



Missouri League  
for Nursing

# Missouri League for Nursing

Caring | Integrity | Diversity | Excellence

## Calendar of Continuing Education

for

## Health Care Professionals

## January - June 2015

*\*CEs Approved for NHAs*



**LIFELONG**  
LEARNING

604 Dix Road

Jefferson City, MO 65109

573-635-5355 | 573-635-7908 f

[www.mlnmonursing.org](http://www.mlnmonursing.org)

## Table of Contents

|  |       |
|--|-------|
| Culture Change: Is Wellness Defined by Culture Change .....                        | 3     |
| Decreasing Fall Risk: Whose Job Is It Anyway? .....                                | 4     |
| Diabetes and Wound Care .....  | 5     |
| Got Feet? Improving Outcomes with Best Practices in Foot Care .....                | 6     |
| Herbal Medicine: Facts and Folklore.....   | 7     |
| Hospice: Care Planning for Patient and Family.....                                 | 8     |
| Intimacy & Sexuality for People Living with Alzheimer’s Disease: A New World ..... | 9     |
| Lawsuits and State Deficiencies: How to Avoid Them .....                           | 10    |
| Mental Health: Special Population .....  | 11    |
| Stabilizing Your Staff .....   | 12    |
| TLC: Teamwork, Leadership, and Communication .....                                 | 13    |
| SpringFest (12 hours/2 days) .....   | 14-18 |
| Geographical Listing of CE Offerings.....  | 19-20 |
| CE Approval Information.....   | 21    |
| Save the Date Reminder .....   | 21    |
| Registration Information.....  | 22    |
| Registration Form and Membership Application.....                                  | 23    |
| Web-Based Learning .....   | 24-27 |
| Web-Based Learning Registration Form .....   | 28    |

## Meeting Your Learning Needs

This **Continuing Education Guide** will assist you with planning your educational needs from January through June 2015.

Features include:

- One-day workshop topics that focus on hot topics and best practices in health care. Approved for clock hours and offered at **multiple sites** across Missouri.
- SpringFest provides 12 hours of CE requirement in two-days
- CE approval information and location details.
- Save the Dates reminders
- Geographical listing

### **Member Benefits**

- Continuing education at reduced rates
- Non-CE rates for one-day workshops
- Reduced tuition rates to Chamberlain College of Nursing
- Web-based learning courses at reduced rate
- Opportunities for participation in regional, state, and national health care issues
- Newsletters and bulletins
- Personal growth and life-long learning
- CE attendance recorded for six years
- Group legal service program, employment or labor related issues through Lowenbaum Partnership

## Culture Change: Is Wellness Defined by Culture Change

5 hours/\* 4 hours

Target Audience: NHA (Patient Care hours), RN, LPN, AD, CCM, DM, OT, PT, RD/DTR, SW

**Purpose:** To increase awareness of the value of wellness within the culture change principals and leave the workshop with an action plan to optimize wellness for those living in your long-term care home.

### Objectives:

1. Evaluate wellness within the culture change principals.
2. Discover the seven domains of wellness.
3. Identify who is in charge of a resident's wellness.
4. Develop a plan for improved wellness for residents.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

### What is Wellness

Define Wellness

Learning Circle: Illness in Long-Term Care

Do the Principals of Culture Change Support a Resident's Wellness

Medical Model vs. Person-Centered Care Model

### Seven Domains of Wellness

Identify each Domain

Examples, Barriers, How Domains are Interrelated

### That is Not my Job

Role of Staff in Wellness

Four Tools for Discovering Resident's Desire for Wellness

Transfer Resident Needs and Desires to "I" Care Plans

Risk vs. Benefits of Wellness

### Take Action

Wellness in Your Home, Outcomes for Optimal Health in Long-Term Care

Measurement of Success

**Speaker: Beth Busseau, BA**, Ombudsman Director, Central Missouri Area Agency on Aging, Columbia, Missouri. Beth advocates residents' rights for those living in LTC. With nineteen counties and over 150 facilities in Region 6, there is great responsibility and even greater reward to cheer on the facilities as they travel the culture change road with milestone accomplishments along the way. Beth serves on the board of MC5 (Missouri Coalition Celebrating Care Continuum Change).

### Dates & Sites:

**March 17** **Cape Girardeau**, Cape Girardeau Career & Technology Center, Room 110, 1080 South Silver Springs Rd (Take exit #95 off I-55 onto Hwy 74, turn right at first stop light onto Mt. Auburd Rd, turn right on Silver Springs Rd)

**March 18** **St. Louis**, Cardinal Ritter Senior Services on the Cardinal Carberry Campus, Mother of Perpetual Help Bldg, Lally Room, 7601 Watson Rd

**\*April 23** **Kansas City**, Holiday Inn Express & Suites Independence, 19901 E Valley View Parkway

**May 27** **Rolla**, Phelps County Regional Medical Center, Private Dining Room 1, 1000 W 10<sup>th</sup> St

\* Date above will be 4 hours of content incorporated into the SpringFest Workshop. See pages 14-18 for more details.

## Decreasing Fall Risk: Whose Job is it Anyway?

5 hours

Target Audience: NHA (Patient Care hours), RN, LPN, AD, DM, CCM, OT, PT, RD/DTR, SW

**Purpose:** To identify at risk residents for falls and identify evidence based options to help decrease fall risk. Approaches will include the role of exercise, environmental modification, and cognitive compensation to help reduce the risk of falls and reduce the risk of injury from falls in the long-term setting.

### Objectives:

1. Implement assessments used to identify residents at risk for falls.
2. Design exercise-based activity programs.
3. Identify residents that could benefit from therapy services to reduce fall risk.
4. Assess the environment in order to improve safety and reduce fall risk and understand the impact of cognitive and behavioral deficits on fall risk.
5. Identify the role of team members in reducing fall risk.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

Fall Statistics in Missouri

Identification of the At-Risk Resident and Assessment of Fall Risk

Role of Exercise in a Fall Reduction Program

    Exercise Groups / Activity Programs

    Role of Physical and Occupational Therapy

Environmental Modification to Improve Safety

Cognitive Deficits and Cognitive Compensations Related to Fall Risks

Interdisciplinary Approach to Reducing Fall Risk

Group Case Study

**Speaker: Cindy Kempf, MA,OTR.L,** Director of Clinical Services, RPI Therapy Services, and Adjunct Instructor, St. Louis University, Occupational Science and Occupational Therapy Department, St. Louis, Missouri. Cindy worked for more than 34 years as an occupational therapist working with the older adult. She has worked with the geriatric population in the acute setting, long-term care, and home health setting. She has presented on a local, state, and national level on topics including Reducing Fall Risk, Dementia Friendly Care, Positioning, and Restraint Reduction.

### Dates & Sites:

**February 19**    **St. Louis,** Friendship Village Chesterfield, Trilim Theater, 15201 Olive Blvd

**April 22**        **Sikeston,** Health Systems Inc., 1220 N Main

**April 28**        **Hannibal,** Pleasant View Assisted Living, Multipurpose Room, 641 Euclid

## Diabetes and Wound Care

5 hours

Target Audience: NHA (Patient Care hours), RN, LPN, CCM, DM, RD/DTR, SW

**Purpose:** To provide the participant with knowledge about the diabetic patient with lower extremity wounds and ways to manage lower extremity diabetic wounds for optimal healing outcomes.

### Objectives:

1. Discuss wound assessment, documentation, and corresponding interventions for optimal wound healing with a diabetic ulcer.
2. Describe signs and symptoms of wound infection in a diabetic patient.
3. Review peripheral vascular disease and the diabetic patient.
4. Contrast different methods of offloading pressure for patients with diabetic foot ulcers.
5. Review neuropathy and pain management.
6. Discuss some common wound care modalities and ways to assess efficacy.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

### Wound Assessment and Documentation

Wound Assessment

Medicare Guidelines for Documentation

Interventions for Wound Healing of a Diabetic Foot Wound

### Infection and Diabetes

Signs and Symptoms

Biofilm: What it is and how to Manage

### Peripheral Vascular Disease and the Diabetic

### Offloading the Wound

Different ways to Offload, Shoe and Orthotics

### Neuropathy and Pain Management

Neuropathy and its Effects on a Diabetic Patient

Topical and Systemic Management of Pain in the Diabetic Patient

Alternative Methods of Managing Pain

### Common Wound Care Modalities

Negative Pressure

Bioengineered Skin Substitutes, Collagens

**Speaker:** **Janette Dietzler-Otte MSN, RN, CWS, COCN**, Wound Treatment Center Manager, St. Anthony's Medical Center, St. Louis, Missouri. Janette has 28 years' experience as a nurse in a variety of settings including medical surgical nursing, home health, case management, inpatient, and outpatient wound care. She has been instrumental in developing and managing both inpatient and outpatient wound programs. Janette has presented multiple case studies and presentations at national and international conference and is published in the area of specialty.

