

**2015 Joint Training Seminar for
Adult Care Home Staff
and
Kansas Department on Aging and Disability Services Surveyors**

**FALL AND ACCIDENT PREVENTION
(F-TAG 323)**

KEYNOTE SPEAKERS

**Sue Ann Guildermann, R.N., B.A., M.A., Director of Education, Empira
and
Linda Shell, R.N., B.S., M.A., Partner, LMS Consulting**

**Sponsored by
Kansas Adult Care Executives**

**In Cooperation with
Kansas Department on Aging and Disability Services
Kansas Health Care Association &
LeadingAge Kansas**

**Tuesday, March 31, 2015
Holiday Inn Wichita East
549 S. Rock Road
Wichita, Kansas 67207
(316) 686-7131
\$83 per night by March 16, 2015**

**Wednesday, April 1, 2015
Capitol Plaza Hotel (Sunflower
Ballroom-Manor Conference
Center)
1717 SW Topeka Blvd.
Topeka, Kansas 66612
(785) 431-7200
\$97 per night by March 1, 2015**

**8:00 a.m. – 9:00 a.m.
9:00 a.m. – 4:30 p.m.**

**Registration
Seminar Sessions**



Register online at www.kaceks.org

FALL AND ACCIDENT PREVENTION

(F-TAG 323)

Why You Should Attend:

The Joint Training Seminar for Kansas providers and surveyors was created originally as the result of the cooperative efforts of long-term care providers and the Kansas Department of Health and Environment – Bureau of Health Facilities. Each Joint Training Seminar features a deficiency area(s) with the goal of educating providers and surveyors on quality standards of practice and regulatory compliance. It is hoped that bringing together long-term care professionals and surveyors will foster dialogue in a neutral setting where interaction, discussion, and learning can occur in a non-adversarial environment. The Kansas Adult Care Executives (KACE) Association has worked closely with LeadingAge Kansas, the Kansas Health Care Association, and the Kansas Department on Aging and Disability Services to present this Joint Training Seminar. KACE is pleased to offer these two one-day sessions to discuss the topic of fall and accident prevention.

Overview of Training Content:

The Empira Fall Prevention Program is a combination of nationally recognized evidence-based, fall prevention practices and practical applications from the most recent research findings. Empira, however, challenged many of the standards of practice for reducing falls. Learn their program outcomes from skilled nursing facilities that are now alarm-free, restraint-free, corrected bed heights (no low beds) no floor mats, and the cautionary use of gripper socks. This is not a “nursing-only” program. It requires the skills, knowledge, participation and commitment of all employees in all departments.

Sue Ann Guildermann will provide an overview to the key elements of the Empira Fall Prevention Program. The success of this fall prevention program was primarily the ability for all staff to conduct a post-fall root cause analysis. The staff was able to analyze the internal, environmental, and operation conditions, which were present at the time the resident fell and may have contributed to resident falls. Interventions that were used as a result of the post-fall root cause analyses will be discussed, as well as the outcomes that were learned from this program.

Through the fall prevention program, it was discovered that a cause of falls is residents’ poor quality sleep. Linda Shell will address the quality sleep issues through the Restorative Sleep Vitality Program, a program to enhance residents’ sleep and wake. The goal of this program is to provide interventions for undisturbed sleep of the residents so they can be energized and engaged during the day.

Continuing Education Credit:

Administrators & Operators– Approved for 5.5 hours for adult care home administrator and operator.

Nurses – CNEs will be available for nurses.

Attendance Certificates will be available for all other attendees.

Joint Training Seminar Objectives:

At the conclusion of the seminar, participants should be able to:

- Describe the Empira Fall Prevention Program
- Focus on the resident in the care planning process including fall and accident management
- Understand the post-fall root cause analysis strategy for fall prevention
- Apply an array of interventions used as a result of the post-fall root analysis
- Analyze fall and accident prevention interventions to be in compliance with F-tag 323
- Implement strategies to reduce disturbances to night time sleep
- Review and change medications to assist with improved sleep

JOINT PROVIDER SEMINAR SPEAKERS

SUE ANN GUILDERMANN, R.N., B.A., M.A. has over 35 years experience providing education, leadership, and consultation to long-term care provider organizations. Ms. Guildermann is a Registered Nurse with a B.A. and M.A. in communication and adult education. She currently designs and produces educational seminars and conferences for Empira, a consortium of 24 skilled nursing facilities in Minnesota.

For the last seven years, Ms., Guildermann has created educational programs for both the management and direct-line staff to assist in the implementation of a national and state quality improvement grant to reduce resident falls in skilled nursing homes. She has recently completed a three-year grant to eliminate sleep fragmentation and sleep deprivation in their Empira members' nursing homes.

