

Join Our Nursing Home Listserv

A platform for nursing home team members to engage in two-way communication to ask questions, share resources and training opportunities. This listserv is very active and has proven to be a valuable resource for nursing home team members in the Dakotas. Join today.

Use the QR Code to Sign Up!



To ensure information and resources are available for all nursing home team members, we have decided to capture all news-related content for each month and share it in this newsletter, *Nuts & Bolts*. Please print this newsletter and share it with team members, post it in your break rooms or share via email.



Scan to access the entire newsletter

Upcoming Events

Visit the Great Plains QIN [Calendar of Events](#) for all upcoming events.

- [Weekly BOOST Sessions](#) | Thursdays at 4 pm CT

Listen to our Podcast – [Q-Tips For Your Ears](#)

Looking for health care information and quality resources? If so, you have landed in the right spot. Q-Tips For Your Ears is designed for everyone; the intent is to share basic information on topics that matter.

The Series was developed by Great Plains QIN Quality Improvement Advisors. We hope you find what you were looking for. We welcome suggestions for content; AND be sure to check back often for new Q-Tips For Your Ears episodes.



Nursing Home Quality Measure Video Series

The Great Plains QIN team created the Nursing Home Quality Measure Video Series to assist in understanding the MDS and claims-based Quality Measures that comprise the Nursing Home Quality Measure Star Rating.

The goal is for nursing homes to attain a Five Star Quality Measure rating. These short videos can be viewed individually or as a series. Each presentation has a transcript accompanying the slides. Visit our Web site to learn more and access the videos.

[Access the Quality Measure Video Series](#)

Mission: Possible | Advancing Action Against Substance Use Together Conference

The South Dakota Area Health Education Center is excited to again host the fifth annual Mission: Possible | Advancing Action Against Substance Use Together conference. This year's conference will shine a spotlight on substance use, fostering critical conversation and collaborative initiatives to drive change.

This event is for addiction counselors, prevention and treatment center specialists, community mental health providers, rehabilitation professionals, behavioral health providers, criminal justice officials, substance abuse educators, medical providers and prescribers, other addiction-focused health care professionals, students, and any passionate individuals wanting to make an impact on substance abuse in our community.

Attendees can expect to hear engaging content from nationally recognized speakers, local professionals, and community leaders. This is a great opportunity to connect with others who share a passion for making a difference in the lives of individuals affected by substance abuse. Take time to collaborate with peers and colleagues and learn from experts and leaders in this field. CME and CEU credits will be available.

July 17 & 18, 2024: Hilton Garden Inn | Downtown Sioux Falls

- **Wednesday, July 17** | 11:30 am – 5:30 pm (CT)
- **Thursday, July 18** | 7:30 am – 12:30 pm (CT)

[Register Today](#)

Let's help to promote recovery in the community and combat this challenging pandemic that is affecting the lives of so many.



Keynote Speaker: Damon Wuest

Internationally known keynote speaker and three-time Wall Street Journal bestselling author.

The South Dakota Area Health Education Center (SD AHEC) fosters a continuum of interdisciplinary health professions education focusing on the healthcare needs of the most underserved in our state. This is accomplished through academic-community partnerships in collaboration with state agencies and organizations to improve the supply and distribution of a culturally sensitive, quality healthcare workforce.

[Learn more.](#)



July at the Center of Excellence for Behavioral Health in Nursing Facilities

The Center of Excellence for Behavioral Health in Nursing Facilities (COE-NF) is offering several new trainings in July, including Crisis Intervention Strategies to Decrease the Risk of Suicidal Behavior in Nursing Facility Residents, Effective De-escalation Strategies for Nursing Facilities, and Understanding Post-Traumatic Stress Disorder. These training events are open to all nursing facility staff.

Suicide Prevention Training | July 9, 2024 1:00 – 2:30 pm CT

Registration is limited.