### Dates & Sites:

**March 20** **Jefferson City**, Missouri League for Nursing, 604 Dix Road

**April 3** **Park Hills**, Mineral Area College, North College Center, Classroom C, 5270 Flat River Rd (Park in student lots F or G)

**May 22** **St. Louis**, Cardinal Ritter Senior Services on the Cardinal Carberry Campus, Mother of Perpetual Help Bldg, Lally Room, 7601 Watson Rd

**May 29** **Springfield**, The Neighborhoods at Quail Creek, Ozark Room, 1514 W Lark St

## Got Feet? Improving Outcomes with Best Practices in Foot Care

5 hours

Target Audience: NHA (Patient Care hours), RN, LPN, CCM, DM, OT, PT, RD/DTR

**Purpose:** To explore key components of a comprehensive nursing foot care program for the prevention of hazards and improved sense of well-being in LTC facilities.

### Objectives:

1. Gain an appreciation for foot-related hazards associated with elderly patient with comorbid medical conditions.
2. Examine common foot problems in the elderly and in the high-risk foot.
3. Explore the relationship of foot care, footwear and falls.
4. Outline the steps of a comprehensive foot assessment for all levels of nursing.
5. Define the high-risk foot and risk category assessment form.
6. Investigate modalities which improve the resident's sense of well-being related to foot care.
7. Examine professional nail trimming steps utilized by foot care nurses.
8. Review benefits of increased strength and range of motion of the foot and ankle, and demonstrate 5 effective exercises.
9. Discuss the components of a comprehensive nursing foot care training program within the LTC facility.

**Program:** Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.

Foot-Related Hazards Associated with the Elderly with Comorbid Medical Conditions

Effects of Aging

Effects of Diabetes, Peripheral Artery Disease, Peripheral Neuropathy, Renal Disease/Dialysis, Neuromuscular Disorders, Chronic Venous Insufficiency

Infection, Ulceration, Falls

Foot Care Related Problems

Footwear and Falls

Impact of Neglected Foot Care

Comprehensive Foot Assessment

Skin and Nails, Structure, Sensory, Circulation

High-risk Foot and Risk Category Assessment Form

Modalities which improve sense of Well-Being

The Power of Touch, Foot Care as a Self-Care Need, Brief Massage and Brain Chemistries, Dementia Literature  
Proper way to Cut and File a Toenail

Strength and Range of Motion

Foot Care Training Program

Staff Training, Nursing Foot Care Assessment- Levels I-III, Documentation, Referrals and Follow-Up  
Effective Programs to Improve Patient Well-Being

**Speaker:** **Kim Phillips, BSN, MSN, CFCN**, Nurse's Touch: Foot and Nail Care Service, Columbia, Missouri. Kim has practiced in nursing for over 25 years, and has provided foot care for several hundred patients in her private practice. Nationally certified by the Wound Ostomy Continence Nursing Society as a Foot Care Nurse

### Dates & Sites:

**January 30** **Jefferson City**, Missouri League for Nursing, 604 Dix Rd

**February 13** **Kansas City**, Kingswood Senior Living Community, 10000 Wornall Rd, Somerset Room

**February 20** **Cape Girardeau**, Chateau Girardeau, Event Room, 3120 Independence St

**April 3** **St. Louis**, Friendship Village Chesterfield, Trilim Theater, 15201 Olive Blvd

## Herbal Medicine: Facts and Folklore

5 hours

Target Audience: NHA (Patient Care hours), RN, LPN, AD, CCM, DM, RD/DTR, SW

**Purpose:** To provide knowledge of common herbal supplements, their use, contraindication, and interactions.

### Objectives:

1. Discuss the history of herbal medicine.
2. Identify commonly used herbal supplements.
3. Describe the purpose and use of herbs.
4. Recognize pharmacological/herbal interactions
5. Distinguish between fact, fiction, and folklore.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

The History of Herbal Medicine

Past, Present, Future

Pictures and Samples of Herbs

Commonly Used Herbal Supplements

Identify Herbs, Origin of Herbs, Use of Herbs

Side Effects of Herbal Supplements

Contraindications and Interactions

Interpret Labels of Herbal Supplements

Pharmacological/Herb Interactions

Instruct Side Effects and Interactions

Herbal Supplements Fact, Fiction, and Folklore

How Society Accepts and/or Declines Herbal Use

**Speaker:** **Becky Duwe, BSN, RN, CNLCP, CM**, Owner, Collaborative Medical-Legal Consulting, LLC ; Owner, Absolute Essentials, Mt. Vernon, Missouri. Becky is active in the field and has been studying herbal medicine since 1976. She has developed four essential oil blends for medicinal use.

### Dates & Sites:

**March 19** **Springfield**, The Neighborhoods at Quail Creek, Ozark Room, 1514 W Lark St

**March 25** **Columbia**, Primaris, Room A/B, 200 N Keene St

**March 26** **Kansas City**, Truman Medical Center Lakewood, Truman Room, 7900 Lee's Summit Rd

**March 30** **Poplar Bluff**, Holiday Inn, 2781 N Westwood Blvd

**April 1** **Macon**, Loch Haven Nursing Home, Activity Room, 701 Sunset Hills Dr

## Hospice: Care Planning for Patient and Family

5 hours

Target Audience: NHA (Patient Care hours), RN, LPN, CCM, SW

**Purpose:** To provide health care professionals working with hospice patients to develop knowledge and skills for care planning specific to clients using hospice.

### Objectives:

1. Develop an understanding of the history of hospice.
2. Distinguish the difference between palliative care, comfort care and DNR.
3. Determine methods for building a successful care plan for both the patient and the family.
4. Discuss care planning using NANDA diagnosis.
5. Discuss care planning using a medical diagnosis.
6. Identify when a life care plan is needed.
7. Develop care plans.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

### Definition and History of Hospice

- Hospice, Palliative Care, Comfort Care and DNR Care
- History of Hospice
- Origin to Present Day

### Care Planning for the Hospice Patient & Family

- Purpose of the Care Plan
  - Individualized According to Needs
  - Coordination of Care
  - Continuity of Care
- Types of Care Plans
  - Patient Based and/or Family Based Plans
  - NANDA Nursing Diagnosis Based Plans
  - Physician Diagnosis Based Plans
  - Life Care Plans'

### Develop & Evaluate Care Plans & Scenario's

- Scenario's to Develop and Evaluate Care Plans

**Speaker:** **Becky Duwe, BSN, RN, CNLCP, CM**, Owner, Collaborative Medical-Legal Consulting, LLC ; Owner, Absolute Essentials, Mt. Vernon, Missouri. Becky is active in the field and has been studying herbal medicine since 1976. She has developed four essential oil blends for medicinal use.

### Dates & Sites:

|                |   |
|----------------|---|
| <b>May 6</b>   | <b>Cape Girardeau</b> , Chateau Girardeau, Event Room, 3120 Independence St             |
| <b>May 7</b>   | <b>St. Louis</b> , Friendship Village Chesterfield, Trilim Theater, 15201 Olive Blvd    |
| <b>May 8</b>   | <b>Macon</b> , Loch Haven Nursing Home, Activity Room, 701 Sunset Hills Dr              |
| <b>May 12</b>  | <b>Springfield</b> , The Neighborhoods at Quail Creek, Ozark Room, 1514 W Lark St       |
| <b>June 23</b> | <b>Columbia</b> , Primaris, Room A/B, 200 N Keene St                                    |
| <b>June 24</b> | <b>Kansas City</b> , Kingswood Senior Living Community, 10000 Wornall Rd, Somerset Room |



## Intimacy & Sexuality for People Living with Alzheimer's Disease: A New World

5 hours

Target Audience: NHA (Patient Care hours), RN, LPN, CCM, SW

**Purpose:** Participants will gain a better understanding of resident's rights for those who have dementia and recognize the difference between normal displays of intimacy needs and hypersexuality. Guidance on how to have conversations with family members dealing with these challenges will also be discussed. Statistics will be provided on the increasing percentage of older adults with HIV.

