



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

WWW.ALMDA.ORG

# ALMDA Mid-Winter Conference wrap-up

Special thanks to ALMDA President Kendra Sheppard, MD, MSPH, CMD for planning an outstanding Mid-Winter Conference in Birmingham. Attendance was strong and we had great support from our vendors:

Allergan Pharmaceuticals  
Astellas Pharma US, Inc.  
Avanir Pharmaceuticals\*  
Boehringer Ingelheim\*  
Eli Lilly and Company  
IPC Healthcare

Janssen Pharmaceuticals  
**Omnicare\***  
OPTUM Care Plus  
Sanofi  
SouthernCare/New Beacon Hospice  
**The Medicines Company\***

ALMDA also thanks the Alabama Nursing Home Association for their sponsorship of the conference and Omnicare for sponsoring breakfast.

\*Confirmed Summer Conference Vendors



*Karen Moore, CRNP, accepts the 2015 ALMDA President's Award on behalf of Boyde J. Harrison, MD. The award was presented by Kendra Sheppard, MD, MSPH, CMD, during the business session at ALMDA's Mid-Winter Conference in Birmingham.*

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**SAVE THE DATE**  
**DATE**  
**July 28-31, 2016**  
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Reserve your room for ALMDA's Annual Conference at the Sandestin Golf and Beach Resort. Visit <https://www.sandestin.com/23C6SJ.aspx> or call (800) 320-8115 with room block 23C6SJ. ALMDA's room block expires June 22, but we expect rooms will sell out!

AMDA - THE SOCIETY FOR POST-ACUTE AND LONG-TERM CARE MEDICINE ANNUAL CONFERENCE

**ORLANDO 2016**

**AMDA Annual Conference: March 17-20**  
*Gaylord Palms Resort & Convention Center, Orlando, Fla.*

Early registration for AMDA's Annual Conference closes on Feb. 26 at 5 p.m. [Register online](#) or [print a registration form](#).

ALMDA will host a reception for Alabama attendees of AMDA's Annual Conference on Friday, March 18, from 6:30-8:00 p.m. in the Daytona 1 Room. For more information, contact ALMDA Executive Director [Jennifer Hayes](#).

## News Briefs

### Heart disease, related risk factors may increase risk of early death in patients with dementia

Diabetes, smoking, coronary heart disease, and congestive heart failure may increase the risk of premature death for hospitalized individuals and nursing home residents with dementia. Men with dementia were also more likely to experience early death compared with their female counterparts.

The findings come from a recent review and meta-analysis of published studies on the effects of heart disease and related risk factors on mortality in individuals diagnosed with dementia. The review included 12 studies with 235,865 participants.

“The findings might be supportive for clinicians, individuals and caregivers concerning advance care planning. On the other hand, these findings also stress the urgent need for randomized controlled trials representing frail elderly individuals to support management in daily practice in those with dementia and cardiovascular diseases or risk factors,” said Dr. Irene van de Vorst, lead

author of the *Journal of the American Geriatrics Society* study.

### Research team calls for new educational initiatives to improve skill and awareness of pressure ulcers

Pressure ulcers can have serious medical consequences, requiring plastic surgery in extreme cases. Also, they pile huge extra costs on the healthcare system. Now research by University of Huddersfield experts has led to a call for nationwide improvements in education so that staff in nursing and care homes can develop the skills and knowledge that are needed to curtail the problem.

The University is home to the Institute of Skin Integrity and Infection Prevention, headed by Dr. Karen Ousey, who is Reader in Advancing Clinical Practice in the School of Human and Health Sciences. She has co-authored a new article in that appears in the *Journal of Wound Care*, entitled ‘Investigating staff knowledge of safeguarding and pressure ulcers in care homes’.

Dr Ousey explained that the project had arisen from a conversation with members of the safeguarding team at a clinical commissioning group. They stated

that they received reports from care and nursing home staff of pressure damage that turned out to have been avoidable with the right precautions; and they also encountered avoidable cases that had gone unreported.

Read more on [EurekAlert!](#)

### Planning for end-of-life and palliative care among African-Americans

A new model developed to examine the relationship between factors that impact how African Americans approach advance care planning (ACP) reveals how little is known about improving ACP in this population and points to new approaches to improve care and quality of life. The model is described in an article published in the special issue “Palliative and End-of-Life Care for African Americans” of *Journal of Palliative Medicine*, a peer-reviewed journal from Mary Ann Liebert, Inc., publishers. The issue is available to download free on the [Journal of Palliative Medicine website](#) until March 8, 2016.

Read more on [EurekAlert!](#)

## Renew your membership to keep ALMDA strong!

Thank you for your membership and continued support of ALMDA – the professional association of physicians, physician assistants, nurses and other professionals practicing in the long-term care continuum.

ALMDA provides opportunities for quality education, stellar networking, and advocacy at the state level. We have extended benefits through AMDA including free webinars, clinical practice guidelines, national advocacy and national networking.

ALMDA welcomes membership from medical directors, attending physicians, nurse practitioners, physician assistants, administrators, directors of nursing and facility staff.

Your support of ALMDA as a member and attendee of our conferences ensures we will remain a strong organization and an effective advocate for our patients.

I encourage you to make plans to join us for our Annual Conference, July 28-31, in Destin, Fla. We expect the resort to sell out, so please make your reservations early by calling (800) 622-1038 with Room Code 23C6SJ or reserve a room online at [www.sandetin.com](http://www.sandetin.com). An agenda and

registration form will be available soon. Check [www.almda.org](http://www.almda.org) for updates.

Sincerely,



Kendra Sheppard, MD, MSPH, CMD

## ALMDA News & Notes

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The Alabama Medical Directors Association (ALMDA) is the professional association of physicians and other professionals practicing in the long-term care continuum and is dedicated to excellence in patient care by providing education, advocacy, information and professional development.

*The articles contained in ALMDA News & Notes are meant to provoke thought and comment and do not necessarily reflect the views and opinions of the members, Executive Council or staff of the Alabama Medical Directors Association. Comments and letters to the editor are welcome.*