



Weekly Roundup

...Reporting the state and national long-term care news

Please disseminate relevant information to the appropriate department.

- Administration Nursing Dietary Activities Social Services
 Rehabilitation Housekeeping Maintenance Laundry

Friday, September 9, 2022

STATE NEWS

Pre-Registration Ends TODAY: ANHA Annual Convention & Trade Show

12 hours of CEUs for Administrators, Social Workers and Risk Managers

14.4 contact hours for Nurses

Pre-registration for the 2022 ANHA Annual Convention & Trade Show ends TODAY. After today, you will have to register onsite at the convention. This convention is focused on regulatory updates and making sure you're prepared for the October implementation of Phases 2 and 3 requirements. You will also hear directly from several state agencies that oversee nursing homes. The convention is September 21-23 at the Renaissance Montgomery Hotel.

Click on the links below for more information and to register.

- [Click here to read the convention brochure](#)
- Member nursing homes – [click here to register](#)
- Associate Members (Vendors) – [click here to register](#)
 - Associate members may register for seminars or the golf tournament only.
 - Associate members must have a booth to attend the Chair's Reception/Trade Show.
 - Trade show booth information can be found [here](#).

Schedule Update for Convention

Due to a hotel scheduling conflict beyond our control, the ANHA must delay the starting time of the first seminar of the ANHA Annual Convention and Trade Show.

This is the new schedule for Wednesday, September 21:

- 12:00 – 4:00 p.m. – Convention registration
- 1:30 – 5:00 p.m. – Seminar – *new time*
- 5:00 – 5:30 p.m. – General Business Session – *new time*
- 5:30 – 8:30 p.m. – Trade Show – *new time*

All other previously announced times are unchanged. We appreciate your understanding and look forward to seeing all of you at the convention September 21.

ANHA Nominating Committee Requests Nominations for ANHA Officers

The ANHA Nominating Committee is charged with the task of collecting the names of individuals interested in serving our Association in a leadership role. The Committee is accepting nominations for the following positions for 2023:

- Chair
- Vice-Chair
- Secretary
- Treasurer

If you are interested in one of the above positions, or if you have questions, please contact a member of the Nominating Committee:

- **Pam Penland**, Chair, Health Care Inc., (205) 458-0582, ppenland.life@yahoo.com
- **Matthew Lewis**, Traylor Porter Healthcare, (334) 462-5868, mjl@tphm.net
- **Blake Jackson**, Heritage Health Care, (205) 361-3797, bjackson@heritage216.com

Elections will be held during the General Business Session at the ANHA Annual Convention on Wednesday, September 21, at 4:30 p.m., Renaissance Montgomery Hotel.

2022-2023 ANHA Membership Directory Available



The 2022-2023 ANHA Membership Directory is now available. All members and associate members should have received a complimentary copy in the mail.

Copies of the directory are available for purchase. This is Alabama's most comprehensive listing of nursing homes and companies providing support services to the long-term care profession. *Please see the attached order form for more information.*

September and October Health Care Observances Posted Online

The health care observances for September, October and the following months have been posted on the ANHA's website: <https://anha.org/observances/>. The page is regularly updated with timely health care recognition events. Please make sure the appropriate members of your staff are aware of this webpage.

Federal Life Safety Inspections in Alabama

The ANHA has heard from several facilities that have had a federal life safety code "look behind" inspection. When those surveys have occurred, several facilities have received deficiencies. As a courtesy reminder, Michael Arthur of ANHA Associate Member MCA Consulting compiled a helpful listing of items that facilities should review to ensure they are in compliance with the LSC. The ANHA encourages you to review the items carefully and implement any actions necessary to avoid future deficiencies. Immediate action that requires purchase, installation, or alteration of equipment should be carefully considered as there may be additional Code requirements specific to your facility. Do not hesitate to reach out to the ADPH

Technical Services Division for further details specific to your facility. *Please see the attached document for more information.*

COVID-19 PHE Update for Medicaid Partners

The Alabama Medicaid Agency will provide a COVID-19 public health emergency (PHE) update for Medicaid providers and partners on September 15, 2022. Agency representatives will share how the Agency is preparing for the end of the PHE and the return to normal operations. The meeting is offered for attendees both in-person or virtual (online or by phone).