### Objectives:

1. Identify personal beliefs about intimacy and sexuality.
2. Recognize how one's beliefs may influence decisions about proper conduct of the individual in their care.
3. Differentiate between intimate and sexual expression.
4. Define hypersexuality.
5. List non-pharmaceutical and pharmaceutical approaches to diminish/eliminate inappropriate related behavior.
6. Discuss approach options to communicate with and educate family members about resident's right to intimacy.
7. Recognize the statistics related to the increased incidence of HIV in older adults and discuss the challenges this poses in long-term care.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

SAID Survey; What Does it Mean

Development of our Beliefs, Do our Beliefs Change as we Age, How do our Beliefs Affect the way we Choose to Provide Care to Elders with Dementia, Challenges Staff Face "In Silence"

Expressions of Intimacy and Sexuality

Resident's Rights, Appropriate Expressions, Challenges Resulting from Problems with Cognition

Individual's Rights of Expression vs. Rights of the Other Elders Living in the Community, and Guests

Actions and Responses Role in Creating and/or Exacerbating the Situation

Hypersexuality: What can be Done

What is it and how is it Different from Normal Expressions of Intimacy and Sexuality

Non-pharmaceutical and Pharmaceutical Approaches

Are there Medications that Work

Avoiding Difficult Challenges with Family Members

"The Love Triangle," Changing Role of the Family Member

Avoiding Difficult Challenges with Family Members

Communication Techniques

HIV and the Older Adult: Changes and Challenges

**Speaker:** **Zoe Dearing, BME, MT**, Consultant and Professional Educator, Alzheimer's Association St. Louis Chapter, St. Louis, Missouri. Zoe has worked with people with Alzheimer's Disease and other dementias since 1977

### Dates & Sites:

- |                   |   |
|-------------------|---|
| <b>February 5</b> | <b>St. Louis</b> , Cardinal Ritter Senior Services on the Cardinal Carberry Campus, Mother of Perpetual Help Bldg, Lally Room, 7601 Watson Rd |
| <b>March 19</b>   | <b>Kirkville</b> , Kirkville Area Technical Center, PN Classroom, 1103 S Cottage Grove Ave  |
| <b>April 30</b>   | <b>Rolla</b> , Phelps County Regional Medical Center, Private Dining Room 1, 1000 W 10 <sup>th</sup> St                                       |
| <b>May 19</b>     | <b>Kansas City</b> , Truman Medical Center Lakewood, Truman Room, 7900 Lee's Summit Rd  |
| <b>May 20</b>     | <b>Columbia</b> , Primaris, Room A/B, 200 N Keene St  |

## Lawsuits and State Deficiencies: How to Avoid Them

5 hours

Target Audience: NHA (Administrative hours), RN, LPN, AD, CCM, SW

**Purpose:** To educate health care professionals on how to avoid law suits related to state deficiencies.

### Objectives:

1. Identify the most frequently cited tags.
2. Analyze what the most cited tags mean.
3. Discuss the most cited deficiencies for life safety codes.
4. Explain ways to prevent deficiencies.
5. Supervision of staff to insure the rules are followed.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

Most Cited Tags for Health and What They Mean

F281 Services Provided not Meeting Professional Standards

F441 Infection Control, F371 Sanitary Conditions: Food Preparation and Service

F323 Free of Accident Hazards/Supervision/Devices, F253 Housekeeping and Maintenance Services

F431 Drug Records, Label/Store Drugs and Biological, F329 Drug Regimen is Free From Unnecessary Drugs

F287 Encoding/Transmitting Resident Assessment, F280 Right to Participate Planning Care

Most Cited Deficiencies Life Safety Code

K62 Sprinkler System Maintenance

K29 Hazardous Area: Separation

K25 Smoke Partition Construction, K38 Exit Access

K66 Smoking Requirements, K147 Electrical Wiring and Equipment

K50 Fire Drills, K56 Sprinkler Systems, K18 Corridor Doors

Prevention

Documentation, Follow Policy of Facility, Follow Professional Standards

Education

Department Heads: Take Ownership, Nursing Staff: Empowering/Ownership, Nurse Aides: Empowering

QAPI, Pros and Cons of QAPI

Supervision

Home Office, Regional Nurse Consultant/QA Nurse, Mock Surveys

Clinical Application

Group Activity

**Speaker:** **Lisa Sievers, BSN, RN**, CEO and Founder, Lisa Sievers & Associates, LLC, Jackson, Missouri. Lisa is a Certified Legal Nurse Consultant with 22 years of nursing experience. She works with attorneys to screen cases for merit. Her professional opinion is based on the most current nursing research and evidence-based nursing practice.

### Dates & Sites:

**January 21** **St. Louis**, Friendship Village Chesterfield, Trilim Theater, 15201 Olive Blvd

**January 22** **Poplar Bluff**, Holiday Inn, 2781 N Westwood Blvd

**February 18** **Park Hills**, Mineral Area College, North College Center, Classroom C, 5270 Flat River Rd (Park in student lots F or G)

**June 24** **Springfield**, The Neighborhoods at Quail Creek, Ozark Room, 1514 W Lark St

## Mental Health: Special Populations

5 hours/\* 6 hours

Target Audience: NHA (Patient Care hours), RN, LPN, AD, CCM, SW

**Purpose:** To address special groups with mental health issues such as the deaf population, developmentally disabled, veterans, and forensic-mentally ill individuals. Care and treatment will be evaluated.

### Objectives:

1. Define deaf culture, distinguishing between the culture and mental illness.
2. Identify developmental disabilities and mental health issues.
3. Recognize the hyper-stigmatization of mental illness in the military.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

### Deaf Culture

- Outline Core Tenets and its History
- Stigmatization
- Attitudes of Health Care Workers
- Accurately Diagnosing and Treatment

### Disabilities and Mental Illness

- Behaviors and Factors that Contribute to Mental Health Problems
- High Risk for Injury
- Need for Support and Treatment

### Mental Illness in the Military

- Image of a Hero vs Images of War
- Impact of PTSD and Treatment
- Mental Health First Aid

**Speaker: Gwen Boyd, MA, MSN, BC,** Nurse Educator, Missouri Department of Mental Health, St. Louis, Missouri.

Ms. Boyd is a board certified psychiatric-mental health nurse currently employed as a nurse educator for the Missouri Department of Mental Health. As a long term employee for the State of Missouri, her past years of service include a rich career as a nursing home surveyor and complaint investigator.

### Dates & Sites:

- \* **May 27**      **St. Louis**, Hampton Inn and Suites – Chesterfield, #5 McBride and Son Center Dr
- June 2**      **Kansas City**, North Kansas City Hospital, North Oak Room, 2800 Clay Edwards Dr, park in the visitors lot; Entrance #1.
- \* **June 4**      **Columbia**, Courtyard by Marriott, 3301 LeMone Industrial Blvd

\*Dates above will be 6 hours of content incorporated in the SpringFest Workshop. See pages 14-18 for more details.

## Stabilizing Your Staff

5 hours

Target Audience: NHA (Administrative hours), RN, LPN, AD, CCM, SW

**Purpose:** To look at staffing in a new way by focusing on picking the right staff, training, accountability, objective management, and emotional control. Get control on staffing before it controls you.

