



The purpose of this intimate conference is to enable long-term care professionals to increase their knowledge and skills to better care for senior residents.

Expert speakers will get you recharged while providing the latest information on hot topics in long-term care.

# Oktoberfest Long-Term Care Virtual Conference

October 21-23, 2020

 Missouri League  
for Nursing

# WEDNESDAY, OCTOBER 21

12:00 – 12:30 P.M.

## Registration

12:30 – 3:45 P.M.

## Compassion Fatigue

3.0 administrative hours, includes 15 minute break  
Speaker: Sharon McGloin, MSOD, MS, CTRS, President and Owner of Experiential Alternatives, Kansas City, Missouri

This session will explore compassion fatigue and provide proven strategies to help us address this unique stress and maintain a balance in your life. Compassion fatigue, also known as Vicarious Trauma, is a condition characterized by a lessening of compassion over time. It is common in trauma victims and individuals that work in a helping profession. This program will give you and your staff the tools to succeed in this challenging health care environment.

3:45 – 4:00 P.M.

## Break

4:00 – 5:30 P.M.

## Professional Etiquette

1.5 administrative hours  
Speaker: Sandra Reed Wilson, MSN, RN, ACNS-BC, Director of Nursing, Crowder College, Neosho, Missouri

PLEASE AND THANK YOU!! Kathleen Pagana in her text “The Nurse’s Etiquette Advantage” notes that exploring the topic of etiquette is traditionally missed in nursing education. Each of us want to present ourselves in a professional manner, especially long-term care professionals, but do we know how to do that in various situations and formats? This will be a fun, interactive session where we will discuss talking, introductions, meetings, different modes of communication, and social media.

# THURSDAY, OCTOBER 22

8:00 – 10:00 A.M.

## What Living as a Resident Can Teach Long-Term Care Staff

2.0 patient care hours  
Speaker: Leslie Pedtke, BA, LNHA, Owner/Educator for Quality Improvement, King Management Company

What happens when real caregivers become “real” residents? How will their experiences change how they think about being a resident? How will the care they provide to residents change in the future? ‘Through the Looking Glass’ was a program developed at Aviston Countryside Manor to teach empathy to caregivers. Staff members moved into the nursing home, lived the role of a real diagnosis and accepted daily ‘challenges’ that the residents experience every day. From learning the importance of communication

to creating meaningful engagement, the resulting insights of these caregivers sensitized other staff members – new and veteran – to practical and effective ways that they were able to immediately improve daily care for residents.

10:00 – 10:30 A.M.

## Break

10:30 A.M. – 12:00 P.M.

## Communication and Motivation in the Workforce

1.5 administrative hours  
Speaker: Becky Duwe, RN, BSN, CNLCP, LNC, CM, QPA  
Collaborative Medical-Legal Consulting, LLC

Let’s talk motivation! Are you self motivated? How do you motivate your staff? Motivation doesn’t come in a one-size-fits-all solution. Fortunately, there are ways to use communication and motivation to promote quality care and improve outcomes. This discussion will review the important role personality traits play in this effort as well as effective methods of self and staff motivation. Finally, Becky will assess risk factors during a crisis, such as COVID-19.

12:00 – 1:00 P.M.

## Lunch

1:00 – 3:00 P.M.

## The Conversation Project: Advance Care Planning for Families and Loved Ones of People with Alzheimer’s Disease or Other Forms of Dementia

2.0 administrative hours  
Speaker: Judy Waechter, RN, CRRN, Regional Director of Business Development, Good Shepherd Hospice

There is no single way that people with Alzheimer’s disease or other forms of dementia think about or react to their symptoms. But most are far more aware than we think. Many, perhaps most, experiencing cognitive decline become frightened. Without a trusted confidant, they may feel extraordinarily vulnerable. Having the conversation about care, especially care at the end of life, isn’t an intrusion or unkind. On the contrary, it may be the most intimate way to promise your loved one that you will be there for them. By listening carefully and respectfully, you share their worries and promise that even when they lose the capacity to make decisions, you will be their voice. You will respect them and their wishes. They will not disappear. Join us and learn conversation tactics to promote effective advance care planning communication with a person with dementia and use of the Where I Stand scales.

3:00 – 3:15 P.M.

## Break

**3:15 – 4:15 P.M.**

**PDPM - An Interdisciplinary Team Approach**

1.0 administrative hour

Speaker: Sherri L. Robbins, RN, BSN, CLNC, RAC-CT, LNHA Senior Managing Consultant, BKD

Staying on top of regulatory change and identifying all of the items you need to capture for accurate and timely reimbursement can be overwhelming. This session will include best practice for an interdisciplinary approach to challenges skilled nursing providers are faced with when it comes to compliance with their skilled program and the payment impact. We will discuss various methods and strategies for conducting interdisciplinary team (IDT) meetings including what items providers should focus on to monitor their performance under PDPM.