[Register Today.](#)

Crisis Intervention Strategies to Decrease the Risk of Suicidal Behavior in Nursing Facility Residents | July 16, 2024 1:00 – 2:00 p.m. CT

[Register Today.](#)

Effective De-escalation Strategies for Nursing Facilities | July 17, 2024 1:00 – 2 p.m. (CT)

[Register Today.](#)

Understanding Post-traumatic Stress Disorder (PTSD): A Brief Overview | July 23, 2024 1:00 – 1:30 p.m. (CT)

[Register Today.](#)

An Introduction to Trauma-informed Care | July 25., 2024 1:00 – 1:30 p.m. (CT)

[Register Today.](#)

Mental Health First Aid (MHFA) | July 26, 2024 10:00 am – 3:30 pm (CT)

Registration is limited. A minimum of five (5) participants are required for the session to occur.

TO REGISTER: To register for the Mental Health First Aid training, please send your name, email address, agency and training date to coeinfo@allianthealth.org by Friday, July 19, 2024

– **ACCME & NAB credits will be offered** –

CENTER OF EXCELLENCE IN NURSING FACILITIES
JOIN OUR UPCOMING VIRTUAL EDUCATION EVENTS

– ACCME & NAB credits will be offered –

Understanding Post-traumatic Stress Disorder (PTSD): A Brief Overview
Tuesday, July 23 • 2 – 2:30 p.m. ET
REGISTER HERE: https://bit.ly/UnderstandingPTSD_Jul23_24

An Introduction to Trauma-informed Care
Thursday, July 25 • 2 – 2:30 p.m. ET
REGISTER HERE: <https://bit.ly/IntroToTraumaInformedCare>

Question, Persuade, Refer (QPR) Suicide Prevention Training
Registration is limited.
Tuesday, July 9 • 2 – 3:30 p.m. ET
REGISTER HERE: https://bit.ly/COEQPR_7.9.24

Crisis Intervention Strategies to Decrease the Risk of Suicidal Behavior in Nursing Facility Residents
Tuesday, July 16 • 2 – 3 p.m. ET
REGISTER HERE: <https://bit.ly/CrisisInterventionStrategies>

Effective De-escalation Strategies for Nursing Facilities
Wednesday July 17 • 2 – 3 p.m. ET
REGISTER HERE: <https://bit.ly/EffectiveDeEscalationStrategies>

Mental Health First Aid (MHFA)
Registration is limited. A minimum of five (5) participants are required for the session to occur.
Friday, July 26
11 a.m. – 4:30 p.m. ET
TO REGISTER:
To register for the Mental Health First Aid training, please send your name, email address, agency and training date to coeinfo@allianthealth.org by Friday, July 19, 2024.
AUDIENCE:
All nursing facility staff.

This event is hosted by the Center of Excellence for Behavioral Health in Nursing Facilities (COE-NF).
The publication was made possible by grant number 1Y75MH051163 from the Substance Abuse and Mental Health Services Administration (SAMHSA). We gratefully acknowledge the support of the National Institute of Mental Health (NIMH) and the Department of Health and Human Services (HHS).

ACCME SAMHSA CMS
nursinghomebehavioralhealth.org

The COE-NF is also offering some foundational training in July that are not listed on the flyer above. If you would like to attend either below, feel free to click the date and it will bring you to the registration page or notify [Stephanie Smith](#) if you are interested in attending the trainings that do not yet have the link available and I will follow up with the information when it is available. COE-NF also has several new resources on the website including a new [De-escalation Strategies Module](#) (ACCME Credit) and [Staying Connected is Important: Virtual Recovery Resources](#).

Mental Health 101 with Suicide Prevention and De-escalation Strategies.

- [Tuesday, July 2, 2024, at 12:00pm – 1:00pm MST](#)
- [Tuesday, July 2, 2024, at 3:00pm – 4:00pm MST](#)
- Wednesday, July 24, at 11:30pm-12:30pm MST (Registration link available soon, please contact me if you would like to register for this training)

SUD 101

- Wednesday, July 31, at 10am-11am MST (Registration link available soon, please contact me if you would like to register for this training)



Alliant Health Solutions (AHS) was awarded a three-year cooperative agreement from the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), in collaboration with the Centers for Medicare & Medicaid Services (CMS), to create a COE-NF. AHS has over 50 years of experience working with nursing homes and behavioral health in nursing homes.