### Objectives:

1. Select the right person for the right position.
2. Discuss how to perform an effective interview.
3. Explain how training plays a role in retaining your staff.
4. Analyze ways to hold your staff accountable for their actions.
5. Access ways to make the hard decisions.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

How to Select the Right Person for the Job

Recruitment

Be Competitive Based with Other Organizations

Perform an Effective Interview

Interview Tips

360 Interview

Selecting the Right Person from the Interview Process

Topics you can't Ask in an Interview

Staff Training

Start off on the Right Foot with an Effective Orientation

Keep Staff Growing and Engaged

Promote Lifelong Learning

Reward Your Staff

Group Discussion of Ideas

Staff Accountability

Set Your Standards Clear

Attendance, Attitude

Perception of Fairness

Management Style

Communicate Effectively Without Losing Control

**Speaker: Veronica Drew, RN**, Director of Nursing, Oak Tree Villas, Jefferson City, Missouri. Veronica has worked in Long Term Care for 17 years, 13 serving as Director of Nursing, and has had experience as a MDS coordinator, Charge Nurse, and Certified Nurse Assistant. She has worked in a Hospital Based Skilled Nursing Facility, free standing facilities, and also in the hospital setting. Veronica has worked to get a facility lifted from the Special Focus list, and contracted with facilities to assist with survey preparedness.

### Dates & Sites:

**February 18** **Columbia**, Primaris, Room A/B, 200 N Keene St

**March 10** **Kansas City**, North Kansas City Hospital, Lewis and Clark Room, 2800 Clay Edwards Dr, park in the visitors lot; Entrance #1.

**June 9** **St. Louis**, St. Anthony's Hyland Education and Training Center, Auditorium, 10020 Kennerly Rd

## TLC: Teamwork, Leadership, and Communication

5 hours

Target Audience: NHA (Administrative hours), RN, LPN, AD, CCM, DM, RD/DTR, SW

**Purpose:** To educate health care professionals on improving teamwork, leadership, and communication skills which will lead to improved resident care.

### Objectives:

1. Recognize the difference between teamwork and awesome teamwork.
2. Use the 5 dysfunctions of “a team” information to improve your team.
3. Recognize the difference between a leader and a boss.
4. Differentiate between dyad leadership and transformational leadership.
5. Identify qualities of an effective leader.
6. Recognize the importance of effective communication needed for staff and elders.
7. Examine generational differences and how they can influence effective communication.
8. Distinguish how the 10 blocks to listening affect communication.
9. Identify your personal style and how it may affect your communication with others.

**Program:** *Registration 8:30 a.m., Program 9 a.m. – 3:30 p.m., Lunch 12 – 1 p.m.*

Teamwork: What is It

Teamwork and Awesome Teamwork

Five Dysfunctions of a Team

Trust, Conflict, Commitment, Accountability, Results

Leadership: What is It

Leader vs. Boss

Dyad and Transformational Leadership

Dancing Leadership and the First Follower

Communication: What is It

Written and Spoken Miscommunication

Appreciative Inquiry

Body Language and Paraphrases, Effective Communication

Generational Differences that Affect Communication

10 Listening Blocks, Personal Self-Awareness

**Speakers:** **Dave Walker, BSE, LNHA**, Long-Term Care Coach, Sinclair School of Nursing. Dave has over 44 years of long-term care experience and has been a practicing licensed administrator in Missouri for over 32 years. He has a proven track record of survey compliance, operations and financial accountability, relationship building, leadership ability, and implementation of Culture Change. **Nicky Martin, BS, LNHA**, Long-Term Care Coach, Sinclair School of Nursing. Nicky has over 18 years of experience in the long-term care industry. She began her career as a business office manager in a 60-bed skilled nursing facility in 1996. Promoted to administrator in 2001, Nicky has been active with all departments and has experience with operational management, budget analysis and accountability, Medicare/Medicaid billing procedures, facility projects and improvements, and team building.

### Dates & Sites:

**February 24** **Kansas City**, Truman Medical Center Lakewood, Truman Room, 7900 Lee’s Summit Rd

**February 25** **Chillicothe**, Days Inn, 606 W Business Hwy 36

**June 17** **Cape Girardeau**, Chateau Girardeau, Event Room, 3120 Independence St

**June 18** **St. Louis**, Friendship Village Chesterfield, Trilim Theater, 15201 Olive Blvd

## SpringFest

### 12 hours/2 days

**Target Audience:** NHA,RN, LPN, AD, CCM, DM, OT, PT, RD/DTR, SW

**April 23 – 24:** **Kansas City**, Holiday Inn Express & Suites Independence, 19901 E Valley View Parkway

**May 27 – 28:** **St. Louis**, Hampton Inn and Suites – Chesterfield, #5 McBride and Son Center Dr

**June 4 – 5:** **Columbia**, Courtyard by Marriott, 3301 LeMone Industrial Blvd

### DAY 1(Kansas Qty)

7:30 a.m. Registration, Program 8 a.m. – 12:15 p.m., Lunch 12:15 -1:15

4 hours: NHA (Patient Care hours)

### **Culture Change: Is Wellness Defined by Culture Change**

*Additional dates/sites can be found on page 4.*

**Purpose:** To increase awareness of the value of Wellness within the Culture Change Principals and leave the workshop with an action plan to optimize wellness for those living in your long-term care home.

### **Objectives:**

1. Evaluate wellness within the culture change principals.
2. Discover the seven domains of wellness.
3. Identify who is in charge of a resident's wellness.
4. Develop a plan for improved wellness for residents.

### **Program:**

What is Wellness

Define Wellness, Learning Circle: Illness in Long-Term Care

Do the Principals of Culture Change Support a Resident's Wellness

Medical Model vs. Person-Centered Care Model

Seven Domains of Wellness

Identify each Domain

Examples, Barriers, How Domains are Interrelated

That is Not my Job

Role of Staff in Wellness, Four Tools for Discovering Resident's Desire for Wellness

Transfer Resident Needs and Desires to "I" Care Plans, Risk vs. Benefits of Wellness

Take Action

Wellness in Your Home, Outcomes for Optimal Health in Long-Term Care, Measurement of Success

**Speaker: Beth Busseau, BA**, Ombudsman Director, Central Missouri Area Agency on Aging, Columbia, Missouri. Beth is an advocate for persons living in long-term care communities. She has the opportunity to encourage that resident rights for each person are upheld through respect and dignity. With nineteen counties and over 150 facilities in Region 6, there is great responsibility and even greater reward to cheer on the facilities as they travel the culture change road with milestone accomplishments along the way. Beth serves on the board of MC5 (Missouri Coalition Celebrating Care Continuum Change).

**Bringing SNF Reimbursement Full Circle:** 1:15 – 4:30 p.m., 3 hours: NHA (Administrative hours)

**Purpose:** To provide strategies for those issues that most impact SNF Reimbursement including common reimbursement pitfalls and offer practical tips for how to better oversee these things in your organization. The impact clinicians have on reimbursement, the monthly revenue cycle, and practical tools for understanding consolidated billing responsibilities will also be discussed.

**Objectives:**

1. Identify critical components of the SNF billing process from admission through collections.
2. Identify resources available to providers on consolidated billing.
3. Identify PPS assessments that pose the greatest risk for billing errors.
4. Demonstrate the importance of good communication between SNF management, clinical and billing staff to ensure accurate and timely billing and collections.
5. Identify indicators of poor accounts receivable collections
6. Appraise the importance of billing follow up.

**Speakers:** **Suzy Harvey, Managing Consultant; Julie Bilyeu, Director; and Lisa McIntire, Senior Managing Consultant,** BKD, LLP, Springfield, Missouri.

## DAY 2 (Kansas Qty)

**Keep Calm and Stress Less:** 8:30 a.m. Registration, Program 9 a.m. – 3:30 p.m., Lunch 12 -1 p.m.

CE Approved for 5 Hours: NHA(A)

**Purpose:** To provide participants a better understanding of the stress process and share effective personal stress management techniques.

**Objectives:**

1. Develop an understanding of the stress response and its physical, emotional, and social effects.
2. The different types of stressors that must be managed Internal vs. External stressors; Personal vs. Professional stressors
3. Differentiate between burnout and ordinary stress levels.
4. Introduce the use of values, opinions, and beliefs and how these contribute to one's overall management of stress
5. Discover how new and innovative strategies can help manage personal and professional stress.
6. Develop a personal stress management plan for action.

