

## Colorado Medical Directors Association Monthly Meeting

November 1<sup>st</sup>, 2011

Location – CDPHE: First Floor: Sabin Room

Present: Lee Anneberg, Leslie Eber, Fred Feinsod, Greg Gahm, Jane Garramone, Shannon Gimbel, Kristen Gurney, Alex Jacobs, Christine LaRocca, Alan Miller, William Solomon, Mike Todd, Jodie Walker, Joshua Zucker

By Phone: Roger Bermingham

### 12:00-12:10pm: **Updates and reminders**

1. LTC Advisory Meeting Schedule:

<http://www.cdphe.state.co.us/hf/LTCA/LTCAindex.html> Meeting is today, November 1. May meeting material is now posted.

2. Our website is <http://cmda.us>: hosted by GoDaddy, with the help of our new webmaster, Bobby Kennedy. You can reach him at [Support@CMDA.US](mailto:Support@CMDA.US) (but please let Dr. Anneberg know before you ask Bobby to place something new on the website).

3. MOST Website: <http://www.coloradoadvancedirectives.com>

4. CFMC Drug Safety website: [http://www.cfmc.org/hospital/hospital\\_drug-safety.htm](http://www.cfmc.org/hospital/hospital_drug-safety.htm)

5. CFMC Nursing Home Quality Improvement website: [http://www.cfmc.org/nh/nh\\_index.htm](http://www.cfmc.org/nh/nh_index.htm)

6. CFMC 9th Scope of Work: [http://www.cfmc.org/nh/nh\\_9sow.htm](http://www.cfmc.org/nh/nh_9sow.htm)

### 12:10-1:00pm **Presentations**

1. Health Facilities Update: Jennifer McCants is now Interim Deputy Director. Her contact information is [Jennifer.McCants@state.co.us](mailto:Jennifer.McCants@state.co.us), 303-692-2899. Jane Garramone is now Interim Long Term Care Manager. Jane's phone number is 303-692-2850. Kristy Flodquist and Kim McClain are joining the Complaint Department starting December 1 and will be working out in the field. New surveys are now taking six days total, with team exiting in four to five days. Some traditional surveys are still being done. There are five more positions for LTC surveyors still to be filled.

Alex Jacobs reported from the LTC Advisory Committee meeting held this morning. An update was given on influenza. Lillian Gonzalez, who is in charge of hazardous materials and waste, gave a reminder message that drugs should not be flushed down toilet. Facilities can be penalized up to \$25,000 per episode. Narcotics can be flushed to prevent access. There are companies that will incinerate the drugs. The drugs should not be buried in land fields which can damage marine life.

Kristen Gurney has a handout on hints and tips on how to make the QIS survey go well. Dr. Jacobs has a facility where the QIS survey took only 2 ½ days. The survey process can be expedited by having things ready; work is more efficient and fewer tags are given.

Legal issues are being handled well. Shelley Hitt is handling those. Obama health care act included Elder Justice Act – a special provision for any facility that receives at least \$10,000 in Federal funds. Such facility must report any reasonable suspicion of a crime committed against a resident in the facility. If the crime causes serious bodily harm to a resident, the report must be made within two hours. If there is not serious bodily injury, the report must be made within 24 hours. There is not a good mechanism in place for reporting it. Notify State Dept. and a law enforcement agency; the State should be notified through the complaint line. There can be up to a \$200,000 fine per occurrence for not reporting. Facilities should post a notice with this information in a conspicuous location for staff to be informed. The handout was

shared at the LTC meeting this morning. Jennifer McCants said the information is on the portal and they can put it on the LTC website.

Alan Miller shared that a facility received a tag because the locked medication box was in the refrigerator but not secured in the refrigerator. Box needs to be locked into the refrigerator. Door to the room should not be propped open.

2. Update on Influenza: **Dr. Greg Gahm**

Only three cases of influenza have been confirmed in Colorado. There are reports that two ERs and one internist gave the rapid test. Two patients were told they got the flu from the vaccine. It is way too early in the season to trust the rapid test. It is time to make sure that all staff members are vaccinated. The State Department is considering a new regulation making it mandatory that all nursing home staff be vaccinated starting next year. If they do not receive the vaccination, they will be required to wear a surgical mask during the entire flu season. These masks are not protective. Dr. Gahm is in favor of this proposed regulation. AMDA voted to encourage mandatory vaccinations.

Discussion on Tamiflu; the use is for trying to interrupt the spread. A patient can develop a resistance to Tamiflu. Use of Relenza doesn't develop a resistance. It has a quicker onset. Relenza is not offered often. Alan Miller reminded that you should know your population because it is renally given. Perhaps we need a presentation on getting renal function.

3. AMDA Update: **Dr. Cari Levy** via email

Competencies are being worked on. Futures applications for Fellows are due on November 14. No Fellows were present at the CMDA meeting.

4. Scientific Presentations:

- a. *JAMA Sleep-Disordered Breathing, Hypoxia, and Risk of Mild Cognitive Impairment and Dementia in Older Women*: **Dr. Fred Feinsod**  
(Article was attached to agenda)

Sleep-disordered breathing (characterized by recurrent arousals from sleep and intermittent hypoxemia) is common among older adults. 60% of elders have this. Patients were studied over a five-year period to see what the risk of dementia is in those who have sleep disordered breathing. The patients were women 65 or older. These women were enrolled in a study of osteoporotic fractures population based in four areas of the US. Two of these sites were utilized for the cognitively impaired study. On the eighth visit of the osteoporotic study, the sleep study was initiated. The studies were probably linked together because of the expense of prospective studies. Hypoxia recurrent throughout the night causes increased likelihood of dementia. The conclusion of the study is that among older women, those with sleep-disordered breathing compared with those without sleep-disordered breathing had an increased risk of developing cognitive impairment.

Dr. Don Murphy said this is also used to prevent congestive heart failure. Suggestion that it might delay something matters to people. Sleep medications showed no difference between the two groups.

- b. *JAMDA Efficacy of Oral Extended-Release Oxybutynin in Cognitively Impaired Older Nursing Home Residents with Urge Urinary Incontinence: A Randomized Placebo-Controlled Trial*: **Dr. Lee Anneberg**  
(Article was attached to agenda)

The study failed to show benefit. This article will be in the November issue of JAMDA. The cost of the medication is \$125 per month for brand name, \$100 per

month for generic. 5 mg is the most common dose. The study was four weeks in length. All participants were females over 65 years old. All had UUI. 50 patients were in the study; 24 on placebo, 26 on 5 mg per day. The only significant improvement was some who were able to delay voiding. This low improvement may be because of low dose. The placebo effect is good because people are being given more attention and reminders. Dr. Alex Jacobs mentioned facts show that some groups being studied show that improvements happen before that study even starts because of the attention factor.

Potential Resolution for AMDA meeting. Discussion followed. Tabled for further discussion.

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1:00 – 1:30pm **CMDA Meeting –**

**Plans for 2012 CMDA Conference: Update from Dr. Greg Gahm**

- **Date of Conference is Friday, April 27, 2012**
- Dr. Gahm presented a draft agenda and will soon send it out
- Speakers: Could we get the OIG or a representative to talk about regulation of narcotics in LTC?
- Possible topic: Introduction to ICD 10 – Speaker to be determined;
- Talk about placebos during Clinical; Nonpharmacologic Behavior Management Strategies
- Jennifer McCants will present the COPHE update

**Dr. Gahm shared that Dr. Karyn Leible is moving to Rochester, NY. She will come back in April to be a part of the CMDA conference.**

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**Next CMDA Meeting: first Tuesday, at noon, December 6<sup>th</sup>, 2011**