- Who: Medicaid providers, staff, operating state agencies, professional groups, advocacy groups, and all partners who interact with Medicaid recipients
- What: COVID-19 PHE Update and Key Messaging
- Date: Thursday, September 15, 2022, and 1:00 p.m. CT
- In-Person Location: Medicaid Auditorium 501 Dexter Avenue, 2nd Floor, Montgomery, AL 36104

Join online through WebEx:

<https://medicaid.webex.com/medicaid/j.php?MTID=mc0d25681ac61263f9c1ec49e4ec17ab1>

Meeting number (access code): 2591 707 8736

Meeting password: AMA123

Join by phone:

1-650-479-3208, meeting number (access code): 2592 516 5531

- PLEASE MUTE computer or phone lines when not making a comment or asking a question to avoid disrupting other speakers.
- Utilize the Chat Box function within Webex to ask questions or to make comments throughout the meeting.
- Virtual attendees may record their attendance by typing their name in the Chat Box or by emailing Meetings@Medicaid.Alabama.gov during the meeting time.

Nurse Aide Abuse Registry

Please note that the following individual has been placed on the Alabama Nurse Aide Abuse and/or Sanction Registry. This individual is prohibited from working in any long-term care facility. To check nurse aides, you can use the nurse aide web site at www.adph.org (Click on Contents A-Z - located in the dark blue at the top of the screen - then Click on Nurse Aide Registry - then Click in the white box and type in the Social Security Number of the person you are trying to find. Be sure and include the dashes in the SSN.)

<u>Name</u>	<u>Effective Date</u>
Markecia Richardson	09/08/2022

Medicaid Cost Reports

The Alabama Nursing Home Association is collecting Medicaid cost reports for analysis by its independent reimbursement consultant firm, Bishop & Company. As in the past, the reimbursement consultant will provide you a detailed analysis of your costs compared to the costs of other facilities of a similar size. ANHA cannot overstate the importance of sending in

your cost report. In order to negotiate with Medicaid on various issues, we need to have accurate information concerning the profession. This information has proved very beneficial in the past. Please send a copy of your 7/1/2021 – 6/30/2022 Medicaid Cost Report to kmagdon@anha.org or by mail to:

Alabama Nursing Home Association
4156 Carmichael Road
Montgomery, Alabama, 36106
Attn: Katrina Magdon

ANHA Fall Webinar Series – Registration Open

The Alabama Nursing Home Association will host weekly webinars this fall. The webinars will occur every Wednesday from 1:30-3:00 p.m. Each webinar is approved for 1.5 hours for NHAs and 1.8 hours for nurses. Listed below are the programs, sponsors, and registration links.