**Program:**

What is S-T-R-E-S-S

What are your Stressors

How do you Feel When you are Stressed

Stages of the Stress Response

Managing Stress, Types of Stressors

What is B-U-R-N-O-U-T

Ordinary Stress, Use of Perspective

How Attitudes, Values, and Beliefs Affect Our Stress

What Can we do About Stress

Tools and Strategies for Stress Management

Humor, Breathing, Relaxation, Imagery

**Speaker:** **Mitzi Teliczan, LNHA, BSE,** Health Educator, City of St. Joseph Health Department, St. Joseph, Missouri.

## DAY 1(St. L ouis and Co lumbia)

**Mental Health: Special Populations:** 8:30 a.m. Registration, Program 9 a.m. – 4:45 p.m., Lunch 12 -1  
6 hours: NHA (Patient Care hours)

*Additional dates/sites can be found on page 11.*

**Purpose:** To address special groups with mental health issues such as the deaf population, developmentally disabled, veterans, and forensic-mentally ill individuals. Care and treatment will be evaluated.

### **Objectives:**

1. Define deaf culture, distinguishing between the culture and mental illness.
2. Identify developmental disabilities and mental health issues.
3. Recognize the hyper-stigmatization of mental illness in the military.

### **Program:**

Deaf Culture

- Outline Core Tenets and its History
- Stigmatization, Attitudes of Health Care Workers
- Accurately Diagnosing and Treatment

Disabilities and Mental Illness

- Behaviors and Factors that Contribute to Mental Health Problems
- High Risk for Injury, Need for Support and Treatment

Mental Illness in the Military

- Image of a Hero vs Images of War
- Impact of PTSD and Treatment, Mental Health First Aid

**Speaker: Gwen Boyd, MA, MSN, BC,** Nurse Educator, Missouri Department of Mental Health, St. Louis, Missouri. Ms. Boyd is a board certified psychiatric-mental health nurse currently employed as a nurse educator for the Missouri Department of Mental Health. As a long term employee for the State of Missouri, her past years of service include a rich career as a nursing home surveyor and complaint investigator.

## DAY 2(St. L ouis and Co lumbia)

**Bringing SNF Reimbursement Full Circle:** 7:30 a.m. Registration, Program 8 – 1:15 a.m., Lunch 11:15 -12:15  
3 hours: NHA(Administrative hours)

**Purpose:** To provide strategies for those issues that most impact SNF Reimbursement including common reimbursement pitfalls and offer practical tips for how to better oversee these things in your organization. The impact clinicians have on reimbursement, the monthly revenue cycle, and practical tools for understanding consolidated billing responsibilities will also be discussed.

### **Objectives:**

1. Identify critical components of the SNF billing process from admission through collections.
2. Identify resources available to providers on consolidated billing.
3. Identify PPS assessments that pose the greatest risk for billing errors.
4. Demonstrate the importance of good communication between SNF management, clinical and billing staff to ensure accurate and timely billing and collections.
5. Identify indicators of poor accounts receivable collections
6. Appraise the importance of billing follow up.

**Speakers: Suzy Harvey, Managing Consultant; Julie Bilyeu, Director; and Lisa McIntire, Senior Managing Consultant,** BKD, LLP, Springfield, Missouri.



**The Art of Caring for Arterial Ulcers:** Program 12:15 –1:15 a.m.

1 hour: NHA (Patient Care hours)

**Purpose:** To enable accurate identification of arterial ulcers and direct appropriate care with multiple treatment modalities.

**Objectives:**

1. Recall the normal arterial circulation of the lower extremity.
2. Describe the process of atherosclerosis as a disease, causing peripheral arterial insufficiency.
3. Relate both modifiable and non-modifiable risk factors to the development of atherosclerosis.
4. Categorize arterial ulcerations correctly based on physical findings and diagnostic testing.
5. Identify common interventions for the treatment of arterial ulceration.

**Program:**

Arterial Inflow and Outflow of the Lower Extremity

Aorta to the Pedal Arteries

Pathology in Arterial Insufficiency

Progression of the Disease

Claudication to Rest Pain to Ulceration

Risk Factors and Review how Teaching can Help Patient Care

Physical Characteristics of Ischemic Ulcer Beds, Common Locations, and Common Symptomatology

Diagnostic Testing, Non-Invasive and Invasive

Nursing Interventions

Minimally Invasive Therapy with Angioplasty and Stenting, and Ultimately, Types of Lower Extremity Bypass

**Very Venous Ulcers: Diagnosis and Treatment:** Program 1:30 – 3:30 p.m.

1 hour: NHA (Patient Care hours)

**Purpose:** To understand the cause of venous ulceration and the role of nursing in diagnostic testing, treatment options, and patient teaching.

**Objectives:**

1. Review venous anatomy of the lower extremities, normal, and pathologic.
2. Differentiate venous ulcerations from arterial ulcers, and the care venous ulcers require.
3. Illustrate the correct way to apply an unna boot and extrinsic compression dressings.

**Program:**

Normal Venous Anatomy

Venous Ulcerations: Venous Hypertension, Venous Valves, Deep Venous Thrombosis & Post Phlebitic Syndrome

Diagnosis in Ulcerations

Appearance, Location, and Etiology

Diagnostic Testing

Nursing Care: Positioning, Dressings, and Teaching

Video Demonstration of an Unna Boot

Correct Application of Ace Wraps, Support Hose, Tubi Grips

**Everything Else: Diabetic Neuropathy with Ulceration, Lymphedema with Ulceration, and Pressure Ulcers :** Program  
3:45 – 4:45 p.m.  
1 hour: NHA (Patient Care hours)

**Purpose:** To increase awareness of the comorbidities of diabetes, lymphedema and pressure in causing ulceration of the lower extremities.

**Objectives:**

1. Describe the pathology of diabetic neuropathy and the resultant ulceration.
2. Distinguish lymphedema and lymphatic ulceration from venous disease, and ulceration.
3. Differentiate pressure ulcerations from ulcerations of other etiology, describing cause, appearance and common locations.

**Program:**

Neuropathy and Vulnerability to Ulceration and Infection

    Appearance and Characteristics of Diabetic Foot Ulcers (DFU)

    Diagnosis and Treatment

Pathology of Lymphedema, Anatomy of the Lymphatic System

    Appearance and Etiology of Lymphatic Ulcerations, Diagnosis and Treatment

Causes of Pressure Ulcers

    Pressure Ulcer Staging

    Nursing Intervention in the treatment and prevention of pressure ulceration

**Speaker:** Mary K. Dorsey, MSN, RN, APRN-BC, CVN, Professor, St. Louis Community College; Vascular APRN-BC, St. Louis University, St. Louis, Missouri.

## January – June Geographical Listing

### Cape Girardeau

- February 20 Got Feet? Improving Outcomes with Best Practices in Foot Care  
March 17 Culture Change: Is Wellness Defined by Culture Change?  
May 6 Hospice: Care Planning for Patient and Family  
June 17 TLC: Teamwork, Leadership, and Communication

### Chillicothe

- February 25 TLC: Teamwork, Leadership, and Communication

### Columbia

- February 18 Stabilizing Your Staff  
March 25 Herbal Medicine: Facts and Folklore  
May 20 Intimacy & Sexuality for People Living with Alzheimer's Disease: A New World  
June 4-5 SpringFest  
June 23 Hospice: Care Planning for Patient and Family

### Hannibal

- April 28 Decreasing Fall Risk: Whose Job is it Anyway?

### Jefferson City

- January 30 Got Feet? Improving Outcomes with Best Practices in Foot Care  
March 20 Diabetes and Wound Care

### Kansas City

- February 13 Got Feet? Improving Outcomes with Best Practices in Foot Care  
February 24 TLC: Teamwork, Leadership, and Communication  
March 10 Stabilizing Your Staff  
March 26 Herbal Medicine: Facts and Folklore  
April 23-24 SpringFest  
May 19 Intimacy & Sexuality for People Living with Alzheimer's Disease: A New World  
June 2 Mental Health: Special Populations  
June 24 Hospice: Care Planning for Patient and Family

### Kirkville

- March 19 Intimacy & Sexuality for People Living with Alzheimer's Disease: A New World

### Macon

- April 1 Herbal Medicine: Facts and Folklore  
May 8 Hospice: Care Planning for Patient and Family

### Park Hills

- February 18 Lawsuits and State Deficiencies: How to Avoid Them  
April 3 Diabetes and Wound Care

### **Poplar Bluff**

January 22      Lawsuits and State Deficiencies: How to Avoid Them  
March 30      Herbal Medicine: Facts and Folklore

### **Rolla**

April 30      Intimacy & Sexuality for People Living with Alzheimer's Disease: A New World  
May 27      Culture Change: Is Wellness Defined by Culture Change?