[Roadmap to Better Care: Tribal Version Updated](#)

The Centers for Medicare and Medicaid Services Office of Minority Health (CMS OMH) and Division of Tribal Affairs (DTA) recently shared the newly updated Coverage to Care (C2C) Roadmap to Better Care: Tribal Version, to better address the specific health needs of American Indians and Alaska Natives.

[Access The Toolkit](#)

Additions to this resource include:

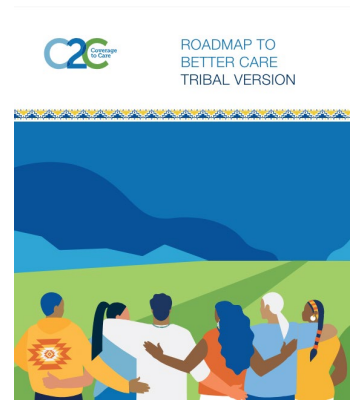
- New introduction, which details the unique health protections in place for American Indians and Alaska Natives

- Updated glossary of terms
- Important links and contact information for American Indians and Alaska Natives
- Updated imagery to enhance connection and inclusivity

Understanding health coverage doesn't have to be overwhelming and confusing. The C2C [Roadmap to Better Care: Tribal Version](#) can help consumers navigate their coverage and access the primary care and preventive services they need to achieve their optimal health.

Additional Resources:

- [CMS Division of Tribal Affairs](#)
- [CMS OMH's Health Equity-Related Initiatives](#)
- [CMS Coverage to Care Partner Toolkit](#)



Newly Updated! Modules 5 & 8: CMS Targeted COVID-19 Training for Frontline Nursing Home Staff and Managers

Learn about the impact of dementia in caring for nursing home residents with COVID-19 and how to protect the emotional health of nursing home staff through this no-cost, updated Quality, Safety & Education Portal (QSEP) [online training](#) developed by the Centers for Medicare & Medicaid Services (CMS).

View scenarios in **Module 5: Caring for Residents with Dementia** to gain more understanding of the special needs that residents with dementia have and how to best care for them. Master content at your own pace, learning anytime and anywhere, even on your mobile devices.

[Module 5: Caring for Residents with Dementia](#)

Benefits for nursing home staff:

- Learn how to approach COVID-19 testing in residents for dementia
- Identify changes in condition for residents with dementia
- Learn how to address trauma in residents with dementia

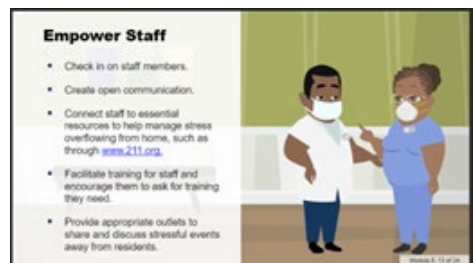


While many concerns rest on the physical health and well-being of nursing home staff and residents, emotional health is also important. **Module 8: Emotional Health** is designed for nursing home managers to learn how to develop creative strategies to promote and support emotional health for staff and residents.

[Module 8: Emotional Health](#)

Benefits for nursing home managers:

- Learn the difference between social isolation and loneliness in residents and how to combat it
- Empower staff to care for their emotional health
- Learn strategies to promote emotional health in staff



Access the CMS Training for Frontline Nursing Home Staff and Management on-demand via [QSEP](#). Check out other resources to help implement this free, self-paced, scenario-based training available through [Quality Co-Op](#).

Updated Community Data Reports [Q4 2023]: Addressing Gaps, Achieving Growth and Quality Improvement

The Great Plains QIN team strives to improve healthcare quality and patient outcomes. We work with partners and community coalitions to identify areas for improvement, which include reducing avoidable hospital admissions and readmissions, including those caused by high-risk medications related to adverse drug events.

The Great Plains QIN team of data analysts created a report for North Dakota and South Dakota, which includes community-level data sets. Please take the time to review these reports to help identify opportunities for improvement, address gaps and lead to a reduction in avoidable hospital admissions/readmissions.

