

# JOINTLY PROVIDED BY



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

FALL SYMPOSIUM &  
ANNUAL MEETING

SATURDAY, NOVEMBER 4, 2023

7:30 a.m. to 3:00 p.m.



**Beechwood Hotel**  
363 Plantation Street  
Worcester, MA 01605

Register NOW at  
<https://gnes-paltec.org/>



GNES PALTC  
THE GREATER NEW ENGLAND  
SOCIETY FOR POST-ACUTE AND  
LONG-TERM CARE MEDICINE

## PROGRAM DESCRIPTION

This program offers care providers in post-acute and long-term care facilities an opportunity to participate in discussions on topics vital to their practice setting, including a panel discussion on dealing with state surveyors, recognizing and dealing with frailty in patients, and psychopharmacological management of behavioral disorders in patients with dementia.

## TARGET AUDIENCE

This program is directed toward medical directors, attending physicians, physician assistants, advance practice nurses, directors of nursing, registered nurses, certified nursing assistants, and other health care professionals practicing in long-term and post-acute care.

## CMD CREDIT STATEMENT

**AMA PRA Category 1 Credits™ (CME) Designation**  
AMDA - The Society for Post-Acute and Long-Term Care Medicine designates this live activity for a maximum of **5.25** AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## ABPLM CMD Credit

This live activity has been pre-approved by the American Board of Post-Acute and Long-Term Care Medicine (ABPLM) for a total of **2.25 management hours and 3 clinical hours** toward certification or recertification as a Certified Medical Director (CMD) in post-acute and long-term care medicine. The CMD program is administered by the ABPLM. Each physician should claim only those hours of credit actually spent on the activity.

## PA/NP Language:

For Physician Assistants and Nurse Practitioners, these credits have been designated as *AMA PRA Category 1 Credits™* by an ACCME accredited organization and are applicable to these certifications.

This activity satisfies the requirements for **1 Pharmacology Hour** for nurse practitioners.

## **EXECUTIVE COMMITTEE 2023-2024**

**PRESIDENT** Mark Ostrem, MD

**VICE PRESIDENT** Vishal Kuchaculla, MD CMD

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## **OUR MISSION**

The Greater New England Society for Post-Acute and Long-Term Care provides education, advocacy, information, and professional development to promote the delivery of quality long term care medicine in Greater New England.

## **ABOUT GNES PALTC**

GNES PALTC is the professional association of medical directors, attending physicians, and others practicing in the long-term care continuum who are dedicated to excellence in patient care.

## **FACULTY**

**Asif Merchant, MD, CMD FACP**

Newton-Wellesley Hospital, Newton, MA

**Ellen Casey, RD, LNHA**

The Greens of Cannondale & Wilton Meadows, Wilton, CT

**Christine Regan, RN**

PACT Primary Care, West Haven, CT

**Eric John Sheehan, JD, ACHE**

Healthcare Strategies

**Erika Zimmons, DO**

UMass Memorial Hospital, Worcester, MA

**Zahra Sheikh, MD, MPH, CMD**

UMass Memorial Hospital, Worcester, MA

**Evan Plys, PhD**

Massachusetts General Hospital, Boston, MA

**Sandra Shi, MD**

Harvard Medical School, Boston, MA

**Lauren Majors, FNP-BC, CARN-AP**

Beth Israel Medical Center, Needham, MA

## **FACULTY DISCLOSURE**

AMDA adheres to ACCME Essential Areas, Standards and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made known at the activity. Speakers are required to openly disclose any limitations of data and/or any discussion of any off-label, experimental, or investigational uses of drugs or devices in their presentations.

## **DISCLAIMER**

The information provided at this CME/CE activity is for continuing education purposes only and is not meant to substitute for the independent medical/clinical judgment of a healthcare provider relative to diagnostic and treatment options of a specific patient's medical condition.

# FALL SYMPOSIUM AGENDA

Saturday, November 4, 2023

7:30 a.m. to 3:00 p.m.

7:30 a.m. Registration, Breakfast, and Exhibits

8:30 a.m. SESSION 1: Panel Discussion: ***Calamity: 'The State Surveyors are Here'- How to Make the Survey a Beneficial Experience for Facility Staff and Leadership***

Moderated by Asif Merchant, MD, CMD

Panelists: Ellen Casey, RD, LHNA, Christine Regan, RN, Eric John Sheehan, JD, ACHE

Learning Objectives:

- Share newly gained knowledge with administration and other personnel involved in the state survey process.
- Apply lessons learned regarding the survey process to increase organizational likelihood that the next state survey will be a more positive learning opportunity fraught with less anxiety.