### **Sikeston**

April 22      Decreasing Fall Risk: Whose Job is it Anyway?

### **Springfield**

March 19      Herbal Medicine: Facts and Folklore  
May 12      Hospice: Care Planning for Patient and Family  
May 29      Diabetes and Wound Care  
June 24      Lawsuits and State Deficiencies: How to Avoid Them

### **St. Louis**

January 21      Lawsuits and State Deficiencies: How to Avoid Them  
February 5      Intimacy & Sexuality for People Living with Alzheimer's Disease: A New World  
February 19      Decreasing Fall Risk: Whose Job is it Anyway?  
March 18      Culture Change: Is Wellness Defined by Culture Change?  
April 3      Got Feet? Improving Outcomes with Best Practices in Foot Care  
May 7      Hospice: Care Planning for Patient and Family  
May 22      Diabetes and Wound Care  
May 27-28      SpringFest  
June 9      Stabilizing Your Staff  
June 18      TLC: Teamwork, Leadership, and Communication

## CE/CERTIFICATE OF ATTENDANCE INFORMATION

|                    |   |
|--------------------|---|
| <b><u>CODE</u></b> | <i>See individual program for CE approval codes and target audience.</i>  |
| <b>AD</b>          | <b>ACTIVITY DIRECTOR:</b> May meet the requirements of the National Certification Council for Activity Professionals.   |
| <b>CCM</b>         | <b>CERTIFIED CASE MANAGER:</b> Credits may be procured/sponsored by the Case Management Society of St. Louis for membership. <u>You must contact Colleen Cashner at CMSS, 314-963-4634 or <a href="mailto:cashner2739@att.net">cashner2739@att.net</a>, 60 days prior to start of workshop to ensure credit has been approved.</u> <i>Proof of Case Management Society of St. Louis membership is <u>required</u> in order to receive CCM credit and certificate.</i> |
| <b>DM</b>          | <b>DIETARY MANAGER:</b> Pending approval for general hours by the Certifying Board of Dietary Managers.   |
| <b>LPN</b>         | <b>LICENSED PRACTICAL NURSE:</b> Certificates of attendance will be awarded.  |
| <b>NHA</b>         | <b>NURSING HOME ADMINISTRATOR (Administrative/Patient Care):</b> Approved for administrative or patient care clock hours by the Missouri Board of Nursing Home Administrators through TA #044-715.<br><br><b><u>KANSAS</u> NURSING HOME ADMINISTRATOR:</b> Pending approval for clock hours by the Kansas Board of Nursing Home Administrators.   |
| <b>OT</b>          | <b>OCCUPATIONAL THERAPIST:</b> May meet the requirements of the Missouri Board of Occupational Therapy.   |
| <b>PT</b>          | <b>PHYSICAL THERAPIST:</b> May meet the requirements of the Missouri Advisory Commission for Professional Physical Therapists.  |
| <b>RD/DTR</b>      | <b>REGISTERED DIETITIAN/REGISTERED DIETETIC TECHNICIAN:</b> Pending approval for CPE hours by the Commission on Dietetic Registration (CDR) of ADA.   |
| <b>RN</b>          | <b>REGISTERED NURSE:</b> Certificates of attendance will be awarded.  |
| <b>SW</b>          | <b>SOCIAL WORKER:</b> May meet the requirements of the State Committee for Social Workers.  |

### Mark Your Calendars

#### March 5-7, 2015

24<sup>th</sup> Annual MLN Institute for Nursing Home Administrators  
Camden on the Lake, Lake Ozark, Missouri

#### March 10-11, 2015

Director of Nursing Institute  
Courtyard by Marriott, Columbia, Missouri

#### April 8-10, 2015

62<sup>nd</sup> Annual Convention  
Tan-Tar-A Resort (newly renovated!) Osage Beach, Missouri

## REGISTRATION INFORMATION

**REGISTRATION FEES for one-day workshops** include all course materials, CE/certificates of attendance, and beverage breaks. Lunch is on your own. Program hours are 9 a.m. - 3:30 p.m., unless otherwise stated. CE registration fees: Member \$125; Nonmember \$165.

**NO CE RATE (Member Benefit)** Members who do not want CE credit can attend one-day workshops (5 hours) for \$75.

### **Bundle Options (Member Benefit)**

- Pick 2: Two one-day workshops and 5 hours web-based courses
- Pick 3: Three one-day workshops and 2 hours web-based courses
- Pick 4: Four one-day workshops

|               | <b>Member Rate</b> | Regular Price |
|---------------|--------------------|---------------|
| <b>Pick 2</b> | \$350              | \$400         |
| <b>Pick 3</b> | \$380              | \$435         |
| <b>Pick 4</b> | \$400              | \$500         |

**GROUP RATE (Member Benefit):** Three or more pre-paid registrations for the same workshop topic will each receive a \$10 discount. Registrations must be received together with one payment. No credits or refunds will be granted for group rate cancellations.

### **MEMBERSHIP RATES: Join MLN and SAVE!**

- Individual: \$60 (per person) expires June 30 of each year.
- Extended Individual: \$100 (per person) extends an Individual Membership an extra year.
- Organizational: \$195 (per facility/organization, for each physical address) expires August 31 of each year for Schools of Nursing, and December 31 for all other facilities/organizations.

**PAYMENT OF REGISTRATION FEES:** Payment/registration must be received by noon the day prior to the educational offering. Make checks payable to the Missouri League for Nursing. *WE CANNOT BILL YOU*. Registrations may be submitted by mail, phone between normal business hours of 8:30 a.m. - 4:30 p.m., fax, or online at [www.mlnmonursing.org](http://www.mlnmonursing.org). Discover/MasterCard/Visa accepted. There is a \$30 service charge on returned checks. NOTE: Late registrations must register according to the onsite registration policy.

**ONSITE REGISTRATIONS:** Onsite registrations are accepted if space is available on a first-come, first-served basis with payment of fees plus an additional \$15.

**SUBSTITUTIONS AND CANCELLATIONS:** Substitutions are allowed. You may cancel up to 48 hours prior to the workshop and receive full credit or upon written request a refund less a \$25 processing fee. Cancellations less than 48 hours may send a substitute or transfer registration to another workshop within 12 months. Refunds/credits are not offered if registrant fails to attend without prior notification. MLN reserves the right to cancel workshops for low enrollment (a credit or full refund will be offered). MLN reserves the right to substitute presenters without notice.

**CONFIRMATION OF REGISTRATION:** Written confirmations are not sent. To verify registration, please call 573-635-5355 between 8:30 a.m. - 4:30 p.m.

**AMERICANS WITH DISABILITIES ACT:** If you have special needs addressed by this Act, please notify the MLN office. Reasonable efforts will be made to accommodate your needs.

**ADDITIONAL INFORMATION:** Income tax deductions are permitted by U.S. Treasury Regulation 1.162-5 for educational purposes. Please bring a sweater or jacket due to variations in meeting room temperature. Smoking, use of cellular phones, and children will not be allowed in the meeting room.

