



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

# 7<sup>th</sup> Annual Ohio Long Term Care Symposium Schedule

*Strength through Collaboration*

September 6-7, 2024

Marriott Columbus Northwest, Dublin, Ohio

## Friday, September 6, 2024

**12:00 - 7:00 pm Registration Open**

**12:00 – 7:00 pm Exhibit Hall Open**

**1:00 – 2:00 pm Keynote Address: Advancing Excellence in Nursing Home Care: Ohio Department of Aging’s Recent Initiatives**

**Speakers: John Weigand, MD, CMD, Jessica Coleman, DO, CMD**

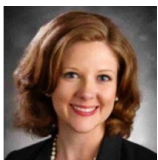
Join us for an insightful session as we explore the Ohio Department of Aging's latest initiatives aimed at transforming and enhancing nursing home care. This session will provide updates on the Nursing Home Quality and Accountability (NHQA) Task Force and the Department’s nursing home technical assistance program. OMDA has held a seat on the Task Force since its inception. Chief Medical Director for Aging Healthcare Services, Dr. John Weigand and OMDA Board President, Dr. Jessica Coleman will share how medical directors have been pivotal in the NHQA and Task Force project implementation. Attendees will leave with a deeper understanding of the Department's strategic vision and the tangible steps being taken to ensure that every resident receives dignified, high-quality care.

### Learning Objectives:

- Understand the key initiatives and objectives of the Nursing Home Quality and Accountability Task Force
- Explore the benefits and impact of the Technical Assistance program on nursing home quality of care
- Discuss the advancements and ODA’s strategic focus areas in post-acute and long-term care



**John Weigand, MD, CMD** is a board-certified family physician and certified medical director who serves as the Chief Medical Director for Aging Healthcare Services for both the Ohio Department of Aging and Ohio Department of Health.



**Jessica Coleman, DO, CMD** is a physician board certified in Family Medicine and Geriatrics. She completed her training in Akron, Ohio where she currently lives with her husband and two small children. Her professional career has been focused on the long-term, post-acute and assisted living settings of care. She serves as the Board President for OMDA, the Ohio Society for Post-Acute and Long-Term Care Medicine, as co-CMO for the Ohio Department of Aging’s Regional Rapid Response and Assistance Program and is a member of the Ohio Governor’s Nursing Home Quality and Accountability Task Force.

**2:00 – 3:00 pm Navigating PALTC Regulatory Updates and Business Trends**

**Speaker: Brent Feorene, MBA**

In the rapidly evolving landscape of Post-Acute and Long-Term Care (PALTC), staying informed about regulatory changes and emerging business trends is crucial. This session provides an overview of these critical areas. Attendees will gain insights into the latest regulatory updates, explore significant business trends, and learn best practices for accurate coding. This session empowers healthcare professionals with practical skills and actionable insights to capitalize on emerging trends and drive success in their organizations.

Learning Objectives:

- Enhance billing and coding practices to ensure compliance and reduce financial risks
- Adapt to new business models and payment reforms, improving financial health and operational efficiency
- Implement strategies that align with broader industry trends, such as value-based care and technology advancements



**Brent Feorene, MBA**, Senior Vice President at Ramey Management Solutions, is a distinguished executive with over 25 years in home and community-based healthcare. He has pioneered integrated care models that connect services with care locations, driving value and transformative change. Brent has guided health systems, physician organizations, payers, health technology firms, PACE programs, senior living communities, FQHCs, and post-acute and community-based service providers. Recognized as a thought leader, Brent has frequently published and spoken on strategic and management issues in senior and community-based care. His philosophy emphasizes the transformative power of markets and individual passion for meaningful change, committed to a health system prioritizing holistic well-being and empowering individuals on their unique health journeys.

**3:00 – 3:30 pm Refreshment Break**

**3:30 – 4:30 pm Lessons from Learners Forum**

**Moderator: Amanda Lathia, MD, MPhil**

Geriatric research and quality improvement is being conducted in multiple settings throughout the State of Ohio. This session provides the opportunity for participants to present challenging patient cases and results of quality improvement and research projects. The design and implementation of research being conducted particularly in the long-term care environment will be reviewed. Cases from long-term and post-acute care will also be presented and analyzed for opportunities for improvement in patient care. Discussion will provide the opportunity for input to those conducting studies to improve relevance to practice patterns. The goal of the session will be to present new ideas and delivery models and to identify patient care scenarios that impact patient outcomes.