- [North Dakota Partnership for Community Health Report – Q4 2023](#)
- [South Dakota Partnership for Community Health Report – Q4 2023](#)

Community-Level Measures Includes:	Nursing Home Measures Includes:
<ul style="list-style-type: none">• 30-day Hospital Readmission Rate and Trends• Acute Care Utilization Rate• Hospital Discharge Rate per Location• 30-Day Hospital Readmission Rate per Discharge Location• Top Five DRG Bundles for Admissions• Top Five DRG Bundles for 30-Day Readmissions• ED Visits among Super-Utilizers Rate.• 30-Day Readmissions Rate	<ul style="list-style-type: none">• Clostridioides difficile (CDI) Requiring Hospitalization (Long Stay and Short Stay)• Anticoagulant, Antidiabetic, or Opioid Adverse Drug Event (ADE) Hospital Encounters (Long Stay and Short Stay)• COVID-19, Pneumonia, Sepsis, or Urinary Tract Infection (UTI) Requiring Hospitalization (Long Stay and Short Stay)• 30-Day Preventable ED Visits (Long Stay and Short Stay)• 30-Day Readmissions (Long Stay and Short Stay)

** Medicare claims fee-for-service data (Q3 2023) is the data source. These measures are not risk adjusted.*

Alzheimer's Association Encourages Everyone to Take Charge of Their Brain Health — June is Alzheimer's and Brain Awareness Month

This June during Alzheimer's and Brain Awareness Month, the Alzheimer's Association Minnesota – North Dakota Chapter is encouraging everyone to take charge of their brain health.

Today, there are nearly 7 million Americans living with Alzheimer's, including 102,000 Minnesotan and 13,700 North Dakotans. The lifetime risk for the disease at age 45 is 1 in 5 for women and 1 in 10 for men. The brain changes that because Alzheimer's is thought to begin 20 years or more before symptoms start, which suggests that there may be a substantial window of time when individuals can intervene in the progression of the disease.

Experts believe there isn't a single cause of Alzheimer's, and that it likely develops as a result of multiple factors. Although some risk factors such as age cannot be changed, others may be modified to reduce a person's risk.

This June, the Alzheimer's Association is sharing five ways to take charge of your brain health:

1. **Incorporate healthy habits:** Research shows that as many as 40% of dementia cases worldwide may be attributable to modifiable risk factors. The Alzheimer's Association encourages individuals to incorporate [10](#)

[Healthy Habits](#) to reduce the risk of cognitive decline and possibly dementia. These include keeping physically active, not smoking, challenging your mind, and watching your blood pressure and diet.

2. **Learn the early warning signs of dementia:** Many people equate Alzheimer's and other dementia only to memory loss, but there are other warning signs including altered judgment, mood changes, challenges in decision-making, and planning and carrying out projects. When these changes interfere with daily living or stray drastically from the person's normal behavior, it's best to get it checked. The Association offers [10 Early Signs and Symptoms of Alzheimer's](#) to help.
3. **Be proactive in addressing memory and thinking problems:** A [2022 report](#) found that 60% of U.S. adults say they would not see a doctor right away if they were experiencing symptoms of memory loss. However, early detection and diagnosis offer the best opportunity for care, time to plan for the future or participate in clinical trials, and to live a high quality of life as long as possible. There are also new treatments that may slow disease progression for people in the early stage of Alzheimer's, making a timely diagnosis critical.
4. **Help accelerate disease-related research:** Individuals living with Alzheimer's and other dementias, caregivers and healthy volunteers are needed to participate in clinical trials to advance research. Approximately 55,000 volunteers are needed for more than 180 clinical trials. [The Alzheimer's Association's TrialMatch®](#) is a free service that connects individuals with appropriate trials.
5. **Volunteer with the Alzheimer's Association:** Volunteers are the key to making a difference in the lives of people facing Alzheimer's and dementia. Anyone can volunteer to join a network of people who are fighting the devastating disease, honor loved ones, and bring support to those who need it.

During Alzheimer's Brain Awareness Month (ABAM), community members are joining the fight against Alzheimer's and dementia by creating their own events to honor loved ones and support the programs and research of the Alzheimer's Association as part of the Association's The Longest Day activities. Many of these events are open to the public with details on how to attend at bit.ly/TLDEvents.

About Alzheimer's Brain Awareness Month

Established by the Alzheimer's Association in 2014, Alzheimer's & Brain Awareness Month is dedicated to encouraging a global conversation about the brain and Alzheimer's disease and other dementia. The Association encourages supporters to wear purple in June and to create Longest Day events to support families impacted by the disease. Learn more at alz.org/abam.