## MLN REGISTRATION FORM & MEMBERSHIP APPLICATION

*(Please print or type – for multiple registrations, please copy form.)*

Name \_\_\_\_\_ Last Four Digits of your S.S. # \_\_\_\_\_

Home Address \_\_\_\_\_ Home City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Home Email \_\_\_\_\_

Place of Employment \_\_\_\_\_

Position \_\_\_\_\_ Credentials \_\_\_\_\_

Work Address \_\_\_\_\_ Work City, State, Zip \_\_\_\_\_

Main Work Phone \_\_\_\_\_ Fax # \_\_\_\_\_

Work Email \_\_\_\_\_

*Evaluations and certificates will be sent via email. Providing your email address authorizes MLN to send you timely information.*

**Indicate workshop information for which you are registering:**

1. Workshop Title: \_\_\_\_\_ Date: \_\_\_\_\_ City: \_\_\_\_\_

2. Workshop Title: \_\_\_\_\_ Date: \_\_\_\_\_ City: \_\_\_\_\_

3. Workshop Title: \_\_\_\_\_ Date: \_\_\_\_\_ City: \_\_\_\_\_

4. Workshop Title: \_\_\_\_\_ Date: \_\_\_\_\_ City: \_\_\_\_\_

**One-Day Workshops:**

- Member \$125    
  Member \$75 (No CE Credit)    
  Nonmember \$165  
 Student Member \$35    
  Student Nonmember \$50    
  Group Rate (3 or more) receive \$10 discount. Member Benefit

**SpringFest:**

**#1: Check the appropriate city you plan to attend**

- Kansas City, April 23-24    
  St. Louis, May 27-28    
  Columbia, June 4-5

**#2: Check the appropriate payment option**

- Both Days:      Member \$260      Nonmember \$340  
 One Day:      Member \$150      Nonmember \$190    
 #3: *If attending one day only, specify which day* \_\_\_\_\_

**Bundle Pricing, Member Benefit:**

- Pick 2: Two one-day workshops and 5 hours web-based courses  
 (Submit web-based learning registration form.)  
 Pick 3: Three one-day workshops and 2 hours web-based courses  
 (Submit web-based learning registration form.)  
 Pick 4: Four one-day workshops

|               | Member Rate | Regular Price |
|---------------|-------------|---------------|
| <b>Pick 2</b> | \$350       | \$400         |
| <b>Pick 3</b> | \$380       | \$435         |
| <b>Pick 4</b> | \$400       | \$500         |

**SAVE: Add a membership with this registration.**

- Organizational: \$195    
  Individual: \$60    
  Extended Individual \$100 (See Membership above for more info.)

**Add**  \$1     \$5     \$10     Other: \$ \_\_\_\_\_ **to support nursing scholarships.**

**Please check method of payment. We cannot bill you.**

- Check Enclosed      Discover/MasterCard/Visa     Total Enclosed \$ \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_  
 Billing Zip Code \_\_\_\_\_ Signature \_\_\_\_\_

**Mail payment to: Missouri League for Nursing | 604 Dix Road | Jefferson City, MO 65109 | fax to 573-635-7908**

Register online | [www.mlmonursing.org](http://www.mlmonursing.org)

# Web-Based Learning

The following courses will meet the CE needs of health care professionals: nursing home administrators and many more! Nursing home administrators can earn up to 20 hours of CE through web-based courses every two years. Courses that require an audio/video player are grouped together below on page 3. Registration form located on page 28.

**\*Courses must be completed within Six months of enrollment date.**

**Course fees per hour: \$30 Member; \$50 Nonmember.**

## 1 Hour Courses:

### **Building Caring Relationships: Working Toward Mutual Goals** (A clock hour)

Purpose: To discuss building caring relationships with patients/residents, their families, and your coworkers to promote quality care and improve outcomes.

### **Clostridium Difficile Management in Long-Term Care** (PC clock hour)

Purpose: To provide a framework for resident safety which prevents the spread of Clostridium difficile infection in long-term care settings including regulatory framework and best practices to improve the quality of care.

### **Communication and the Health Care Team** (A clock hour)

Purpose: To provide an understanding of the basic principles of communication, how the law and professional ethics affect nurse to patient/resident to family communications, the purpose and principles of therapeutic communication, and much more.

### **Culture Change: Making a Difference** (PC clock hour)

Purpose: To learn how providing person centered care creates an environment where residents can live a life of peace, happiness, and purpose.

### **Delegation in Nursing Practice** (Certificate of attendance awarded)

Purpose: To assist you in learning the basic principles of delegation, particularly delegation of duties to unlicensed assistive personnel (UAP).

### **Delegation for Health Care Professionals** (A clock hour)

Purpose: To assist you in learning the basic principles of delegation as they relate to nursing staff in long-term care settings.

### **Diabetes Overview: Putting It All Together** (PC clock hour)

Purpose: To discuss complications of diabetes, standards of care, and treatment of diabetes.

### **Geriatric Emergencies** (PC clock hour)

Purpose: To review traumatic and medical emergencies within the geriatric population.

### **Infection Control: Cover It All** (PC clock hour)

Purpose: To review the differences between infection, colonized, infectious, and health risks associated with the various diseases and conditions.



**Medication Errors** (A clock hour)

Purpose: To present health care providers an overview of the impact of medication errors on our population and to review current approaches to reducing this problem.

**Medications Used in the Treatment of Diabetes** (PC clock hour)

Purpose: To review the usual medications used to treat diabetes, common dosages, side effects, and precautions needed with each.

**Pressure Ulcer Prevention: Back to the Basics** (PC clock hour)

Purpose: To provide a framework for resident safety which prevents the development of pressure ulcers in long-term care settings.

**Restraints Reconsidered** (PC clock hour)

Purpose: To provide an introduction to the limitations, regulations, and possible consequences use of physical restraints pose in the long-term care setting.

**The Basics of Diabetes** (PC clock hour)

Purpose: To review the causes and prevalence of all types of diabetes as well as various treatment options and prevention.

**1.5 Hour Course:****Abuse and Neglect** (PC clock hours)

Purpose: To understand undertaking your personal responsibility in detecting and preventing abuse and neglect. You are the key.

**2 Hour Courses:****Critical Thinking** (A clock hours)

Purpose: To teach the critical thinking process—all the elements that it is comprised of and how these elements work together.

**Death and Dying** (PC clock hours)

Purpose: This course is designed for health care professionals or volunteers working with those who are dying and their families. Upon completion participants will be able to recognize the grief process and select interventions appropriate for clients and family members.

**Ethics in Health Care Settings: Everyday Principles** (A clock hours)

Purpose: To explore some of the ethical questions that come up every day in health care settings. A look at the history of many of the ethical principles used in personal relationships and professional daily practices will be addressed.

**Professional Demeanor** (A clock hours)

Purpose: Our profession is held in high esteem by the public, yet what makes us different than other professions? In order to understand the differences, we need to start at the beginning and learn what makes a profession.

### 3 Hour Course:

#### **Promoting Better Health Through Prevention and Control of Diabetes** (PC clock hours)

**Please note:** This course is comprised of the three, one hour diabetes courses listed above (The Basics of Diabetes, Medications Used in the Treatment of Diabetes, and Diabetes Overview: Putting It All Together). You cannot receive CE hours for the 3-hour diabetes course AND any of the 1-hour diabetes courses. You may either register for the 1-hour courses individually or the 3-hour course (which includes all three 1-hour courses).

### **Audio/Video Courses**

The following courses are in audio/video format. A video player on your computer is required to view.

#### **1 Hour Courses:**

##### ***Bloodborne Pathogens*** (PC clock hour)

Purpose: To provide guidance on complying with OSHA's Bloodborne Pathogen Program, 29 CFR 1910.1030. Topics covered will include the development of an exposure control plan, universal precautions, Hepatitis B vaccination, and training.

##### ***Conflict Management*** (A clock hour)

Purpose: To help others be able to differentiate the causes of types of conflict and be able to evaluate the appropriate approach for the most successful resolution.

##### ***Creating Culture Change for People Living With Dementia*** (PC clock hour)

Purpose: To present the participants with the opportunity to transform their way of thinking about providing care to people with dementia.

##### ***Diabetes and Wound Care*** (PC clock hour)

Purpose: To provide information on how diabetes negatively impacts all types of wounds regardless of the etiology.

##### ***Exploring the Most Frequently Cited Deficiencies*** (A clock hour)

Purpose: Explore several of the most frequently cited federal deficiencies on the list and highlight common themes. The goal is to provide skilled nursing facilities with information that may assist them to maintain compliance with federal regulations.

##### ***Helping Patients Manage Their Pain*** (PC clock hour)

Purpose: Discover specific strategies to help your patients manage their pain.

##### ***Infection Control Considerations for Wounds*** (PC clock hour)

Purpose: To discuss recommendations for cleansing wounds. Content will also include descriptions of infection and critical colonization, in addition to a detailed review of dressing change guidelines.

##### ***Leadership Secrets: All the Best*** (A clock hour)

Purpose: Participants will learn how to create a productive team environment through strategic planning and implementation and by demonstrating essential leadership skills.

***Performance Evaluation Tips*** (A clock hour)

Purpose: To help leaders improve and maximize their abilities to perform effective performance evaluations in order to develop their staff.

