



IMPROVE YOUR RESIDENT'S QUALITY OF LIFE THROUGH SLEEP

Thursday, May 16, Noon – 1 p.m.

Purpose

Join us to explore the relationship between sleep and residents' well-being in long-term care settings. Experts will discuss the correlation between improved sleep quality and enhanced quality of life, how improved resident well-being can positively impact your quality metrics, and share actionable strategies to help you improve your resident's sleep. Discover how investing in this fundamental aspect of resident care not only improves individual lives but also propels your community toward excellence in quality metrics and outcomes.

Learning Objectives

- Assess the direct impact of improved sleep quality on residents' cognitive function, emotional well-being, and overall vitality in long-term care settings.
- Identify how improving resident sleep quality can lead to higher quality metrics and ratings, improved compliance, and enhanced overall community performance.
- Apply practical skills to create optimal sleep environments, develop personalized sleep plans, and integrate comprehensive sleep care seamlessly into your operations.

Suggested Audience

Administrators, Nurses, Direct Care Staff, and Health Information Management and Technology Roles in Assisted Living and Nursing Home settings.

Presenters

Allison Rainey, APRN, FNP-BC, Head of Nursing and Clinical Informatics, MatrixCare, Bloomington; and Tammy Muth-Davis, BS, RRT, RPSGT, Clinical Specialist, Commercial Education and Development, ResMed, San Diego, Calif.

Registration Fees

LeadingAge Minnesota Members – \$75
Prospective Members – \$105

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ELIGIBLE
FOR ONE
CLOCK
HOUR

CEUs

This webinar has been designed to meet the CEU approval criteria for the Minnesota Board of Executives for Long Term Services and Supports (MN-BELTSS) and the continuing education approval of the Minnesota Board of Nursing. Participants may also request a general certificate of attendance. CEUs are earned only for the individual registered.

Cut-Off/Cancellation

Registration cut-off date/cancellation deadline is 5 p.m. on May 14, 2024. Cancellations must be made in writing and are subject to a \$25 processing fee. No-shows will be billed the full webinar fee. LeadingAge Minnesota reserves the right to cancel this webinar.

For Further Information

Olivia Scott, Events & Education Coordinator, at oscott@LeadingAgeMN.org or 651.603.3559 for assistance or if your registration has not been confirmed.