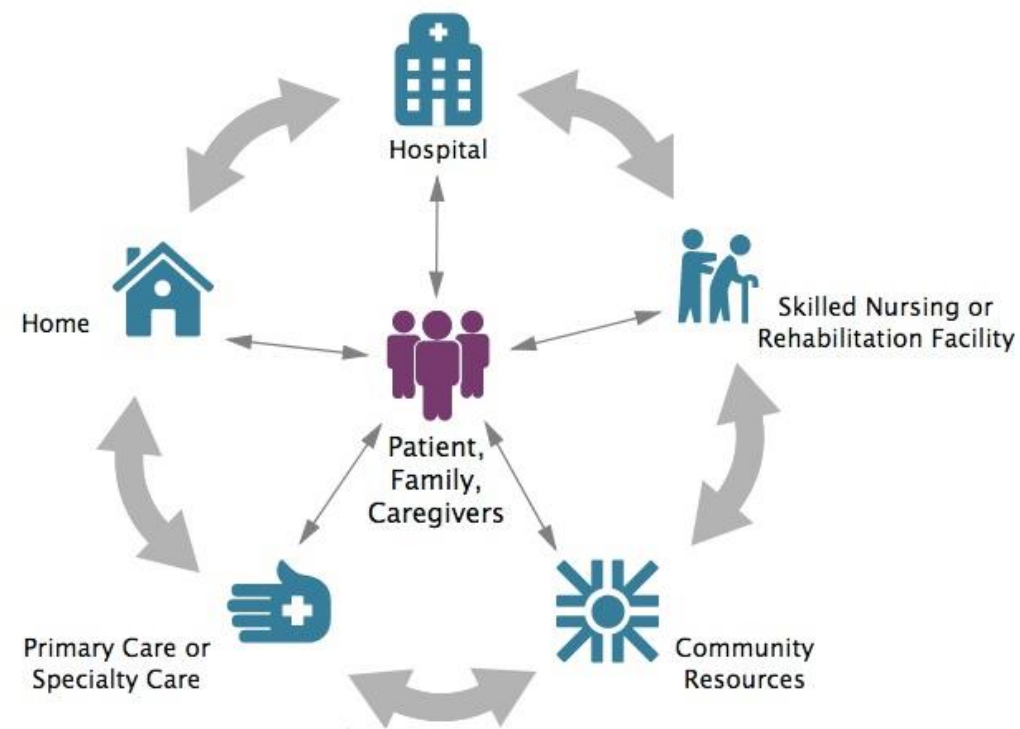
Pearl: QAPI doesn't work with the "Spray and Pray" method, where facilities spray education around the building and pray that outcomes improve. Study the processes, stratify data, ask what action can be taken on the data.

Pearl: Consider doing QAPI meetings as walk-rounds.



Pearl: Consider developing a sexual expression policy if there is not one already in place that reflects the culture of your facility. Educate staff and share the policy with patients and families at the time of admission.

Pearl: Shift thinking from "Is this patient ready for discharge?" to "Is this patient ready for the 2 weeks after discharge?" to facilitate appropriate transitions.



Policy

Pearl: Telehealth for initial visits is NOT included in covered codes after the public health emergency is over.

Pearl: Subsequent care codes are permanently on list of Medicare telehealth services BUT when the PHE ends you can only bill 99307-99310 codes once every 14 days.



Pearl: California has mandated a CMD for all facilities and a public registry.



Pearl: AMDA's take on President Biden's Proposal for Nursing Home Reform

- Looks forward to working with the administration to help with NH reform
- Wants to strengthen the workforce by ensuring a safe environment, providing adequate compensation and benefits, provide training and career advancement opportunities
- Supports the proposal of owner transparency
- Support medical director and provider training
- Promotes technology to provide better interoperable communication
- In response to the proposed staffing minimum:
 - AMDA promotes the essential shift to elevating the respect and value society places on professionals who work in PALTC settings, including frontline staff and providers and the vulnerable patients that they serve
 - Reiterates that adequate compensation and training are necessary before staffing minimums standards would be possible

Wellness

Pearl: If a caregiver says, "I can't remember the last time I did something for myself," consider screening them for caregiver burnout and finding ways to offer support.



Pearl: Consider how you can play a role in the staffing shortage – can you adjust medication administration schedules or decrease vitals checks?



Pearl: Music continues to be a way to connect and show empathy. It leads to benefits for residents and staff.



Pearl: The work that all of you do is greatly appreciated!