Wednesday, October 5 – Burr Forman

Freedom from Abuse, Neglect, and Exploitation - Preparing for October 24

Register here: <https://attendee.gotowebinar.com/register/3434319496204416524>

Wednesday, October 12 – *No Webinar*

Wednesday, October 19 – Harbuck Keith Hunt & Palmer

Quality Assurance and Performance Improvement - Preparing for October 24

Register here: <https://attendee.gotowebinar.com/register/5705950101608301837>

Wednesday, October 26 – Therapy Management

Bringing the Cultural Experience Full Circle

Register here: <https://attendee.gotowebinar.com/register/3291619379593603344>

Wednesday, November 2 – Restore Therapy

Alphabet Soup of Denial Management

Register here: <https://attendee.gotowebinar.com/register/4720518302772244492>

Wednesday, November 9 – Triple Point Industries

Water Safety Plans for Nursing Homes

Register here: <https://attendee.gotowebinar.com/register/4137034969702227725>

Wednesday, November 16

OBRA PASRR Review and Updates

Register here: <https://attendee.gotowebinar.com/register/5096905322215813135>

COVID-19/INFECTION CONTROL UPDATES

***Updated* COVID-19 Bivalent Vaccine Booster Approval**

Over the past three years, we have watched COVID-19 evolve and create new, more contagious variants of the virus. In December, we saw the emergence of the Omicron variant which quickly became the dominant variant – and the most contagious to date. As a result, the U.S. Food and Drug Administration (FDA) advised COVID-19 vaccine manufacturers to update their COVID-19 vaccines with an Omicron-specific component. These new “bivalent” vaccines will more effectively fight the Omicron strains of COVID-19.

Moderna and Pfizer-BioNTech are currently seeking authorization from the FDA for an Emergency Use Authorization for their new bivalent COVID-19 booster. Pending authorization, the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP) will meet to make a recommendation on booster dose and timing. We anticipate this to take place during the September 1-2, 2022, ACIP meeting.

As outlined in the [CDC planning guide](#), the bivalent COVID-19 vaccine will be administered as a single booster dose to those who previously completed a primary series of COVID-19 vaccine. It is anticipated that bivalent COVID-19 vaccine booster doses may initially be authorized for people ages 12 years and older (Pfizer-BioNTech) and for people ages 18 years and older (Moderna), followed by younger pediatric age groups. The bivalent booster is expected to replace existing booster formulas, meaning individuals will not have a choice in which booster to select.

The American Health Care Association (AHCA) has been meeting with the CDC and LTC pharmacy partners to ensure LTC remains a top priority for access to this booster. Facilities should contact their LTC pharmacies and schedule bivalent booster clinics.

With the CDC ACP recommendation to get the bivalent booster, we understand this may change the definition of up-to-date which has implications for isolation, PPE and testing guidance for residents and staff. AHCA has been in contact with CMS and CDC who are discussing this implication. CMS indicates for enforcement purposes providers should continue to use the definition of up to date based on the monovalent vaccine recommendation until clarifying information is issued by CMS and/or CDC on definition of up-to-date that incorporates the bivalent vaccine.

We encourage everyone to work with your LTC pharmacy to start using the bivalent for those eligible (anyone with at least 2 months since the last vaccine dose or 3 months if they have recovered from a diagnosis of COVID-19).

NQF Releases Anticoagulation Stewardship Playbook

The National Quality Forum (NQF) has released the [Advancing Anticoagulation Stewardship: A Playbook](#) to help guide health care organizations to implement evidence-based strategies to promote patient safety in the use of anticoagulant medications. This is a free resource to improve patient safety throughout anticoagulation therapy.

While medication errors in anticoagulation administration or dosage can cause life-threatening bleeding or other adverse events, the playbook offers a proven approach for reducing the likelihood. Anticoagulation Stewardship represents a significant opportunity to minimize preventable patient harm, which was identified as an urgent need in a [recent report](#) from the U.S. Department of Health and Human Services Office of Inspector General.

Anticoagulation Stewardship is defined as a coordinated, efficient, and sustainable system-level initiative designed to achieve optimal anticoagulant-related health outcomes and minimize avoidable adverse drug events. It has been shown to be successful in improving health outcomes, increasing efficiency, and reducing costs. Effective stewardship is associated with reductions in drug-drug interactions, bleeding events, hospital readmissions, length of stay, and other healthcare expenditures.

The [Advancing Anticoagulation Stewardship: A Playbook](#) is available at no charge from the NQF Store.

2022 Infection Prevention Boot Camp for Nursing Homes and Long-Term Care Facilities - October 20-21 (Free Training)

The [Alabama Regional Center for Infection Prevention and Control Training and Technical Assistance](#) along with the [Alabama Nursing Home and Long-Term Care Facility Strike Team](#) and [Deep South Center for Occupational Health and Safety](#) are pleased to announce an upcoming training opportunity designed specifically for those working in or with infection prevention and control programs in nursing homes or long-term care facilities across the state of Alabama, the 2022 Infection Prevention Boot Camp for Nursing Homes and Long-Term Care Facilities. The purpose of this boot camp is to train healthcare professionals working in nursing homes, assisted living facilities, specialty care assisted living facilities, rehabilitation centers, end stage renal disease treatment centers and other LTC facilities in the fundamental concepts necessary to manage an infection prevention and control program.