About the Alzheimer's Association MN – ND Chapter. The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. Visit alz.org/mnnd or call the 24/7 Helpline 800/272-3900 for support.



In Case You Missed It: Use of Pharmacogenomics as a Medication Optimization Strategy | Recording Available

Pharmacogenomic testing is a form of genetic testing that helps predict how an individual will respond to certain medications based on their genetic makeup. It involves analyzing variations in genes that affect drug metabolism, efficacy, and potential adverse reactions.

Access this Webinar recording for a better understanding of how a patient's genetic profile can help healthcare providers tailor medication choices and dosages to optimize effectiveness and minimize the risk of adverse effects. This personalized approach to prescribing medications can improve treatment outcomes, reduce the likelihood of adverse drug reactions, and enhance patient safety.

[Access the Recording](#)

[Access the Presentation](#)

Speaker: Tamara Ruggles, PharmD, BCGP
Specialty Pharmacy Consulting, LLC



Tamara is a Board-Certified Geriatric Pharmacist with over ten years of experience as a consultant pharmacist in the long-term care setting. She is the owner and operator of Specialty Pharmacy Consulting and The Deprescribing Clinic. She is certified in antimicrobial stewardship and pharmacogenomics and has a passion for deprescribing and reducing anticholinergic burden. She and her husband live in Bismarck, ND with their seven children.

[The Confusion with Billing Medicare for Respiratory Vaccines is Real](#)

Billing issues related to COVID-19 vaccines can arise due to various factors, such as insurance coverage, government reimbursement policies, and administrative errors.

The second round of 23-24 updated COVID-19 vaccines are upon us. To try to alleviate issues with billing, CMS has developed a [Skilled Nursing Facility \(SNF\) Fact Sheet: Billing Medicare for Respiratory Vaccines](#) to provide answers to questions regarding vaccine billing for Respiratory Syncytial Virus (RSV) and flu, pneumococcal and COVID-19 vaccines. This document explains how Medicare pays for vaccines administered during a patient's stay in a nursing home.

Vaccine payment depends on the type of vaccine and whether the patient is using their Skilled Nursing Facility (SNF) Part A benefit. This document doesn't cover vaccine payment by Medicare managed care, Medicaid or commercial insurance. Please review for any concerns you may have with billing for the 23-24 Updated Covid-19 vaccine.

CMS updates the price and billing codes for vaccines each year. See [2023-24 Medicare vaccine pricing and codes](#).

Additional Resources:

- [Great Plains QIN Electronic Vaccination Log – Excel File](#)
- [Great Plains QIN Nursing Home Vaccination Change Package](#)

[Sepsis: STOP And TELL Tool | Knowing the Signs of Sepsis Could Save a Life](#)

In North Dakota and South Dakota, sepsis is the #1 admission and readmission diagnosis. With sepsis, time is of the essence. For every hour of delayed treatment, the risk of death increases by between 4 and 9 percent.¹ Experts say that 80 percent of sepsis deaths could be prevented if treated in time.

Our team wanted to develop a tool that could help family members and non-clinical staff; i.e., nutritional services, environmental services and maintenance identify the early signs of sepsis. We created a 'spin off' of the Stop and Watch tool, an early warning tool to prompt staff to be alert for potential changes in condition indicators and offers a simple way to communicate changes to nursing staff.

Access the Sepsis: STOP and TELL tool. If a resident show any of the signs illustrated on the tool, a clinical staff person is to be notified immediately. This is the first step in an early intervention for a person with sepsis. It's important to look for a combination of the warning signs of sepsis. Spotting these symptoms early could prevent the body from entering septic shock and could save a life.



This tool can be placed in a resident room, included in an admission packet, hung at a central location or posted in rooms or on doors. We hope that by educating non-clinical staff and family members and encouraging them to speak up, we can all make a difference in the identification and treatment of sepsis.

[Access the STOP And TELL Tool](#)

1. National Sepsis Alliance

Questions for Our Team?

If you have questions for our team or ideas for news stories, please contact a member of our team. Visit the [Who We Are Page](#) of our Website for all team members. Visit our [Website](#) to learn more.