Ms. Guildermann has edited, designed and written educational manuals, printed materials and videotapes. She has taught at the University of Minnesota in the School of Public Health. Ms. Guildermann travels nationally and internationally as a professional educator for the long-term care profession.

Linda Shell, R.N., B.S., M.A. is a Registered Nurse having practiced within the long-term care, hospital and academic arenas. Ms. Shell has been the Director of Nursing and the Director of Education and Learning for Volunteers of America (VOA.) VOA provides care to seniors in their homes, assisted living centers, adult day care programs, and skilled nursing facilities. Ms. Shell's role within the VOA organization involves coaching, teaching, collaboration, advocacy, quality improvement, and research. She has a Master's Degree in Nursing Leadership and serves as adjunct faculty at Bethel University in the R.N. and B.S.N. programs. Ms. Shell is also a partner in LMS consulting, which provides leadership coaching and development to business professionals. Ms. Shell has worked in aging services for more than 20 years; she has served in leadership positions in a number of local, state, and national organizations. Ms. Shell is currently attending the University of Minnesota to complete her Doctorate in Nursing Leadership.

Registration Deadline and Seminar Fee:

Early registration is encouraged. The deadline for advance registration is **Wednesday, March 25, 2015.** **The fee for this training session is \$75.** Lunch is on your own. **No refunds will be given,** but substitutes are welcome. At the door registration will be after registered attendees are seated and on a first-come, first-serve basis until the maximum number of persons for the meeting room is reached.

Advance registration will guarantee attendance at the seminar.

TRAINING SEMINAR AGENDA

8:00 a.m. – 9:00 a.m.	Registration
9:00 a.m. – 9:15 a.m.	Welcome and Announcements
9:15 a.m. – 11:45 a.m.	The Empira Fall Prevention Program, Post-Fall Root Cause Analyses, Interventions for Fall and Accident Prevention, and F-Tag 323 – Sue Ann Guildermann
11:45 a.m. – 12:45 p.m.	Lunch (on your own)
12:45 p.m. – 2:15 p.m.	Fall and Accident Prevention and F-Tag 323 – Sue Ann Guildermann
2:15 p.m. – 4:30 p.m.	The Restorative Sleep Vitality Program and Strategies to Reduce Disturbances to Night Sleep– Linda Shell
4:30 p.m.	Adjournment

Note: *The speakers will provide a total of five 10-minute breaks throughout the day – 2 in the morning session and 3 in the afternoon.*

Joint Provider Planning Committee:

KACE: Alicia Rumold and KACE Staff
LeadingAge Kansas: Leanna Chaffee
KDADS: Audrey Sunderraj, MBBS
KHCA: Polly Berkley

Hotel Accommodations:

Wichita – Sleeping rooms are available at the Holiday Inn for \$83 plus tax. Identify yourself with KACE when you call (316-686-7131) to reserve this special rate by March 16, 2015.

Topeka – Sleeping rooms are available at the Capitol Plaza Hotel for \$97 plus tax. Identify yourself with KACE when you call (785-431-7200) to reserve this special rate by March 1, 2016.

Kansas Adult Care Executives
1505 SW Fairlawn Road, Suite B
Topeka, KS 66604
Phone: (785) 273-4393 Fax: (785) 273-8681
Register online at www.kaceks.org or E-mail: kace@kaceks.org

2015 Joint Provider Training Registration Information

FALL AND ACCIDENT PREVENTION (F-TAG 323)

Registrations **MUST BE** in by **Wednesday, March 25, 2015**
You can register online at www.kaceks.org

Please indicate which training session you plan to attend.
Check one:

Tuesday, March 31, 2015
Holiday Inn, Wichita

Wednesday, April 1, 2015
Capitol Plaza Hotel (Sunflower Ballroom - Manor Conference Center) Topeka

Hotel Reservations are the responsibility of individual participants.

The registration fee for the training seminar is \$75 per person.

Payment Method: Check ___ MasterCard ___ Visa ___ American Express ___ Discover ___
Please invoice facility ___

If paying by credit card, please indicate the following:

_____	_____	_____
Credit Card Number	Exp. Date	CVS
_____	_____	_____
Name on the card	Credit Card Billing Address	City/State/Zip

Facility Name: _____

Address: _____
Facility or Personal Address City State Zip

Email Address: _____ Day Phone: _____

Attendees Name: _____ License or Certificate Number: _____

_____ Total Amount \$ _____

Make checks payable to:
Kansas Adult Care Executives
1505 SW Fairlawn Road, Suite B
Topeka, KS 66604
Phone: (785) 273-4393 Fax: (785) 273-8681
Register online at www.kaceks.org or e-mail: kace@kaceks.org

No refunds will be given for cancellations. Substitutions are welcome.