***Pressure Ulcer Prevention Strategies According to CMS*** (PC clock hour)

Purpose: To describe aspects of pressure ulcer prevention strategies which are consistent with federal mandates (F314) and national guidelines.

***Stress, Your Brain, and What You Can Do About It*** (A clock hour)

Purpose: Stress, kids, jobs, life, every new birthday--it all impacts your brain as well as your body. Discover how to nourish your brain and protect it from damage as you live your busy, demanding life.

***Strokes and Heart Attacks*** (PC clock hour)

Purpose: To explain current data regarding the importance of time regarding stroke/heart attack residents, and to educate participants on how to recognize strokes/heart attacks and the importance of communicating that data to ER/EMS staff.

***Technology: Using Social Media In Your World*** (A clock hour)

Purpose: To discuss the impact of social media in our society. Statistics, demographics, and awareness to use social media to improve your company and increase your return on investment will also be discussed.

***Unnecessary Medications: CMS Guidelines for Medication Management*** (A clock hour)

Purpose: To provide skilled nursing facility staff with an overview on interpretative guidelines and surveyor protocol for investigating compliance with medication management.

***What to Do if You Get Sued*** (A clock hour)

Purpose: To discuss steps to take is you get sued. Terminology, how to meet with council, legal issues, the discovery process, and trial and post trial issues will be discussed.

**1.5 Hour Courses:**

***Basics of MDS Billing*** (A clock hours)

Purpose: To provide SNFs with the basic requirements for billing the Medicare MDS/PPS assessments. This session will explain the complexity of billing the many PPS assessments and how non-compliance of the PPS scheduled and unscheduled assessments will impact the SNFs bottom-line.

***Intimacy and Sexuality of Older Adults With Dementia*** (PC clock hours)

Purpose: To discuss the issues family members who are at home with their loved ones, as well as those in long-term care communities, regarding intimacy and sexuality of older adults with dementia.

***Managing Depression and Anxiety in the Elderly Resident*** (PC clock hours)

Purpose: To educate health care professionals about commonly encountered symptoms and characteristics of the elderly resident diagnosed with depression or anxiety.

***Teambuilding: Making Your Chain Stronger*** (A clock hours)

Purpose: To discuss the importance of teamwork and key steps for building a productive team in a health care setting.

Registration form for web-based courses can be found on page 28. *Courses are subject to change.c*

**MISSOURI LEAGUE FOR NURSING: WEB-BASED LEARNING REGISTRATION FORM** (Print or type legibly.)

Name \_\_\_\_\_ Last Four Digits of your S.S. # \_\_\_\_\_

Home Address \_\_\_\_\_ Home City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Place of Employment \_\_\_\_\_

Position \_\_\_\_\_  NHA  RN  LPN  OTHER \_\_\_\_\_

Work Address \_\_\_\_\_ Work City, State, Zip \_\_\_\_\_

Work Phone \_\_\_\_\_ Fax # \_\_\_\_\_

**\*\*You must have an email address to access your web-based course(s).** If using the number 1, make it look different than the letter L.  
 Email \_\_\_\_\_

**\*Courses in bold below are in audio/video format. Must have a video player to view. Courses are approved for NHA clock hours. Certificates of attendance will be awarded to all other disciplines. Check the course(s) for which you want to sign up:**

- |   |   |
|---|---|
| <p>___ Abuse and Neglect (1.5 PC hrs) ONAN</p> <p>___ Building Caring Relationships: Working Toward Mutual Goals (1 A hr) BCR</p> <p>___ Clostridium Difficile Management in Long Term Care (1 PC hr) ONCDIFF</p> <p>___ Communication and the Health Care Team (1 A hr) ONCOMM</p> <p>___ Critical Thinking (2 A hrs) ONCT</p> <p>___ Culture Change: Making a Difference (1 PC hr) ONCC</p> <p>___ Death and Dying (2 PC hrs) ONDD</p> <p>___ Delegation in Nursing Practice (1 hr <u>Certificate of attendance</u>.) ONDELNP</p> <p>___ Delegation for Health Care Professionals (1 A hr) ONDELHCP</p> <p>___ Diabetes Overview: Putting It All Together (1 PC hr) ONDIABO</p> <p>___ Ethics in Health Care Settings (2 A hrs) ONETH</p> <p>___ Geriatric Emergencies (1 PC hr) ONGE</p> <p>___ Grassroots Advocacy 101 (1 A hr) ONGA</p> <p>___ Infection Control: Cover It All (1 PC hr) ONIC</p> <p>___ Medication Errors (1 A hr) ONMEDERR</p> <p>___ Medications Used in the Treatment of Diabetes (1 PC hr) ONMEDDIA</p> <p>___ Mental Health Issues (1 PC hr) ONRRMH14</p> <p>___ Pressure Ulcer Prevention (1 PC hr) ONPUP</p> <p>___ Professional Demeanor (2 A hrs) ONPD</p> <p>___ * Promoting Better Health Through Prevention &amp; Control of Diabetes 3 PC</p> <p>___ Putting Probiotics and Food Remedies Into Practice (1 PC hr) ONPRF</p> <p>___ Restraints Reconsidered (1 PC hr) ONREST</p> <p>___ The Basics of Diabetes (1 PC hr) ONBASDIA</p> | <p>___ Basics of MDS Billing (1.5 A hrs) ONMDSB</p> <p>___ Bloodborne Pathogens (1 PC hr) ONBP</p> <p>___ Conflict Management (1 A hr) ONCM</p> <p>___ Creating Culture Change for People Living With Dementia (1 PC hr) ONCCC</p> <p>___ Diabetes and Wound Care (1 PC hr) ONDWC</p> <p>___ Exploring the Most Frequently Cited Deficiencies (1 A hr) ONEMFCD</p> <p>___ Infection Control Considerations for Wounds (1 PC hr) ONICC</p> <p>___ Intimacy and Sexuality of Older Adults With Dementia (1.5 PC hrs) ONISD</p> <p>___ Leadership Secrets: All the Best (1 A hr) ONLEAD</p> <p>___ Managing Depression and Anxiety in the Elderly Resident (1.5 PC hrs) ONMDA</p> <p>___ Helping Patients Manage Their Pain (1 PC hr) ONHPMP</p> <p>___ Performance Evaluation Tips (1 A hr) ONPET</p> <p>___ Pressure Ulcer Prevention Strategies According to CMS (1 PC hr) ONPUPS</p> <p>___ Stress, Your Brain, and What You Can Do About It (1 A hr) ONSTRES</p> <p>___ Strokes and Heart Attacks: Time is Tissue (1 PC hr) ONSHA</p> <p>___ Teambuilding: Making Your Chain Stronger (1.5 A hr) ONTEAM</p> <p>___ Technology: Using Social Media In Your World (1 A hr) ONTECH</p> <p>___ Unnecessary Medications: CMS Guidelines for Med. Mgmt (1 A hr) ONUM</p> <p>___ What to Do if You Get Sued (1 A hr) ONSUE</p> |
|---|---|

**\*IMPORTANT: Courses must be completed six months from registration.**

**\* Please note:** The three hour diabetes course is comprised of the three, one hour diabetes courses listed above (The Basics of Diabetes, Medications Used in the Treatment of Diabetes, and Diabetes Overview: Putting It All Together). You cannot receive CE hours for the 3-hour diabetes course AND any of the 1-hour diabetes courses. You may either register for the 1-hour courses individually or the 3-hour course (which includes all three 1-hour courses).

**Rates per Hour: Member - \$30; Nonmember - \$50**

**Purchase totals:** \_\_\_\_\_ Hours x \$ \_\_\_\_\_ Rate = \$ \_\_\_\_\_ Total Price

Membership:

\_\_\_ Individual: \$60 (per person) expires June 30 of each year

\_\_\_ Extended Individual: \$100 (per person) extends an Individual Membership an extra year

\_\_\_ Agency: \$195 (per facility/organization, for each physical address) expires August 31 of each year for Schools of Nursing, and December 31 for all other facilities/organizations.

**Please check method of payment. We cannot bill you.**

Check Enclosed     Debit Card     Discover/MasterCard/Visa    Total Enclosed \$ \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_

Zip Code of Credit Card Billing Address \_\_\_\_\_ Signature \_\_\_\_\_