Dates: October 20-21, 2022

Location: Embassy Suites by Hilton Birmingham Hoover

Instructor: Barb DeBaun, MSN, RN, CIC, with Cynosure Health

Nursing and NHA CEUs: Pending

Topics to be covered include:

- The building blocks and foundation of an Infection Prevention Program in a Long-Term Care facility
- A comprehensive overview of SARS-CoV-2 transmission, prevention, isolation/quarantine and treatment

- Review of infection prevention strategies designed to minimize horizontal transmission of SARS-CoV-2
- Discussion and demonstration of infection prevention strategies (e.g., personal protective equipment, respiratory protection, hand hygiene) designed to prevent transmission of SARS-CoV-2 and other contagious infectious diseases
- Review of the role the environment plays in infectious disease transmission with a focus on strategies that are impactful and achievable
- Connecting the dots between Antibiotic Stewardship and Diagnostic Stewardship by providing strategies to improve the ‘culture of culturing’ and antibiotic prescribing practices

Cost: There is **no registration fee** associated with this boot camp. Participants will only need to pay for transportation and lodging (if needed). Seating is limited to 50 participants and registration is required. Spots will be distributed on a first come, first-serve basis.

To register or learn more about the boot camp, please visit the UAB website at: <https://sites.uab.edu/arcipc/2022-ipcbootcamp-ltc/>.

Testing Frequency Based on County Transmission Rates

The latest CMS level of community transmission can still be found on this website:

https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=all_states&list_select_county=all_counties&data-type=Risk. You must change the data type so show “level of community transmission.”

This is a new link that you will use to determine your facility staff testing frequency based on the latest [CMS guidance](#). The county transmission rates are updated daily by 7:00 p.m.

Nursing Home Data for Booster Doses

The CDC’s [Nursing Home COVID-19 Vaccination Data Dashboard](#) on COVID Data Tracker now includes national and state level data on additional doses and booster shots among residents and staff. This data is also available at the facility level on [CMS COVID-19 Nursing Home Data webpage](#).

These data are important as they provide a snapshot of booster dose uptake among the nation’s 15,400 nursing homes and can be used to track progress and support efforts to increase uptake of booster doses among the more than 1.1 million nursing homes residents and 1.8 million staff. This additional data complements the data already in the dashboard, which is reported by nursing homes to the [NHSN Long-Term Care COVID-19 Module](#), and displays primary series vaccination coverage among nursing home residents and staff. Both sets of data will be updated weekly.

F-TAG OF THE WEEK

§483.40 – Behavioral Health Services

F740-Behavioral Health Services

At F740, CMS removed the reference to Appendix P. CMS added a reference to the PASARR requirements specific to residents diagnosed with mental disorders. It added a section on the use of behavioral contracts that includes a list of issues that may be addressed in this type of agreement, and that this contract cannot conflict with resident rights or other requirements of participation. CMS added information on schizophrenia and bipolar disorder, in addition to providing clarification pertaining to depression and anxiety disorders. A new severity level 4 example was added in the deficiency categorization section pertaining to mental health needs of a resident diagnosed with substance use disorder. Lastly, CMS added resources for behavioral health care and services and reference to the Psychosocial Outcome Severity Guide.