10:00 a.m. SESSION 2: ***Psychological Needs During Short Rehabilitation Stays: Impact on Staff Wellness, Coping and Readmission Rates***

Presenter: Evan Plys, PhD

Learning Objective:

- Apply new knowledge to initiate a QI project to assess the impact of short-stay admissions on attitudes and performance within your organization.

10:30 a.m. Mid-morning Break and Exhibits

11:00 a.m. SESSION 3: ***Psychopharmacologic Management of Behavioral Disorders in Patients with Dementia***

Presenters: Zahra S. Sheikh, MD, MPH, CMD and Dr. Erika Zimmons, DO

Learning Objectives:

- Identify at least 2 options for the treatment of agitation.
- Implement a QI project within your organization to address agitation in dementia and for which treatments are most effective.
- Develop protocols to address those components of this geriatric syndrome that can be ameliorated.

# FALL SYMPOSIUM AGENDA continued

Saturday, November 4, 2023

7:30 a.m. to 3:00 p.m.

11:30 a.m. SESSION 4: ***Frailty: How to Recognize It and What to Do About It***

Presenter: Sandra Shi, MD, MPH

Learning Objectives:

- Identify individuals in the nursing facility population who have frailty.

12:30 p.m. Lunch and Business Meeting

1:00 p.m. SESSION 5: Small Group Breakout Sessions (covering multiple topics)

Learning Objectives:

- After sharing their concerns and experiences during topic discussions, participants will feel a sense of empowerment upon return to practice.
- Clinicians will be inspired to seek out other practitioners in mutual support of restorative and therapeutic conversations with their peers.

1:45 p.m. Mid-Afternoon Coffee Break

2:00 pm ***Opiates, Substance Use Disorders and Suboxone® Prescribing in Nursing Facilities***

Presenter: Lauren Majors, FNP-BC, CARN-AP

Learning Objectives:

- Apply newly gained knowledge resulting in greater confidence when offering this treatment to appropriate individuals within your facility.
- Employ new knowledge regarding proper application and prescribing of Suboxone®, resulting in increased comfort in accepting individuals on Suboxone within your facility.

3:00 pm Closing Remarks / Meeting Adjourns

# FALL SYMPOSIUM & ANNUAL MEETING 2023

**SATURDAY, NOVEMBER 4, 2023**

## REGISTRATION DETAILS

FEE LEVELS	Member	Nonmember
Physician	\$ 150	\$ 175
Interdisciplinary (Pharmacists, RN's, NP's, PA's)	\$ 100	\$ 125
Students	FREE	FREE
Residents/Fellows	FREE	FREE

## ONLINE REGISTRATION

<https://gnes-paltec.org/>

Online Payment by credit card is preferred.

Payment by check is also welcome. Make your check payable to **GNES-PALTC** and mail to:

GNES-PALTC  
Attn: Gayle Sommer/Administrator  
860 Winter Street  
Waltham, MA 02451

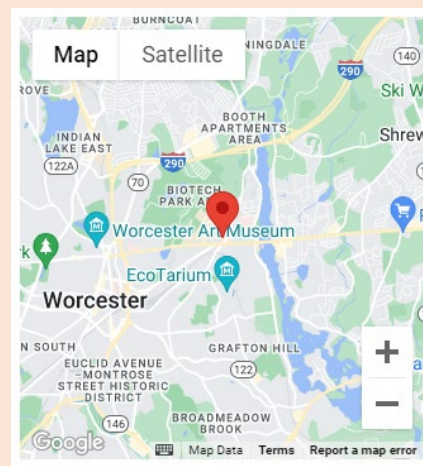
**For questions and further assistance,  
contact Gayle Sommer,  
GNES-PALTC Administrator**

**Phone:  
(781) 434-7731**

**Email:  
[greaternewengland-paltec@mms.org](mailto:greaternewengland-paltec@mms.org)**

## The Beechwood Hotel

Located minutes from downtown Worcester and adjacent to Massachusetts Biotechnology Research Park, the Beechwood Hotel is right in the middle of everything. With 52 well-decorated guestrooms and 21 elegantly appointed suites, the Beechwood is Central Massachusetts' only boutique hotel with a AAA Four-Diamond rating.



To minimize Saturday travel time and/or to spend a fall weekend exploring the local area, the hotel is offering a discounted room rate of \$ 225 per night for Fall Symposium registrants.

**Reservations must be made by October 3, 2023 and by PHONE (508-754-5789) to qualify for the discounted rate.**

Worcester area tourist information available at:  
<https://www.beechwoodhotel.com/area-guide.htm>