

# South Central Long-Term Care RISE

*Resiliency, Infrastructure, Support & Empowerment*

## Office Hours

October 27, 2023



**LONG TERM  
CARE** RESOURCE  
COLLABORATIVE

SOUTH CENTRAL  
**LTC RISE**



**PennState**  
College of Medicine



# AGENDA

- COVID-19 Data
- RISE program spotlight: PSU College of Nursing Center for Geriatric Nursing Excellence
- Reminders & Opportunities
  - Vizient SCOR survey
  - Messiah University
  - STARR program
  - Fast Form
  - ECHO
  - P2P



# SITUATIONAL AWARENESS

## SOUTH CENTRAL REGION

LTC RISE Counties with Outbreaks

	Outbreaks	Percent of Facilities in County with Outbreak	PCH	SNF	Total in County	Outbreaks Previous Week
Bedford	0	0%	3	2	5	1
Blair	5	19%	16	10	26	6
Mifflin	2	40%	2	3	5	2
Huntingdon	1	20%	2	3	5	1
Fulton	1	50%	1	1	2	1
Juniata	0	0%	5	3	8	1
Perry	0	0%	1	3	4	0
Cumberland	5	12%	24	17	41	4
Franklin	4	14%	20	9	29	5
Adams	1	6%	11	6	17	1
Dauphin	0	0%	22	9	31	1
York	1	2%	30	16	46	1
Lebanon	3	10%	19	11	30	2
Total	23	9%	156	93	249	26
Total Facilities (PCH and SNF)				249		

SOUTH CENTRAL REGION- COUNTY COVID NEW HOSPITAL  
ADMISSION RATES ON 10/26/23: CDC DATA TRACKER

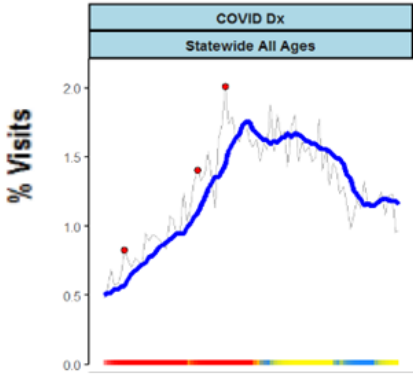
COUNTY	NEW HOSPITAL ADMISSIONS PAST WEEK	RATE PER 100,000 POPULATION
ADAMS	24	3.0
BEDFORD	26	7.0
BLAIR	26	7.0
CUMBERLAND	46	6.4
DAUPHIN	46	6.4
FRANKLIN	11	3.4
FULTON	11	3.4
HUNTINGDON	7	6.0
JUNIATA	7	6.0
LEBANON	46	6.4
MIFFLIN	7	6.0
PERRY	46	6.4
YORK	24	3.0

*Last Updated 10/26/2023*

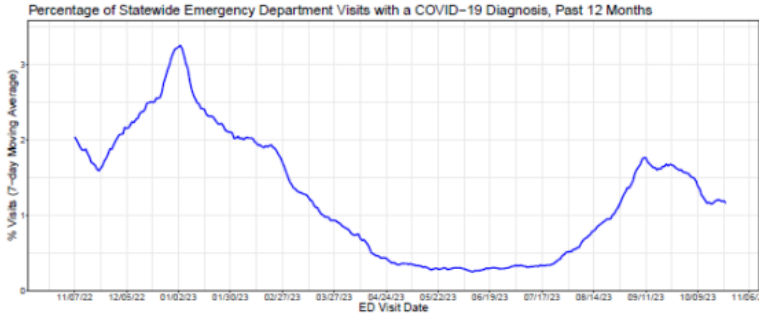
# Covid-19 Syndromic Data

The syndromic system captures ED visit data from all PA hospitals.

The % of visits with COVID diagnoses has begun to increase again in most age categories. COVID with pneumonia is decreasing. The % of visits by region has started to go up again in NE and SC, and has plateaued in SE..