F741- Sufficient Staff, Competent Staff – Behavioral Health Needs

At F741, CMS added references to residents that have a history of trauma and/or posttraumatic stress disorder. This was in addition to residents living with mental and psychosocial disorders. This included the addition of definitions for trauma and posttraumatic stress disorder. CMS added references to residents that have a diagnosed mental health and/or substance use disorder that includes the definition of substance use disorder. Guidance was added related to how the behavioral health care needs of those with a substance use disorder or other serious mental disorder should be part of the facility assessment under 483.70(3) (F838) and the facility should determine if they have the capacity, services, and staff skills to meet the requirements as discussed in F838. Examples of non-pharmacological interventions specific to residents diagnosed with mental health and/or substance use disorders were added. A new severity level 2 example was added in the deficiency categorization section pertaining to the care planned interventions of a resident diagnosed with a substance use disorder who returned from a leave of absence. A technical correction was also added to update a reference to F679.

Action for Facilities:

- Examine existing policy and/or process on resident assessment for trauma history and/or post-traumatic stress disorder.
- Examine policy and/or process for resident assessment of mental health diagnosis or substance use disorder.
- Educate staff on best practices for working with residents with behavioral, mental health, or substance use disorders.
- Identify current local, state, and national resources for behavioral and mental health.
- Identify residents with diagnosis of behavioral, mental health, or substance use disorders and ensure interventions match diagnosis.

AHCA members may also refer to existing member resources:

- [Action Brief: 483.40 Behavioral Health](#)
- [Trauma Informed Care](#)
- [Behavioral Health and Trauma Informed Care](#)
- [Sex, Drugs, and Rolling Walkers](#)

- [Trauma Informed Care: Behavioral Health Services](#)

Detailed information can be found in the [Appendix PP-State Operations Manual](#). You can also read AHCA's [full summary](#).

NATIONAL NEWS

CMS Issues Critical Element Pathways

The Centers for Medicare and Medicaid Services (CMS) has released advanced copies of the critical element pathways (CEPs). The CEPs are located in the "CE Pathways ZIP" link in the Downloads Section of this [website](#).

CMS Issues Draft MDS Item Set Changes for October 2023 Update

The Centers for Medicare and Medicaid Services (CMS) issued a [draft version](#) of the Minimum Data Set (MDS) Nursing Home Comprehensive (NC) item set version 1.18.11. This NC item set is to be used for both SNF PPS and OBRA assessments. These items were intended to be implemented in October 2020, but that implementation was delayed due to COVID-19 and other technical issues.

Many of the changes are consistent with those adopted in the FY 2023 SNF PPS Final Rule including:

- New transfer of health information (medication list) to a subsequent provider or patient/family at discharge MDS items needed for the new transfer of health information SNF Quality Reporting Program (QRP) measures.
- Some new or revised MDS items (i.e., patient demographic and social determinants of health items) so that all PAC setting items for these domains are standardized.

Additionally, the draft NC item set also includes significant changes for the reporting of resident function on OBRA assessments as CMS has indicated would be occurring. These proposed changes are:

- Elimination of Section G function items
- Revision of Section GG items for use in all OBRA assessments for function. Most notably – CMS intends to standardize Section GG to have the same 3-day assessment windows for both PPS and OBRA assessments

CMS plans to release the final version of all the MDS item sets later in 2022, which will be effective beginning October 1, 2023. Additionally, as indicated in the Final Rule, CMS will release a draft of the updated version of the MDS Manual 3.0 v1.18.11 in early 2023 and provide training and education with sufficient lead time for SNFs to prepare for the October 1, 2023, implementation date.

CMS Call on Emergency Preparedness on September 13

The Centers for Medicare and Medicaid Services (CMS) is hosting a [virtual listening session](#) with health care providers and suppliers on emergency preparedness on Tuesday,

September 13 at 12 PM Central. **Space is limited so registration should be limited to those who plan to provide input and the number of registrants per organization should be limited.**

CMS is looking to gather information from health care providers and suppliers on their experiences providing support during public health emergencies (PHE) outside of the COVID-19 PHE. The input and lessons-learned from this session will be used to evaluate CMS regulations regarding emergency preparedness for certain health care providers.

