

Tuesday, February 8

PRE-CONFERENCE INTENSIVE SESSIONS

SESSION A

Foundations of Quality Improvement Boot Camp

ABOUT THE WORKSHOP

This workshop provides the information, resources, and hands-on application of key quality improvement concepts, approaches, and tools to support and strengthen your quality improvement program.

Having a solid quality improvement program and approach impacts all aspects of your organization from meeting regulatory compliance, reducing costs, and maximizing value-based payments to improving resident satisfaction and care, and staff engagement and retention.

- Acquire the foundational knowledge necessary to effectively apply quality improvement principles and methods to opportunities for improvement in your organization.
- Participate in case studies and exercises to gain a deeper understanding of the concepts so you can apply that knowledge right away.
- Take home resources and tips to strengthen your organization's quality improvement program.

WORKSHOP AGENDA

Creating a Solid Quality Foundation

The 5-Step Quality Improvement Process: Identifying the Problem and Strong Solutions

- ◇ Step 1: Identify Problems/Barriers
 - Prioritization
- ◇ Step 2: Select Specific Problem
 - Identifying Contributing Factors and Root Causes – Deep Dive
 - Identifying Process Gaps (Process Mapping) – Deep Dive
- ◇ Step 3: Brainstorm Solutions
 - Effective Brainstorming
 - Strong Solutions
- ◇ Step 4: Select One Solution
 - Prioritizing Solutions
 - Creating a Project Plan
- ◇ Step 5: Testing Your Solutions
 - PDSA Cycles
 - Implementing Your Plan

Understanding, Sharing, and Using Data to Drive Decision-Making

Applying Your Data Knowledge to Case Studies

Summary and Wrap-Up

3:45 p.m. – 4:45 p.m.

Optional Session: Understanding Nursing Home Specific Measures and Reports

REGISTRATION FEES

LeadingAge Minnesota Members – **\$120** per person
Prospective Members – **\$160** per person
Registration includes lunch, refreshments, and handouts.

SCHEDULE

9:30 a.m.	Registration
10 a.m. – 3:45 p.m.	Program
3:45 – 4:45 p.m.	Optional Session for Care Centers

Presenters

Julie Apold, Vice President of Quality & Performance Excellence, LeadingAge Minnesota, St. Paul; Sandy Delgehausen, Regional Director of Clinical Support/Metrics, Cassia, Eagan; Paula Newinski, RN-BC, NE-BC, Quality Director, Minnesota Department of Veterans Affairs, Minneapolis; and Cyndi Siders, RN, MSN, DFASHRM, CPHRM, CPPS, CWCA, Executive Consultant, Risk Management and Patient Safety, Vaaler, Grand Forks, N.D

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SESSION B

Improving Behavioral Health Care in Older Adult Services

ABOUT THE WORKSHOP

Develop your staff's understanding of behavioral health care and equip them with the tools and knowledge necessary to support persons with mental illness. In the context of the ongoing pandemic, having this understanding is crucial to provide the high-quality care and services your residents need and deserve.

WORKSHOP AGENDA

Overview: The Continuum of Mental Illness in Older Adults/Philosophy of Care

- The continuum of mental illness
- Effective strategies for care and challenging behaviors
- Critical information to gather from referral sources
- How to adopt a philosophy of behavioral health care

Personality and Mood Disorders

- Characteristics of each disorder, common symptoms, how they manifest in behaviors
- Treatment of disorders with or without medications
- How to partner with the individual in their care

Chemical Health Issues Co-Occurring with Depression and Personality Disorders

- Approaches to caring for persons with these conditions
- How to conduct an effective room check for various substances and next steps
- Recovery rates for older adults and helping them be successful

Appropriate Use of Medications for Treating Mental Illness

- How to appropriately treat a mental illness with medication versus therapy or other non-pharmacological approaches
- Questions to ask prescribers
- Best practices for regular and periodic evaluation of behavioral health medications

Presenters

John Brose, PhD, LP, LMFT, LADC, Director, and Justin Miles, Psychiatrist, Associated Clinic of Psychology, Minneapolis

REGISTRATION FEES

LeadingAge Minnesota Members – **\$190** per person
Prospective Members – **\$230** per person
Registration includes lunch, refreshments, and handouts.

SCHEDULE

9:30 a.m. Registration
10 a.m. – 4:45 p.m. Program

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