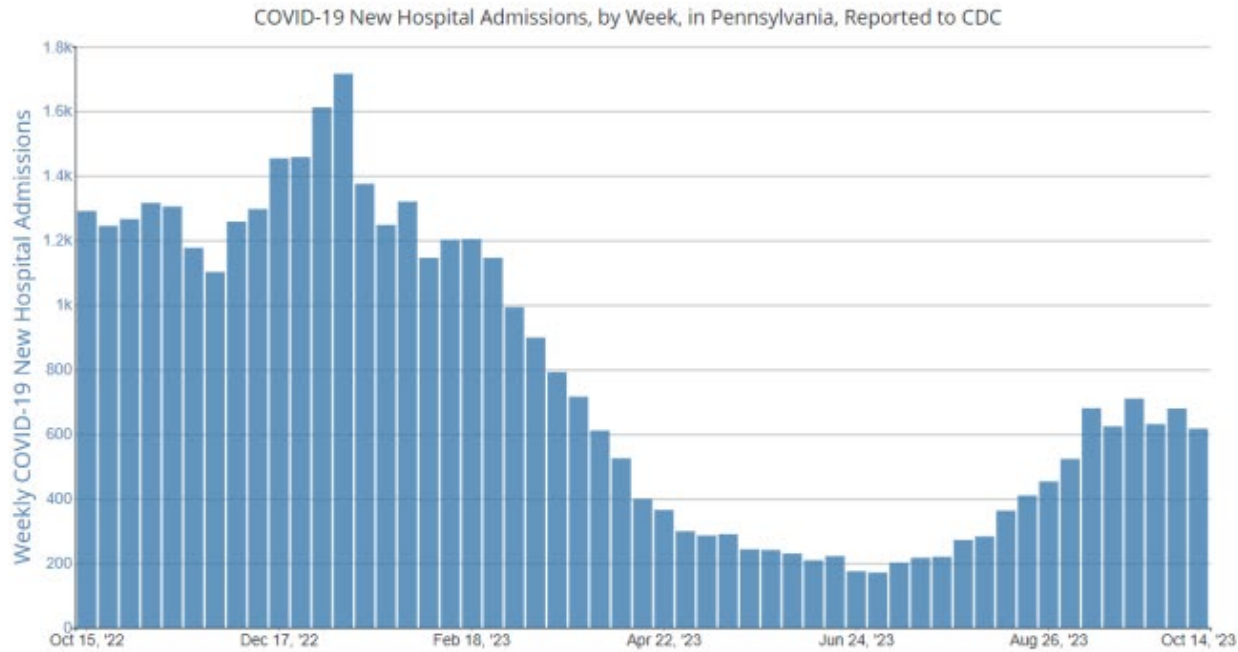


3-month trends (through 10/24/2023) in the % of ED visits that had a diagnosis code for COVID-19 infection



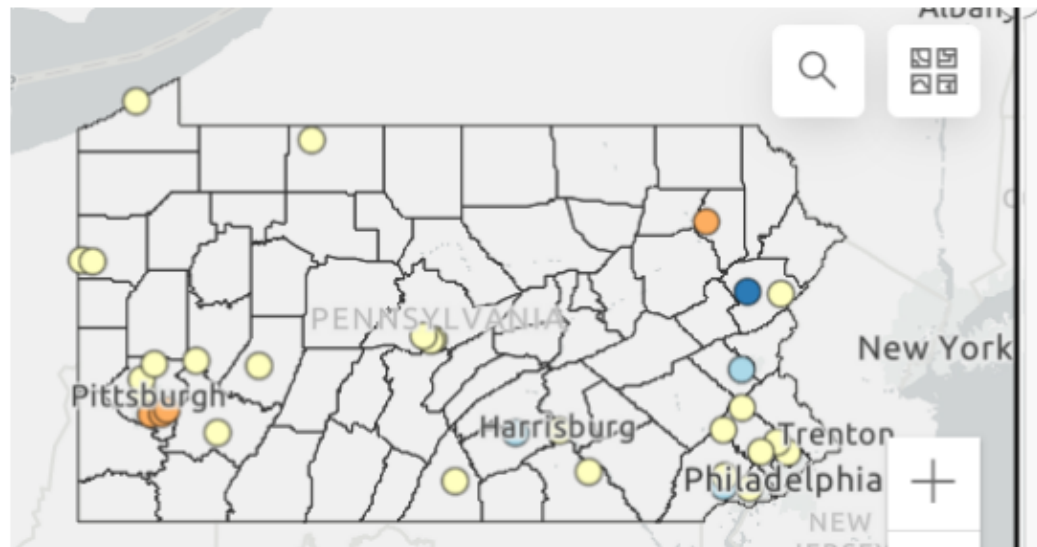
COVID-19 Statewide levels are still lower than they were at this time last year