Prior to the call, attendees are encouraged to review the following rules as background:

- [Medicare and Medicaid Programs; Emergency Preparedness Requirements for Medicare and Medicaid Participating Providers and Suppliers](#)
- [Medicare and Medicaid Programs; Regulatory Provisions To Promote Program Efficiency, Transparency, and Burden Reduction; Fire Safety Requirements for Certain Dialysis Facilities; Hospital and Critical Access Hospital \(CAH\) Changes To Promote Innovation, Flexibility, and Improvement in Patient Care](#)

To Register for the call, please visit:

https://us06web.zoom.us/webinar/register/WN_zoIS8Q6US5q4V1XGzFDatw.

SNF QRP Quality Measure Calculations and Reporting User’s Manual V4.0 and Accompanying Documents – Now Available

The Skilled Nursing Facility (SNF) Quality Reporting Program (QRP) Quality Measure Calculations and Reporting User’s Manual Version 4.0, Change Table, Risk Adjustment Appendix File, and Hierarchical Condition Categories (HCC) to International Classification of Diseases (ICD) -10 Crosswalks are now available. These documents serve as an update to the specifications used to calculate quality measures that are included in the SNF QRP effective October 1, 2022.

For more information, please visit the [CMS SNF QRP Measures and Technical Information](#) website.

CMS Requiring iQIES Account Registration for MDS Submission Process for 2023

In August 2022, CMS held an open-door forum informing providers of the upcoming rollout of the Minimum Data Set (MDS) submission transition to the Internet Quality Improvement and Evaluation System (iQIES) in early 2023. This system was first piloted in May 2021 for Home Health Agencies. CMS is now working to transition all state agencies and CMS locations to the new internet-based system. The iQIES will consolidate and replace functionality from the Quality Improvement and Evaluation System (QIES), Certification and Survey Provider Enhanced Reports (CASPER), and Automated Survey Process Environment (ASPEN) legacy systems.

To comply with federal security mandates, CMS is initiating new security requirements for access control to CMS Quality Systems through Remote Identity Proofing (RIDP) via the Healthcare Quality Information Systems (HCQIS) Access, Roles and Profile Management

System. **To gain access, all current and future provider users will need to create an account and establish credentials in the HCQIS Access Roles and Profile System (HARP), which is a secure identity management portal provided by CMS.**

This transition process includes a new requirement for providers to identify an individual to act as the Provider's Security Official (PSO). The PSO will need to be approved by CMS and will have the responsibility of approving all iQIES users for the individual provider organization, including any vendors that may be accessing iQIES on behalf of the provider. CMS recommends that providers designate at least two PSOs to ensure someone will be available to approve/reject any iQIES access requests for the provider. Users wanting to submit MDS data and for other purposes after the transition to iQIES in 2023 will not be granted access unless the PSO approves the request.

CMS has begun reaching out to provider organizations with more details to initiate this process through a waved approach. Providers will be contacted according to CMS Region as follows:

- September 12 – Region 4

CMS expects to complete initial contacts for Security Officials by the end of October and begin general on-boarding communication by mid-November.

Prior to receiving the registration instructions letter from CMS, it is recommended that providers review the following CMS iQIES resources to become familiar with the initiative:

- [Creating a HARP Account Training Video](#)
- [iQIES Reference and Manuals Page](#)
- [iQIES Training Videos Page](#)
- [iQIES News & Updates Page](#)

SNF VBP Program September 28 Webinar

On September 28, 2022, at 1 p.m. Central Time (CT), the Centers for Medicare & Medicaid Services (CMS) will host an educational webinar: Overview of Finalized SNF VBP Policies from the FY 2023 SNF PPS Final Rule. The educational webinar will provide an overview of the major policies in the Fiscal Year (FY) 2023 Skilled Nursing Facility Prospective Payment System (SNF PPS) Final Rule for the SNF VBP Program.

You may register for the webinar here:

https://globalmeetwebinar.webcasts.com/starthere.jsp?ei=1567348&tp_key=5891f3c008.

The webinar's slides and recording will be available after the presentation on the SNF VBP Program Archived Events page of QualityReportingCenter.com:

<https://www.qualityreportingcenter.com/en/snf-vbp/archived-events/>.