Learning Objectives:

- Describe the design and implementation process for conducting geriatric research in the long-term care environment
- Identify opportunities for geriatric research projects
- Analyze patient cases and identify areas for improvement in care policies and processes



**Amanda Lathia, MD, MPhil** is board certified in internal medicine and geriatric medicine. She is an assistant professor of medicine at Case Western Reserve School of Medicine and is the Division Chief of the Division of Geriatrics and Palliative Care at University Hospitals in Cleveland, Ohio. She is the program director of the geriatric medicine fellowship and also the medical director of the Foley ElderHealth Center at University Hospitals. She is the medical director of Judson Retirement Communities and Judson Hospice in Cleveland, Ohio. She is currently a member of the OMDA Board of Directors.

**4:30 – 5:30 pm Vaccines in Nursing Homes**

**Speaker: Robin Jump, MD, PhD**

This session will discuss recent updates to vaccines recommended for older adults, including an assessment of the evidence regarding their use in frail older adults--i.e., nursing home residents.

Learning objectives:

- Recall recommendations for influenza and pneumococcal vaccines in nursing home residents
- Discuss recommendations for COVID-19 vaccines for nursing home residents
- Weigh the available evidence regarding the RSV vaccines for use in nursing home residents



**Robin Jump, MD, PhD** is an Infectious Diseases physician at the Veterans Affairs Pittsburgh Healthcare System where she is the Associate Director of the Geriatric Research Education and Clinical Center (GRECC). She also has an appointment in the Division of Geriatric Medicine at the University of Pittsburgh. Her long-term academic interests are to support antimicrobial stewardship in post-acute and long-term care settings in the VA and the community. She has research funding from the VA, CDC, and AHRQ and has published extensively in peer-reviewed journals.

**6:00 – 7:00 pm Welcome Reception in Exhibit Hall**

**7:00 – 8:00 pm President’s Reception (appetizers provided)**

## Saturday, September 7, 2024

**7:00 – 8:00 am Exhibit Hall open**

**7:00 – 7:30 am OMDA Membership Meeting**

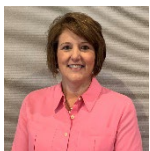
**8:00 – 9:00 am Breakfast (Industry Expert Theater) – SK Life Science**

**9:00 – 10:00 am CMS Focus on Antipsychotic Reduction, Past and Present**  
**Speaker: Nancy Istenes, DO, FACP, CMD**

CMS has had a focus on antipsychotic reduction since 2012. Their efforts to encourage deprescribing of this medication class have varied over the decades and have often been criticized. This session will provide an overview of CMS's focus on antipsychotic reduction with emphasis on why this medication class was chosen, how their approach has changed and what their outcomes have been. It will highlight some successful approaches to deprescribing and provide participants with tools to develop and apply a successful action plan for deprescribing. We will conclude with a discussion of what CMS's next steps may be.

### Learning Objectives:

- Understand the history, timeline and outcome of CMS's focus on antipsychotic reduction in post-acute and long-term care
- Identify opportunities for dose reduction and deprescribing of antipsychotics medications
- Develop and apply an action plan for antipsychotic reduction at both the provider and facility level



**Nancy Istenes, DO, FACP, CMD** has over 20 years of experience working in geriatric medicine and long-term care. She is board certified in Internal Medicine and Geriatric Medicine. She has been a certified medical director for more than 15 years and an active member of AMDA for her entire career. Currently, Dr. Istenes is the Chief Medical Officer for Saber Healthcare Group, which operates over 126 long-term care facilities in six Midwest and Mid-Atlantic states. She prides herself on working with all levels of the company and bridging the gaps between executive leadership, facility and regional teams, providers, vendors, pharmacy, and other key industry participants. Her teamwork and approachability have helped lead the company to improve resident care and clinical outcomes. Dr. Istenes provides leadership at both the state and national levels. She has been on the AMDA Practice Group Network Leadership Council since 2017 and is a current member of the membership committee. She chairs the Annual Gifts Committee for the AMDA Foundation. She has served on the Ohio Medical Directors Association (OMDA) board since 2017 and is the immediate past president having completed a 2-year term in 2022.

