

# Registration Information

Register online at [www.ilmda.org](http://www.ilmda.org)

## Meeting Location and Parking

Marriott St. Louis Grand Hotel  
800 Washington Ave, St. Louis, MO 63101 P: (314) 621-9600

## Hotel Rooms

Please see the booking information at [www.ilmda.org](http://www.ilmda.org)  
Reservations Toll Free: 800-397-1282  
Reservations Local Phone: 1-877-303-0104

## Please Complete the Following:

NAME

PHONE

CITY

STATE

ZIP

EMAIL

## Registration Fees:

- IMDA & MALTCP Physician Members: \$200
- IMDA & MALTCP Non-Physician Members: \$100
- Non-Member Physicians: \$250
- Non-Member Non Physicians: \$130
- Fellows, Students, and Residents: Free

*Target Audience: Physicians, with clinical and administrative responsibilities as medical directors, PA/LTC attending physicians, nurses, advanced practitioners, administrators and pharmacists working in long term care.*

**Please make checks payable to:**  
Illinois Medical Directors Association

## Mail registration and payment to:

IMDA  
c/o Ted Kanellakes  
515 N. Dearborn Street  
Chicago, IL 60654

Questions? Contact Ted Kanellakes  
At [IMDA@cmsdocs.org](mailto:IMDA@cmsdocs.org)  
312-670-2550

## IMDA Officers

**President:** Noel DeBacker, MD, CMD, FACP  
**Vice President:** Leo Kanev, MD, CMD  
**Treasurer:** Victoria Braund, MD

## MALTCP Officers

**President:** Milta O. Little, DO  
**Vice President:** Randall Huss, MD, CMD  
**Treasurer:** Charles Crecelius, MD, PhD, CMD



*The Illinois Medical Directors Association and The Missouri Association of Long Term Care Practitioners in Conjunction with the Chicago Medical Society Presents*

## Third Annual Bi-State Conference on Post-Acute & Long-Term Care

Friday, May 04, 2018  
through Sunday May 06, 2018

## Marriott St. Louis Grand Hotel St. Louis Mo

800 Washington Ave, St Louis MO 63101



## Accreditation Statement

This activity has been planned and implemented in accordance with all the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Chicago Medical Society and the Illinois Medical Directors Association (IMDA). The Chicago Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Chicago Medical Society designates this live activity for a maximum of **10.25 AMA PRA Category 1 Credit(s)<sup>™</sup>**. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity.

The following Chicago Medical Society CME planning members involved with this activity have disclosed that they do not have any relevant financial relationships with commercial interests: Michael Hanak, MD, FAA, Eric A. Eason, MD, Arjang Khorasani, MD, and Vemuri S.

## Desired Learning Outcomes

**Shaping the Future of Health Care** - At the conclusion of this session, participants should be able to: Describe the advocacy efforts of the American Medical Association in areas of joint concern with the AMDA, including health system reform, regulatory relief, and graduate medical education. Discuss the basic elements of the MACRA law and regulations implementing the Quality Payment Program, and what the AMA is doing to help physicians comply. Describe the American Medical Association's strategic vision for the future in key areas such as health information technology, medical education and improving health outcomes for patients. Explain the importance of leadership and unified action to ensure that government at all levels adopts policies that are sustainable for patients and the health care system.

**Care Across Sites of Service, a Case-Based Presentation**- At the conclusion of this session, participants should be able to: Understand the advantages of network systems in providing care across sites, review the key aspects the post-acute physician and medical director can play in ensuring optimal patient outcomes, discuss how metrics affect network selection and impact physicians.

**Hypertension in the Old: Review of the Evidence and CPG's** - At the conclusion of this session, participants should be able to: Provide information from RCTs on the importance of treating hypertension in the elderly, review the CPGs on hypertension, including the just released guidelines, provide an understanding of non-pharmacological and drug therapy for hypertension.

**Vitamin D Deficiency: Real or Myth** – At the conclusion of this session, participants should be able to: Become aware of the functions of vitamin D in the body, understand the consequences of vitamin D deficiency, obtain an understanding of management of the disorder.

