

UK Elder Care

IN THE KNOW

E-Newsletter
May 2008



A MESSAGE FROM THE COORDINATOR

May is Older American's Month. This month reflects a celebration to the older Americans and their families for their contribution in our society. In celebration of Older American's month at UK, we have a lot of events scheduled to show appreciation to employees interested in aging as well as caregivers! Please check out the campus events section below for more details and help us spread the word!

Also, May through July 2008, the Administration on Aging has plans to highlight programs and initiatives throughout the U.S. that demonstrate the principle's of the Administration on Aging to help our seniors maintain independence in the community longer. Each business day, a new state initiative will be highlighted. For more information, visit: http://www.aoa.gov/press/oam/May_2008/program_champions.asp



NEWS HIGHLIGHTS

Multi-year Plan for Improved Nursing Home Quality Released

Medicaid beneficiaries and families searching for top quality long-term care services can find critical new information added to the Centers for Medicare & Medicaid Services' (CMS) Web site "Nursing Home Compare."

For the first time, information about nursing homes on the Compare Web site will list whether a home is or has been on CMS' special focus facility (SFF) list. The agency's SFF initiative gives heightened scrutiny to nursing homes that have a history of poor performance or repeated violations of state and federal health and safety rules.

The SFF initiative was created because a number of facilities were consistently providing poor quality of care, yet were periodically instituting enough improvement that they would pass one survey only to fail the next (for many of the same problems as before). Such facilities with a "yo-yo" compliance history rarely addressed underlying systemic problems that were giving rise to repeated cycles of

serious deficiencies.

Nursing homes that have the SFF designation, including information about that designation, will now be noted on Nursing Home Compare, which can be accessed at www.medicare.gov. The site helps families find nursing homes in their area. Information about the homes includes performance scores on quality measures, staffing information and a three-year history of the home's health, safety and fire inspection reports. The Web site will be updated with new information quarterly.

A copy of the full 2008 nursing home action plan can be found at: http://www.cms.hhs.gov/CertificationandCompliance/12_NHs.asp#TopOfPage.

Source: Administration on Aging

Antipsychotic Drugs Linked to Pneumonia in Elderly

Nursing home patients who take antipsychotic drugs are 60 percent more likely to develop pneumonia in the short term than those who don't take the drugs, a new study shows.

The risk is greatest during the first week after patients start taking the medications and gradually decreases, say Dutch researchers.

"The risk of developing pneumonia is not associated with long-term use, but is the highest shortly after starting the drug," said study authors Dr. Rob van Marum and Dr. Wilma Knol. They warned that "all antipsychotic drugs may be associated with pneumonia in elderly patients."

This is the first study to show an association between pneumonia risk and the use of antipsychotic drugs, which are frequently used to treat psychosis and behavioral problems in elderly patients with dementia and delirium.

The study was published in the current issue of the *Journal of the American Geriatrics Society*.

Source: HealthDay News

Prevalence of Diabetes is Growing in Nursing Homes

According to a new report from the Institute for the Future of Aging Services, diabetes is "enormously prevalent" in nursing homes, and one out of every four residents over the age of 65 is diagnosed with the disease. Researchers analyzed the 2004 National Nursing Home Survey, which includes data representing 1.32 million nursing home residents over age 65. Among the findings: non-white residents were twice as likely to have diabetes as white residents; diabetic residents were younger than their non-diabetic counterparts; and the prevalence of diabetes in U.S. nursing homes was higher in 2004 compared to previous years. Researchers also found that people with the disease are at a greater risk for

developing other conditions; diabetics, for instance, are more likely to arrive at a nursing home with pre-existing circulatory problems and are 56% more likely to have a pressure ulcer upon admission.

Source: McKnight's Long-Term Care News & Assisted Living



UPCOMING EVENTS ON CAMPUS & IN THE COMMUNITY

CAMPUS

- **Don't Blame it on Aging** is scheduled Monday, May 5th 12:10-12:50 p.m. in Room 312 CTW. Dr. Nancy Stiles, M.D. Associate Director of Medicine, Geriatrics will be speaking about: What is normal aging? What are causes of functional decline? Is it common? RSVP by calling Elder Care at 323-4600.
- **CARE Group meetings** are in three locations. The next meeting dates are: May 8th in 220 Scovell Hall, Suite 1; and May 22nd in Peterson Service Building, Room 379. The Hospital meeting May 15th has been cancelled due to scheduling conflict with the Challenges conference. Meetings are from 12 – 1:00 p.m. If you are not presently attending please contact Elder Care for details and more information. Newcomers are welcome at anytime.
- **UK Conference for Caregivers** held at the Student Center Thursday, May 15 9 a.m. – 1:30 p.m. Information on meaningful interactions, stress management, long distance caregiving, and the 'best kept community resource secrets.' Luncheon speaker, Jack Kelley, CEO for the World Games 2010. The registration deadline is May 5. Cost is \$8.00 and includes lunch, exhibits and door prizes. For more information and registration forms visit <http://ces.ca.uky.edu/Fayette/> or call 257-5582.
- **Community Resources for Elder Care: In-Home to Housing Options** is scheduled May 30th from 12-1:p.m. in Medical Center H31F. Seating is limited; please register through NetLearning or calling 7-9226!
- **Health & Wellness Events**: Wellness on Wheels is May 1st from 8 a.m. – noon at Good Samaritan, Main Conference Room B.; Health and Wellness Conference scheduled May 16th; Lunch n Learn: Focus on Nutrition: What to Eat is May 21^h 12:10-12:50 in 127, CTW. Visit www.uky.edu/HR/Wellness to learn about other services and scheduled events and to RSVP.



CAREGIVER SURVIVAL GUIDE

Issues of Control

Control is probably one of the most important things our loved one can lose. When physical or emotional challenges hamper our ability to maintain control in our lives, it can be very disheartening and sometimes defeating situation for both caregiver and care receiver.

We all adapt and alter priorities in our lives as circumstances bring about changes that affect the way in which we are able to manage our activities of daily living. Have you ever been ill, or laid up for even a brief time? How frustrating was it for you to have to wait for someone else to take you to the store, or a doctor's appointment, or even have a meal? It is not pleasant. We can get very frustrated when our lives are disrupted for even a few days. Imagine then how you would feel if these limitations that prevent you from doing what you want when you want it were a permanent part of your life.

Is it any wonder why at times our loved ones get a bit cranky, or seem at other times to deliberately cancel plans? For them, it is just one small way in which they can maintain some control in their life. When there is little opportunity to assert your own control, even what might seem to be a small thing to us, can become a very important issue to our loved one. I would urge you to keep communication open during these times. By letting each other know how you are feeling, you may find the control issues become less important. Life is too short to waste precious time being frustrated or upset. Enjoy each moment of the time you have with your loved one. It will serve to help you through the days ahead when he or she is no longer with you.

Source: Caregiver.com by Kate Murphy, RN



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