# COVID- 19 Hospitalization by PA region



Indicates that new admissions statewide have stabilized. However, recall that there is a lag in this data

# Wastewater Surveillance



## 15-Day Trend

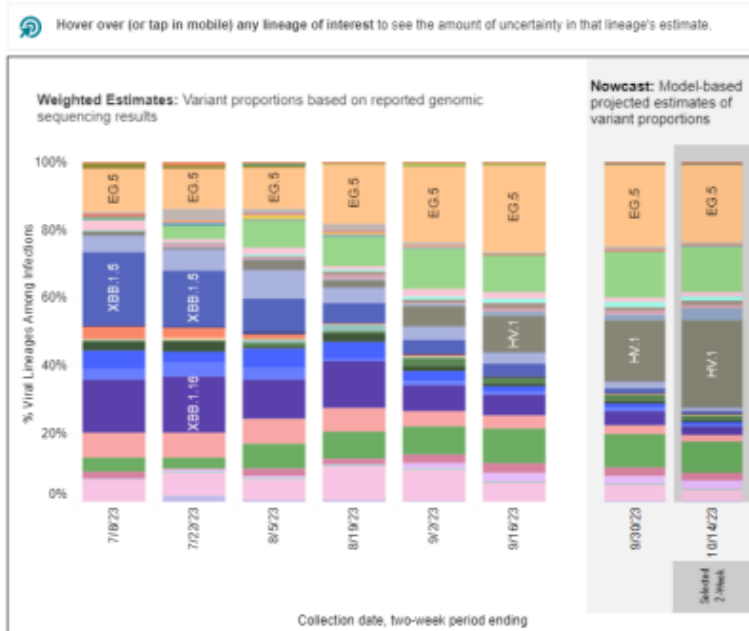
- Large Increase
- Increase
- No Change
- Decrease
- Large Decrease
- Insufficient Data

Some level of increase seen compared to last week. Some Allegheny County sites have started to show very modest increases, along with Lackawanna.

# Covid-19 Variants

## Not collated this week

Weighted Estimates in HHS Region 3 for 2-Week Periods in 6/25/2023 – 10/14/2023



Nowcast Estimates in HHS Region 3 for 10/1/2023 – 10/14/2023

Region 3 - Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, and West Virginia

WHO label	Lineage #	%Total	95%PI
Omicron			
	HV.1	25.7%	22.4-29.2%
	EG.5	22.9%	20.6-25.5%
	FL.1.5.1	13.7%	11.9-15.6%
	XBB.1.16.6	9.1%	7.6-10.8%
	XBB.2.3	3.6%	2.6-5.1%
	HK.3	3.5%	2.2-5.3%
	XBB.1.16	2.6%	2.2-3.1%
	XBB.1.16.11	2.4%	1.9-3.0%
	XBB.1.16.15	2.3%	1.7-3.1%
	XBB.1.16.1	1.8%	1.5-2.3%
	GK.1.1	1.4%	0.9-2.3%
	GE.1	1.3%	0.7-2.4%
	XBB.1.5.70	1.3%	0.8-2.1%
	XBB	1.3%	0.9-1.9%
	HF.1	1.0%	0.6-1.6%
	GK.2	1.0%	0.6-1.7%
	EG.6.1	0.7%	0.5-1.2%
	XBB.1.9.1	0.7%	0.6-0.8%
	XBB.1.5.72	0.6%	0.4-1.0%
	XBB.1.5	0.6%	0.5-0.8%
	XBB.1.9.2	0.5%	0.3-0.7%
	BA.2	0.4%	0.1-1.1%
	XBB.1.5.68	0.4%	0.2-0.6%
	CH.1.1	0.2%	0.1-0.5%
	XBB.1.5.10	0.2%	0.1-0.3%
	XBB.2.3.8	0.2%	0.1-0.4%
	XBB.1.42.2	0.1%	0.1-0.3%
	FD.1.1	0.1%	0.0-0.2%
	XBB.1.5.59	0.1%	0.0-0.1%
	FE.1.1	0.0%	0.0-0.1%
	B.1.1.529	0.0%	0.0-0.1%
	FLU.1.1	0.0%	0.0-0.1%
	XBB.1.5.1	0.0%	0.0-0.0%
	BQ.1	0.0%	0.0-0.0%
	FD.2	0.0%	0.0-0.0%
Other	Other	0.1%	0.0-0.1%