**Stroke Rehabilitation**- At the conclusion of this session, participants should be able to: Discuss with their patients the time course of recovery after stroke

Murthy, MD, and Haydee Nascimento, Director of Education. The following IMDA CME planning members involved with this activity have disclosed that they do not have any relevant financial relationships with commercial interests: Noel A. DeBacker, MD, Course Director, Mila Little MD, and Victoria Braund, MD. **CMD Credit Statement:** This live activity has been pre-approved by the American Board of Post-Acute and Long-Term Care Medicine (ABPLM) for a total of **3 management hours and 7.25 clinical hours toward certification** as a Certified Medical Director (CMD) in post-acute and long-term care medicine. The CMD program is administered by the ABPLM. Each physician should claim only those hours of credit actually spent on the activity.

**CME Credit Statement:** This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for **10.25 clock hours and 10.25 participant hours**.

and the relevance of the "proportional recovery rule", name two pharmacological interventions with evidence to decrease disability post stroke. discuss the relevance of competitive equilibrium between the hemispheres to stroke rehabilitation, list the 4 components of an effective rehabilitation regimen.

**Pain Management in the Nursing Facility** - At the conclusion of this session, participants should be able to: Describe the scope of and problems associated with detection and management of chronic pain in elderly nursing facility residents, identify appropriate and inappropriate choices in the pharmacological approach to management of pain in the elderly, including the appropriate use of opioids in the era of the "opioid epidemic", formulate an appropriate plan for management of pain in the elderly that encompasses both pharmacologic and non-pharmacologic interventions, discuss potential adverse consequences to elderly nursing facility residents of the CDC guidelines and societal initiative to reduce opioid prescribing.

**Sarcopenia and Frailty**- At the conclusion of this session, participants should be able to: Recognize the importance of identifying frailty in patients using the simple FRAIL screening tool and the best treatment options for adults, recognize and know the treatments for sarcopenia as well as to be aware of the emerging treatments now available, recognize the importance of accelerated sarcopenia in persons with diabetes.

**Traumatic Brain Injury**- At the conclusion of this session, participants should be able to: Review medical complications associated with brain injury, discuss the specific difficulties in providing care for patients with brain injuries in skilled nursing facilities, learn to focus the direction of the rehab team, review medication issues specific to brain injury.

## Schedule

### FRIDAY, May 04, 2018

**7:15 PM Chicago Cubs/ Cardinals baseball game Busch Stadium, St. Louis MO**

### SATURDAY, May 05, 2018

**7:00-8:00 AM Registration and Breakfast**

**8:00 - 9:00 AM AMA and AMDA--Shaping the Future of Health Care, David Barbe, MD**

**9:00 - 10:00 AM Care Across Sites of Service, a Case-Based Presentation, Charles Crecelius, MD**

**10:00 - 10:45 AM Exhibit Break**

**10:45 - 12:00 PM Hypertension in the Old: Review of the Evidence and CPG's, TS Dharmarajan, MD**

**12:00 – 1:00 PM Lunch**

**1:00 - 2:00 PM Vitamin D Deficiency: Real or Myth, TS Dharmarajan, MD**

**2:00 -3:15 PM Stroke Rehabilitation, Alex Carter, MD, PhD**

**3:15 – 3:45 PM Exhibit Break**

**3:45 - 5:00 PM Pain Management in the Nursing Facility, Randall Huss, MD**

**5:00 PM Adjournment**

### SUNDAY, MAY 06, 2018

**7:00 - 8:00 AM Registration and Breakfast**

**8:00 - 9:15 AM Sarcopenia and Frailty, John Morley, MD**

**9:15 - 10:30 AM Traumatic Brain Injury, Jason Gruss MD**

**10:30 - 11:00 AM Exhibit Break**

**11:00 - 12:00 PM Washington update, Alex Bardakh**

**12:00 PM Closing Remarks and Adjournment**

All of the faculty members listed above have disclosed that they do not have any relevant financial relationships with commercial interests. Please see the exceptions below. Speakers and Topics are subject to change.