**10:00 – 11:00 am Pharmacogenomics: To Tech or Not to Tech**

**Speakers: Todd Sobol, MD, FACP, CMD, Monica Ott, MD, CMD**

PALTC clinicians need to know the risks, benefits, indications, and efficacy of emerging technologies. Evidence based guidance of the possible applications of Pharmacogenomic Testing in treatment decision making will be reviewed. Points advocating for testing and opposing counterpoints will be discussed in the setting of treatment outcomes in mental health for patients utilizing Antidepressant and Antipsychotic medications. Specific clinical scenarios where pharmacogenomic testing may be appropriate

will be identified. Testing data interpretation limitations will be analyzed in the context of predicting clinical response to medication management.

Learning Objectives:

- Develop an understanding of the information provided by pharmacogenomic testing
- Determine when pharmacogenomic testing may be indicated to adjust medications or minimize potential side effects
- Review limitations of pharmacogenomic testing in predicting clinical outcomes



**Todd Sobol, MD, FACP, CMD**, became a Certified Medical Director in 2001. He has over 30 years of experience managing patients in nursing facilities as well as in the acute care hospital and outpatient private practice setting in Dayton, Ohio. He is a Past President and active member of the Board of Directors of OMDA. He works on the teaching faculty for the AMDA Core Curriculum for Medical Direction in Post-Acute and Long-Term Care for CMD Certification. He serves on the ABPLM Board of Directors. He is on the Advisory Board of CareBand, developing location tracking wearable technology for Dementia management. Dr. Sobol serves on the Ohio Department of Aging Regional Rapid Response Assistance Program supporting the Nursing Home Quality and Accountability Taskforce.



**Monica Ott, MD, CMD** currently serves as the market medical director for the Illinois/Indiana/Ohio/Kentucky market of Senior Community Care within Optum. Dr. Ott works with the education team on clinical topics for the advance practice clinicians such as COVID-19 and polypharmacy. Dr. Ott is board certified in Family Medicine and Geriatrics. She has been active in PALTC for many years and currently serves as a state president council representative on the national board.

## 11:00 – 11:30 am Refreshment Break in Exhibit Hall

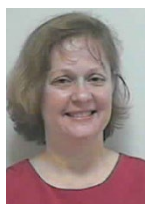
## 11:30 – 12:30 pm Challenges of Treating COPD in the Nursing Home

**Speaker: Sue Fosnight, RPh, BCGP, BCPS**

The Global Initiative for Chronic Obstructive Lung Disease (GOLD) 2024 Report offers specific recommendations to optimize treatment for COPD. Patients living in facilities often have barriers to these recommendations. This presentation will help the listener anticipate these barriers. In addition, methods to overcome these barriers will be discussed.

Learning Objectives:

- Discuss the Global Initiative for Chronic Obstructive Lung Disease 2024 Report
- Identify common barriers to the treatment of COPD in patients residing in facilities
- Explain methods to overcome barriers of optimizing COPD treatment



**Sue Fosnight, RPh, BCGP, BCPS** is a Clinical Lead Pharmacist in Geriatrics at Summa Health in Akron, and a Professor in the Department of Pharmacy Practice at the Northeast Ohio Medical University. She is board certified as a Pharmacotherapy Specialist and Geriatric Pharmacy Specialist. Sue is a member of interprofessional teams that provide care to older patients both in and out of the hospital. She has been awarded the National Excellence in Geriatric Pharmacy Practice Award by the Commission for Certification in Geriatric Pharmacy and the Ohio Society of Health System Pharmacists, Pharmacist of the year award. She has been a co-investigator for two National Institute of Health and three Geriatric Workforce Enhancement program grants, that focused on providing team based, patient centered care for older adult patients and educating both students and providers to provide geriatric based care. She has numerous publications and presentations.

## 12:30 – 1:00 pm Exhibit Hall Open

## 1:00 – 2:00 pm Lunch (Industry expert theater) – Neurocrine Biosciences

## 2:00 – 3:00 pm **Alternative Pain Management Strategies, a non-surgical, non-pharmacological approach**

**Speaker: Carol Leslie, ACHT, CWC, DipCOT, OT-Ret**

Strategies will be discussed that will aid in managing your patients' pain, by the bedside, in the clinic, and for you to include in their home program. Many patients are medically compromised and can't be given extra pain medication; or can't have yet another surgical procedure to reduce their pain. Extend your repertoire, improve your efficacy in helping them cope.