**FRIDAY, OCTOBER 23**

**8:00 – 10:00 A.M.**

**Managing Mental Illness and Behaviors in LTC and Continuum Care Communities**

2.0 patient care hours

Speaker: Cynthia Baker, LCSW, LSCSW, LIMHP, Clinical Provider, and Regional Clinical Director for Deer Oaks Behavioral Health

This educational presentation will provide information about common behavioral disorders associated with various mental health conditions, including mood, anxiety, and psychotic disorders. Common strategies for managing behaviors such as verbal aggression, physical aggression, sexual inappropriate behaviors, and noncompliance for patients residing in person-centered care environments will be offered.

**10:00 – 10:15 A.M.**

**Break**

**10:15 – 11:15 A.M.**

**Chronic Conditions: Prevention and Symptom Management**

1.0 patient care hour

Speaker: Julie Miller, DNP, FNP, SSM Health Medical Group – Family Medicine

According to the CDC, six in ten Americans live with at least one chronic disease such as cardiovascular disease, cancer, or diabetes. In this session, we will discuss prevention of chronic disease as well as the management of symptoms by the primary care provider.

**11:15 A.M. – 12:15 P.M.**

**Managing Everyday Stress and Anxiety**

1.0 administrative hour

Speaker: Cynthia Baker, LCSW, LSCSW, LIMHP, Clinical Provider, and Regional Clinical Director for Deer Oaks Behavioral Health

COVID-19 and events outside of our control can cause a great deal of stress and anxiety. This session will address the signs of stress and anxiety and simple steps you can take when feeling stressed and overwhelmed. Practical advice for prevention will be provided.



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**CONFERENCE DETAILS**

**Location:** Due continued concern for individual safety and on-going travel restrictions, the 2020 Oktoberfest Long-Term Care Conference will be held virtually. During these challenging times when person to person interaction is limited, our goal is to not only provide education, but to also maintain the connections and facilitate the networking that is part of a live event.

Attendees will be sent a personal link and details regarding how to access and participate throughout the online event.

**Handouts:** Handouts will be emailed the week prior to the program. It is your responsibility to print off the handouts and have them available to you for the conference.

**Photography:** MLN reserves the right to photograph/record attendees for promotional use.

**CONTINUING EDUCATION**

In response to the COVID-19 situation, the Missouri Board of Nursing Home Administrators (MBNHA) recognizes the need for MO Administrators to have flexibility in completing the required CE clock hours for 2021 license renewal. Administrators that are due to renew their licenses by June 30, 2021 have the option to complete any/or all CE clock hours online through a MBNHA approved training agency or approved by NAB/NCERS.

This Program has been approved by the Missouri Board of Nursing Home Administrators for 15 (10 A and 5 PC) licensed administrator continuing education hours.

*Please feel free to reach out to the Missouri League for Nursing at 573-635-5355 with any questions.*

# REGISTRATION FORM

## Oktoberfest Long-Term Care Conference 2020

Name \_\_\_\_\_ MLN ID # \_\_\_\_\_ Last Four Digits S.S. # \_\_\_\_\_

Cell Phone \_\_\_\_\_ Credentials \_\_\_\_\_ Email \_\_\_\_\_

Home Address \_\_\_\_\_

Home City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Employer \_\_\_\_\_ Employer MLN ID # \_\_\_\_\_

*Confirmation, handouts, evaluation, and certificate will be sent via email.*

### Early Bird Registration Rate (postmarked on/before Sept. 20)

- \$350
- MLN or NLN Member Discounted Rate: \$250

### Conference Registration Rate (postmarked after Sept. 20)

- \$400
- MLN or NLN Member Discounted Rate: \$300

Check method of payment:     Check Enclosed     Discover/MC/Visa    Total Enclosed \$ \_\_\_\_\_

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

Name on Card \_\_\_\_\_ Zip Code \_\_\_\_\_ Signature \_\_\_\_\_

## REGISTRATION DETAILS:

Send registration form and fees to:  
MLN, 604 Dix Road, Jefferson City, MO 65109

Registrations called in to 573-635-5355 or faxed to 573-635-7908 must be charged to Discover/MC/Visa.  
You may register and pay online at [mlnmonursing.org](http://mlnmonursing.org). We cannot bill you.

### Cancellation:

Should you need to cancel, we suggest finding a substitute and notifying us of the change.

There is a \$50 non-refundable cancellation fee.

No refunds for cancellations will be made less than five business days prior to the conference.

Cancellations must be received in writing. No refunds or credits will be made if registrant fails to attend.



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