\* Enumerated lineages are US VOC and lineages circulating above 1% nationally in at least one 2-week period. "Other" represents the aggregation of lineages which are circulating <1% nationally during all 2-week periods displayed.

■ BA.1, BA.2 and their sublineages (except BA.1.1 and its sublineages) are aggregated with B.1.1.529. Except BA.2.12.1, BA.2.75, XBB and their sublineages, BA.2 sublineages are aggregated with BA.2. Except BA.2.75.2, CH.1.1 and BK.1, BA.2.75 sublineages are aggregated with BA.2.75. Except BA.4.6, sublineages of BA.4 are aggregated to BA.4. Except BF.7, BF.11, BA.5.2.6, BQ.1 and BQ.1.1, sublineages of BA.5 are aggregated to BA.5. Except the lineages shown and their sublineages, sublineages of XBB are aggregated to XBB. Except XBB.1.5.1, XBB.1.5.10, FD.2, EU.1.1, XBB.1.5.68 and XBB.1.5.70 sublineages of XBB.1.5 are aggregated to XBB.1.5. Except FL.1.5.1, sublineages of XBB.1.9.1 are aggregated to XBB.1.9.1. Except XBB.1.16.1, XBB.1.16.11, XBB.1.16.15 sublineages of XBB.1.16 are aggregated to XBB.1.16, sublineages of XBB.1.42.2 are aggregated to XBB. Except FE.1.1, sublineages of XBB.1.5.1 are aggregated to XBB. For all the other lineages listed, their sublineage are aggregated to the listed parental lineages respectively. Previously, FL.1.5.1, OE.1, EG.6.1 and HV.1, FD.1.1, XBB.2.3.8, HF.1, GK.2, GK.1.1, HK.3 was aggregated to XBB.1.9.1, XBB.2.3.10, XBB.1.9.2, XBB.1.5.15, XBB.2.3, XBB.1.16.12, XBB.1.5.70 and XBB.1.9.2.5.1.1, respectively. Lineages BA.2.75.2, XBB, XBB.1.5, XBB.1.5.1, XBB.1.5.10, FD.2, XBB.1.9.1, XBB.1.9.2, XBB.1.16, XBB.1.16.1, XBB.2.3, BK.1, BA.4.6, BF.7, BF.11, BA.5.2.6, BQ.1.1, EU.1.1, XBB.1.5.68, FE.1.1, EG.5, XBB.1.5.72, FL.1.5.1, OE.1, EG.6.1, XBB.1.16.11, FD.1.1, XBB.1.5.70, XBB.2.3.8, HV.1, XBB.1.42.2, GK.2, HF.1, XBB.1.16.15, GK.1.1 and HK.3 contain the spike substitution R346T.

In the actual data, EG.5 was the most prevalent subvariant, and HV.1 was increasing the fastest.

The projections estimate that HV.1 is currently the most prevalent variant (26%), with EG.5 beginning to subside.



# South Central Long-Term Care RISE

*Resiliency, Infrastructure, Support & Empowerment*

## The STARR Dementia Track - PLUS Program: Education and Quality Improvement

In collaboration with LTC RISE Partner:



**PennState**

Ross and Carol Nese  
College of Nursing

Tressa Nese and Helen Diskevich  
Center of Geriatric Nursing Excellence



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College of Medicine

## Three Components/ Phases of the program:

### Phase I: STARR Dementia Track

**Goal** = Participants will gain knowledge about dementia, communication skills, and positive approaches to dementia signs/symptoms of distress or unmet needs

### Phase II: STARR Dementia Plus

**Goal** = Participants will gain knowledge and skills related to three additional modules: 1) function-focused care; 2) nutrition and pain management; 3) working with families.