### Learning Objectives:

- Identify three non-pharmacologic methods for managing pain
- Identify two pain management strategies which can readily be used bedside in an acute setting
- Identify 2-3 therapies, non-pharmacologic and/or non-surgical, to which patients can be referred for pain management strategies



***Carol Leslie, ACHT, CWC, OT Ret** trained as an Occupational Therapist in Edinburgh, Scotland, prior to working in Psychiatry in Bermuda. Ultimately, Carol has spent 30 years in Ohio working in the field of behavioral pain management. She worked 20 years at the Cleveland Clinic as part of Psychiatry's consultation liaison team, offering bedside coping skills to the medical/surgical population. Latterly she studied hypnosis and worked exclusively treating PTSD.*

## 3:00 – 4:30 pm **The Dizziness Conundrum – A two-part series**

### **Orthostatic Hypotension and Dehydration**

**Speaker: Irene Hamrick, MD, CMD, AFSF, FAAFP**

Lightheadedness is often described by patients and staff as dizziness. Identifying orthostatic hypotension can identify dehydration that is at the root of the problem. Dr. Hamrick will describe how normal aging changes contribute to higher rates of dehydration and provide an approach to increase hydration and improve outcomes.

### Learning Objectives:

- Diagnose orthostatic hypotension
- Describe importance and risk factors for dehydration
- Outline how to recognize and diagnose orthostatic hypotension and dehydration and its likely cause(s)
- Describe the treatment of orthostatic hypotension and dehydration
- Summarize points for counseling patients on preventing orthostatic hypotension and dehydration



***Irene Hamrick, MD, CMD, AFSF, FAAFP** - After obtaining her BS in Nursing, Dr. Hamrick attended East Carolina University School of Medicine, completing her residency and geriatric fellowship and remained there 20 years. She moved to the University of Wisconsin- Madison to start an interdisciplinary geriatric teaching program. Since 2019, she is Chair of the Office of Geriatrics at the University of Cincinnati and Chief of Geriatrics and Palliative Care at the Cincinnati VA. She has been a Medical Director for over 25 years. Her research interests include falls, osteoporosis, dementia, diabetes and dehydration. Dr. Hamrick has dozens of publications on her research studies and has over 100 national and international presentations. She has received numerous awards for leadership, teaching and mentoring. She cycles to work and in her spare time she enjoys downhill and cross-country skiing, running, social dancing and playing with her four grandsons.*

## **The Dizzy Patient: A Guide to Clinical Management Across the Continuum of Care**

**Speaker: Therese Lord, PT, DPT, NCS**

This presentation will provide practitioners a basic understanding of dizziness and assist with evidence based clinical management. The material covered will assist practitioners in obtaining an effective subjective history of symptoms to support clinical decision-making including referrals and/or if imaging is warranted. As a result, clinicians will be able to effectively screen and develop a differential diagnosis based on subjective and objective finding during the evaluation. The information provided will review pertinent red flags and assist with distinguishing between central and peripheral vestibular involvement. Most



common vestibular diagnosis will be reviewed and current evidence-based management will be provided. Additionally, information about vestibular providers who are able to assist in management of the dizzy patient will be provided.

Learning Objectives:

- Identify pertinent information to obtain during a subjective history to aid in ruling in or ruling out different vestibular diagnoses
- Demonstrate effective screening in order to accurately list differential diagnoses based on subjective and objective findings
- Identify any red flags and need for further referral or imaging
- Distinguish between central and peripheral vestibular involvement
- Understand the signs and symptoms of commonly seen vestibular diagnosis and current evidence-based management
- Recognize the role of physical therapy vestibular rehabilitation in the treatment of dizziness



**Therese Lord, PT, DPT, NCS** received her Doctorate of Physical Therapy from Cleveland State University in 2011. She has been working primarily in the outpatient setting. Her areas of interest include vestibular rehabilitation and she completed the Emory University Herdman Vestibular Competency Course in 2015. She is an APTA credentialed Clinical Instructor and has been a clinical instructor since 2013. She received the first annual Outstanding Clinical Instructor Award at Cleveland State University. She also shares her enthusiasm for evidence-based practice for the neurologic population with student physical therapists as an adjunct professor at the Cleveland State University DPT program. She has completed advanced training to manage patients with various neurologic conditions and is a board-certified neurologic clinical specialist.