CMS issued the final rule on July 29, 2022. The rule updates Medicare payment policies and rates for skilled nursing facilities under the SNF PPS for FY 2023. In addition, the rule includes finalized policies for the SNF Quality Reporting Program (QRP) and the SNF Value-Based Purchasing (VBP) Program.

Updated policies for the SNF VBP Program are available on pages 47559–47597 of the FY 2023 SNF PPS Final Rule in the *Federal Register* at this web address:

<https://www.federalregister.gov/documents/2022/08/03/2022-16457/medicare-program-prospective-payment-system-and-consolidated-billing-for-skilled-nursing-facilities>.

CMS to Conduct Staffing Study

The Centers for Medicare and Medicaid Services (CMS) has contracted Abt Associates to conduct a minimum staffing study. As part of the study, a very small number of facilities across the nation will be contacted for a site visit (50 site visits in mix of states from all regions from mid-August to end of October and 25 site visits from January to March 2023). As FYI, facilities chosen to participate for a site visit will receive a letter from CMS which notes that the visit is NOT for surveying, monitoring performance, or evaluating staffing or quality of care at the facility. The focus of these site visits will be to interview facility leadership, direct care staff and residents and/or their families/caregivers about how staffing decisions are made and how staffing impacts quality of care.

The American Health Care Association (AHCA) previously provided feedback to CMS/Abt that these site visits should seek to understand the wide range of staffing models that are being used by facilities (this is not a one size fits all solution), explore how different staff contribute to resident outcomes/experience (emphasizing that both clinical and non-clinical staff matter to resident care & services) and learn what CMS can do to better support nursing homes in building their workforce.

If you have been contacted for a site visit, please contact Katrina Magdon at ANHA kmagdon@anha.org as we would welcome hearing your experience with the site visit.

OTHER NEWS

Self-Care for Caregivers

The workforce crisis and COVID-19 have exacerbated the demands and pressures faced by staff creating even more challenges for those who work in long term care. Self-care is an essential and purposeful retention strategy. *ahcancaLED* has launched two new online courses to address the need for self-care and resiliency. These mindfulness-based stress reduction techniques net tangible results that can help put self-care back into daily routines and support employees in what they do best – caring for others.

[Improving Staff Resiliency and Retention: An Action Plan that Works](#) is aimed at reinvigorating individual passion for long term care by providing the tools and resources needed to decrease stress levels and help other team members do the same. After attending this session, participants will be able to:

- Identify stressful situations within their environment.
- Employ stress reduction techniques that work.
- Decrease their overall perceived stress levels.
- \$199 for members and \$249 for non-members. 3.50 NAB CEs and 3.0 contact hours through the Iowa Board of Nursing.

[Self-Care: The Secret to Surviving!](#) is an abbreviated course meant for frontline staff struggling with daily work and life stresses. The session includes an interactive quiz to help individuals measure their stress levels followed by strategies that can be individualized to cope with that stress. Managers and supervisors are encouraged to make this course available to staff members experiencing stress and to use it as preventative tool to help employees.

- \$25 for AHCA/NCAL members and \$65 for non-members. This 34-minute learning session does not come with CEs.

Individuals will need to login to *ahcancaLED* with their AHCA/NCAL usernames and passwords to register for either course. For assistance obtaining usernames and passwords, members should e-mail educate@ahca.org with their name and facility contact information.

The Long-Term Care Survey Manual, Phase 3 is Now Available for Pre-Order from AHCA

The American Health Care Association is accepting pre-orders for Phase 3 of *The Long-Term Care Survey* manual which includes all the updates from CMS' three-phase implementation.

Survey guidance for Phase 3 was released in June 2022. Surveyors will begin using this guidance on October 24, 2022. Click here to pre-order: <https://ahcapublications.org/products/long-term-care-survey-phase-3>.

2023 National Quality Award Applications Available Now

The [AHCA National Quality Award Program](#) is excited to announce that the 2023 application year is now open. For the first time, application packets are available three months earlier than previous years so that skilled nursing care centers and assisted living communities can begin to prepare. We encourage members to take advantage of this additional time to [download application packets](#) and materials and to begin planning, reviewing and gathering relevant data.