### Phase III: QAPI Projects

**Goal** = LTCFs can identify 1-3 goals for quality improvement and assurance project implementation. Nurse Educator shall collaborate to develop and implement PIP/s.



# Timeline for Implementation:

## Phase I: STARR Dementia Track

1<sup>st</sup> month = LTCF participants shall complete self-paced, online EssentiALZ training.

2<sup>nd</sup> month = LTC RISE provides virtual training for LTCF participants.

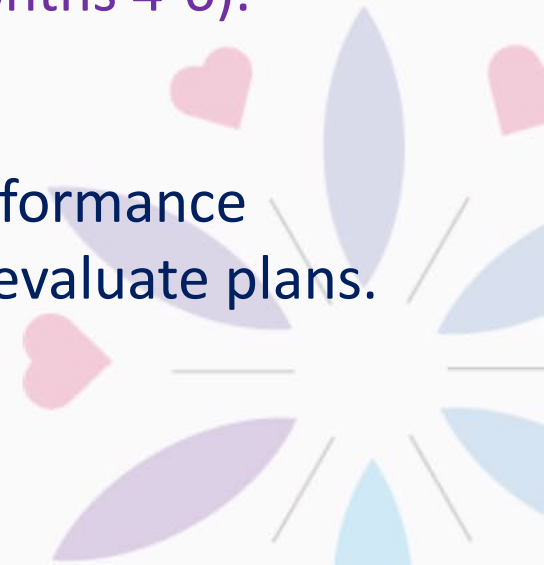
By end of 3<sup>rd</sup> month = Nurse Educators co-design and train LTCF champion/ leaders; and then co-present the STARR Dementia Track training to staff.

## Phase II: STARR Dementia Plus

Nurse Educators shall present three specialized dementia care modules (in coordination with LTCF champion/trainer) from within the following three months (months 4-6).

## Phase III: QAPI Projects

TBD by June 30, 2024 dependent on number of goals identified (1-3), Performance Improvement Plans, and timeline necessary to develop, implement, and evaluate plans.



# Evaluation Methods:

## I. GOAL ATTAINMENT for DEMENTIA CARE

Upon registration, the Nurse Educator assigned to the LTCF will interview a champion/leader to obtain baseline information and identify 1-3 LTCF goals for the program which will be integrated into the program.

## II. PARTICIPANT SELF-EVALUATION OF COMPETENCE in DEMENTIA CARE

With each training session, participants will complete brief pre and post assessments of their own knowledge and/or skills related to dementia care.

## III. RE-AIM OUTCOMES

This provides an opportunity to evaluate the education and quality improvement programming in relation to organizational outcomes: reach, effectiveness, adoption, implementation, and maintenance.



*invite you to participate in...*

## The STARR Dementia Track PLUS: Education & QAPI Program



*We look forward to collaborating with you to:  
share expertise and learn from each other,  
implement education to staff,  
set goals and work towards quality improvement,  
and improve care and quality of life for persons living with dementia!*



# SCOR-LTC Survey Sign-ups Ending!

**Assess your current strengths and opportunities within your organization.** The SCOR-LTC survey is designed specifically for post-acute and long-term care settings. **The survey results are confidential**, and individual facility results will only be shared with your leadership team.

What you do:

- Register your community! See the link below
- Join a 15 min Mapping Session where you tell us about your facility staff – how many and how they work together
- Promote staff participation in an anonymous 8–11-minute survey

What you get:

- Detailed insight into the drivers of cultural health and staff well-being at your facility
- Training in interpreting the data from the survey
- A debriefing session from an expert on cultural impact in healthcare settings
- Custom action plan with coaching and strategies specific to your results
- Access to individual well-being trainings that can also provide free CEUs for all staff
- Newly surveying communities will receive iPads to assist in the survey process

Interested in participating this fall?

Please fill out the "SCOR-LTC Survey Registration" by clicking the link here: [November SCOR-LTC Registration](#)

The Vizient logo is displayed in a white rectangular box. The word "vizient" is written in a lowercase, sans-serif font, with the letters in orange. A registered trademark symbol (®) is located at the top right of the word.