### 4:30 – 5:30 pm      **Treatment of Hypo and Hyperkalemia**

**Speaker: Monica Ott, MD, CMD**

Case studies will be used to illustrate different etiologies of hypokalemia and hyperkalemia. The discussion will include treatment options based on severity of hypokalemia and hyperkalemia as well as comparison of acute vs chronic hyperkalemia.

Learning objectives:

- Describe possible etiologies of hypo and hyperkalemia
- Prescribe treatment of hypokalemia
- Compare treatments for acute vs chronic hyperkalemia



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### 5:30 – 6:30 pm      **Geriatrician Stewardship and the Future of PALTC Panel**

**Moderator: Todd Sobol, MD, FACP, CMD**

**Panel members: Michael Felver, MD, Sarah Gedeon, APRN, Irene Hamrick, MD, CMD, AFSF, FAAFP, Abhinav Rajpal, MD, MPH, Kimberley Brumfield, APRN**

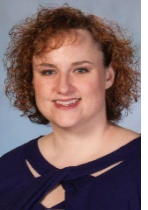
The silver tsunami is underway as approximately 10,000 persons daily achieve the age of 65. With the current rate of production of certified geriatricians, the ratio of the elderly patients in the post-acute and long-term care setting per geriatrician will make the availability of this level of care inadequate. Something(s) needs to change. This session will present the data behind these concerns and projections for the future. The panel will suggest potential solutions from different perspectives and the audience is invited to participate.

Learning Objectives:

- Review the current state of PALTC
- Discuss future opportunities to address these shortfalls
- Address challenges to addressing shortfalls
- Understand the demographics of the “silver tsunami” already underway and how it will likely impact the provision of elder care



**Michael Felver, MD**, is an internist with a career focus and over twenty years of experience in post-acute care settings. He was the founding medical director for the Connected Care Program of Cleveland Clinic and has been the medical director for multiple nursing facilities. He serves as Education Committee Chair and Treasurer of OMDA-The Ohio Society for Post-Acute and Long-Term Care Medicine.



**Sarah Gedeon, APRN** has been a Geriatric Nurse Practitioner with Summa Health Medical Group for 22 years. She graduated with a BSN and MSN from Case Western Reserve University. Prior to Summa, she worked in a variety of settings, including Long-Term Care, Skilled Nursing Facility, Clinic, Inpatient, house calls and now in assisted living.



**Irene Hamrick, MD, CMD, AFSF, FAAFP** - After obtaining her BS in Nursing, Dr. Hamrick attended East Carolina University School of Medicine, completing her residency and geriatric fellowship and remained there 20 years. She moved to the University of Wisconsin- Madison to start an interdisciplinary geriatric teaching program. Since 2019, she is Chair of the Office of Geriatrics at the University of Cincinnati and Chief of Geriatrics and Palliative Care at the Cincinnati VA. She has been a Medical Director for over 25 years. Her research interests include falls, osteoporosis, dementia, diabetes and dehydration. Dr. Hamrick has dozens of publications on her research studies and has over 100 national and international presentations. She has received numerous awards for leadership, teaching and mentoring. She cycles to work and in her spare time she enjoys downhill and cross-country skiing, running, social dancing and playing with her four grandsons.



**Abhinav Rajpal, MD, MPH** is a Board-certified family medicine physician, who completed Geriatrics fellowship in 2024. He will be joining University Hospitals Cleveland Medical Center Division of Geriatric and Palliative Care as a faculty attending. He presented regionally at Summa Health Geriatrics Conference and nationally at American Geriatrics Society annual 2024 conference on polypharmacy and uncommon etiologies of delirium. Dr. Rajpal has specific clinical and research interests in PALTC, Delirium care, House calls program and hospital at home programs.



**Kimberley Brumfield, APRN** is a board-certified Nurse Practitioner and the Director of Clinical Operations for Ohio with Eventus Wholehealth. She received her MSN, FNP from Marshall University and BSN, RN from Bowling Green State University. Her certifications include, ANCC-FNP, DEA-OH, CTP-OH and BLS.

6:30 pm

Adjourn Annual Symposium