Why apply

The [National Quality Award Program](#) is a rigorous three-level process (Bronze, Silver, and Gold) that evaluates an organization's capabilities against nationally recognized standards for excellence. The program provides a pathway to improved outcomes in areas including care, workforce, leadership and operations.

The value of applying

- An outside perspective
- Learning from the feedback
- Team building
- Becoming stronger and more resilient
- A focus on results
- Recognition and pride
- A commitment to the process leads to better occupancy rates and prepare providers to meet regulatory demands.

Dates to know

- September 15 - Portal opens for application and Intent to Apply (ITA) submissions

- October 9-12 – [AHCA/NCAL Convention & Expo](#) and 2022 Quality Award Ceremony
- November 10 – ITA deadline
- January 26, 2023 – Application deadline
- Summer 2023 – Bronze, Silver, and Gold Award notifications

If you have questions, email the National Quality Award team at qualityaward@ahca.org.

Revenue Cycle Management Academy Helps SNFs Stay Paid

In the coming months, federal aid will dwindle as the government and states move toward a post-pandemic normal order of business. As SNFs continue to struggle with sluggish occupancy and workforce challenges, ensuring that every dollar earned for care delivery is retained will be imperative.

AHCA’s online training program titled [Revenue Cycle Management \(RCM\) Academy](#) takes a holistic interdisciplinary approach toward SNF revenue management. RCM Academy helps develop concrete strategies to secure earned dollars and to “stay paid” when thinking about Managed Care payment recoveries. RCM Academy helps SNFs:

- Prepare for the eventual phase down of COVID-related government assistance
- Stabilize and better manage a predictable revenue flow relative to overhead
- Stay paid when considering Medicare Advantage Plan payment recovery trends.

RCM can be implemented throughout a building or more broadly as an organization-wide approach to enhance revenue by minimizing losses from payments that too often are unnecessarily lost or overlooked. RCM team members will be able to apply their practical RCM knowledge and implement daily processes.

Effective RCM requires a team approach beyond just facility billing office or corporate office staff. AHCA recommends that all SNF administrators, assistant administrators, DONs, ADONs, MDS coordinators, nurse leaders and admissions staff enroll in RCM Academy too. Flexible 2022 “AHCA Member-Only” pricing options for RCM Academy include:

- 1 Individual Registration with 6.75 NAB CEs, \$350
- 2+ Individuals (Same facility or corporate office) with 6.75 NAB CEs, \$300 per person
 - Individuals should contact educate@ahca.org to request this group discount.
- Single AHCA Member Only Facility Registration with Unlimited 2022 Facility Staff Access (NO NAB CEs OFFERED) \$1,000

Additional bonus RCM webinars will be offered throughout 2022 for all RCM Academy registrants.

Individuals will need to login to *ahcancaLED* with their AHCA/NCAL usernames and passwords to register for [Revenue Cycle Management Academy](#). For assistance obtaining usernames and passwords, members should e-mail educate@ahca.org with their name and facility contact information.

CALENDAR

- September 21-23 ANHA Annual Convention & Trade Show
Renaissance Montgomery Hotel, Montgomery
- September 21 ANHA Trade Show 5:00-8:00 p.m.
Renaissance Montgomery Hotel, Montgomery
- September 22 ANHA Executive Board Meeting 12:00 p.m.
Renaissance Montgomery Hotel, Montgomery

Alabama Nursing Home Association

4156 Carmichael Road ♦ Montgomery, AL 36106 ♦ PH: (334) 271-6214 ♦ FAX: (334) 244-6509

Links:

Alabama Nursing Home Association <http://www.anha.org>

AL Board of Examiners of Nursing Home Administrators <http://www.alboenha.alabama.gov>

AL Department of Public Health <http://www.alabamapublichealth.gov>

CMS <http://cms.gov>