The Bridge Center at Messiah University is hosting 8 free educational courses for entry and mid-level Long-Term Care Leaders called **Leading Spirituality and Wellness in Long-Term Care.**

*Courses can be completed as standalone events; or participants can earn a Certificate of Completion if they complete the “4 Core Courses” and 2 of the Elective Courses.*

**Did you miss the first Core Course needed to earn the Certificate of Completion? Don't worry. That Core Course will be offered again in spring 2024.**



THE BRIDGE CENTER  
FOR CONTINUING EDUCATION

[For information on this course or to register, click here or scan QR code!](#)

For more details on the course series, go to [www.messiah.edu/bridgecenter](http://www.messiah.edu/bridgecenter)



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**2<sup>nd</sup> COURSE – November 2 at 1:00 p.m.**  
**The Impact of Listening on Spirituality and Leadership**

We are all created to connect with others. We believe it is through listening - compassionately, empathetically, intentionally - that we can be better people and form better connections. And in being better people, we will be better partners, parents, friends, colleagues, managers, and leaders. We believe listening well is where it all starts, and we want to help workshop attendees grow in that understanding.

Registration is free! Courses can be taken as a series or stand-alone events.



THE BRIDGE CENTER  
FOR CONTINUING EDUCATION

[For information on this course](#)  
[or to register, click here or scan QR code!](#)

For more details on the course series, go to  
[www.messiah.edu/bridgecenter](http://www.messiah.edu/bridgecenter)





# The Return of the STARR Ladder Program!

The South Central LTC RISE Team is excited to be re-launching our STARR Ladder Program in the coming weeks!

3 Tracks:

- Dementia Care Track
- Infection Prevention Track
- QAPI Track – NEW!!

Provide select staff with an opportunity to become facility champions through participation in the STARR ladder program with goal to have facility recognition through assignment of a new role/title. Eligible staff include medication technicians, certified nursing assistants, maintenance staff, administrative staff and nurses.

3 STARR Phases:

- Online Component geared toward your chosen track (self-paced)
- In-Person workshop and training with subject matter experts for STARR Participants
- In-Person training with STARR Participants as leaders

Questions? Email us! [RISEteam@pennstatehealth.psu.edu](mailto:RISEteam@pennstatehealth.psu.edu)



[Register Here!](#)

# Peer-2-Peer Network (P2P Net)

## Facilitated by Medical Reserve Corps

As part of the Penn State LTC RISE program, the South Central PA Medical Reserve Corps is offering free training in-house at your facility. MRC can come on weekdays and weekends to complete this important program for your leadership and staffing teams. Each session lasts for about an hour and can be taught several times a day to capture all shifts. **Training is offered on a first come, first served basis.**

Psychological First Aid (PFA) is an evidence-informed approach that is built on the concept of human resilience. PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis. PFA addresses basic needs and reduces psychological distress by providing a caring comforting presence, and education on common stress reactions. It empowers the individual by supporting strengths and encouraging existing coping skills and also provides connections to natural support networks.

Follow this link to find a time between now and March 2024. <https://calendly.com/scpamrc/psychological-first-aid> (Weekends upon request)

Other questions? Contact Kim Lee Kenawell, MSFS, AWMA<sup>®</sup>, CDFA<sup>®</sup>, CRPC<sup>®</sup>  
[kkenawell@ehsf.org](mailto:kkenawell@ehsf.org) or 717-319-5110



# Long-Term Care RISE ECHO

This virtual series seeks to empower facility administration and staff to improve health outcomes for residents facing challenges related to age-friendly care.

Join us **November 9th, 2023** for our next session:

**Strategy For Helping With Dementia Related Behaviors**

Register below!

<https://redcap.link/LTCRISE23-24>



**PennState**  
College of Medicine





In less than 10 minutes, complete the  
LTC RISE *FAST Form*  
The *Facility Access Survey Tool*



*Created by your Long-Term Care RISE partners in the South Central PA region, this tool will help us gather information from multiple points-of-contact at your facility in order to quickly share resources, training, incentives and MORE to you for easy connections!*

**[Click here to complete the form today!](#)**

Happy Halloween

