

# Best Pearls from the Day

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## Best Pearls from the Day

Caring for the Caregivers.....

- a. Solve the basics: supplies, scheduling, pay equity
- b. Make it a person-driven environment
- c. Listen to the whole person

Workforce innovative solutions can look like....

- a. Career ladder based on training and experience
- b. Meaningful engagement in care planning
- c. Value time spent at the bedside
- d. Tie pay to length of employment and merit

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## Best Pearls from the Day



CMS is requiring 20% of all nursing homes receive a stand alone infection control survey between **October 2021 and the end of September 2022.**

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**Best Pearls from the Day**



When communicating with someone with dementia, never demand. ASK.

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**Best Pearls from the Day**



*Things to avoid at the end of life*

- Finger sticks and labs
- Continuing medications that are no longer beneficial
- Showing alarm about weight loss when it is expected (document this!)
- Sending the person to the hospital for behaviors
- Using antipsychotics when pain medication might be more effective/necessary
- Using sleeping pills when the resident prefers to sleep intermittently, not necessarily at night



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**Best Pearls from the Day**



Warfarin is the most common drug involved in **error** in 2012. The most litigious medication in long term care

**For non-hospitalized patients with COVID-19, anticoagulants and antiplatelet therapy should not be initiated for prevention of venous thromboembolism (VTE) or arterial thrombosis unless there are other indications**

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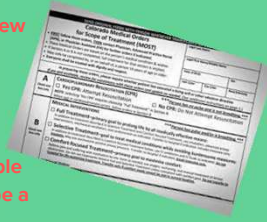
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### Best Pearls from the Day

The Colorado MOST form is portable; a new one is not needed upon admission to a nursing facility if a patient's preferences remain unchanged.

Photocopies of MOST forms are acceptable and completion of a MOST form cannot be a mandatory requirement for admission.



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### Best Pearls from the Day

Common Post-Acute Sequelae of SARS-CoV-2 infection (PASC) include:



Fatigue 58%



Headache 44%



Attention Disorder 27%

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### Best Pearls from the Day

#### Dr. Watson's TOP TEN:

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| 1. Each human has a unique story.                          | 6. Social isolation can be deadly.   |
| 2. Dignified care is what happens when no one is watching. | 7. Purpose drives happiness.   |
| 3. Tone of voice and body language matter more than words. | 8. Less is more on medications and medical care.                                     |
| 4. Turning down sensory input solves many problems.        | 9. End of life is a sacred time, and a good death is possible.                       |
| 5. Take nothing personally.                                | 10. Best care is grounded in compassionate presence. Without it, nothing else works. |

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**Best Pearls from the Day**



With regards to diabetes, consider newer medications such as SGLT-2s and GLP-1s as well as continuous glucose monitoring to reduce risk of hypoglycemia and improve outcomes

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**Best Pearls from the Day**

The most important question a person with a personality disorder wants to know is:



**Will you be there for me?**

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**SAVE THE DATE CMDA 2023!**

**APRIL 28, 2023**



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

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This is the most important takeaway that everyone has to remember.

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What you do is important and makes a difference. Thank you.

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