Iowa Center for Assisted Living’s Assisted Living Nurses’ Conference

Professional Nursing Seminar for the Assisted Living Nurse

March 5, 2009

Assisted Living Regulations Review and Update

Special Humor Filled Sessions on Stress Management and Celebrating the Everyday Hero

A. L. Nurses Scope of Practice and Delegation

Hospice Services in Assisted Living Settings

Hilton Garden Inn
8600 Northpark Dr.
Urbandale, IA
(515) 270-8890
Iowa Center for Assisted Living

Professional Nursing Seminar for the Assisted Living Nurse

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Schedule

March 5, 2009

8:00 a.m.  Registration

8:30 a.m.  **Regulations Review and Update**
Speaker: Ann Martin, RN, Department of Inspections and Appeals

10:30 a.m.  Break

10:45 a.m.  **Stress, Life’s Seasoning and Life Balance, the Perfect Blend**
Speaker: Amy Dee-Kristensen, RN, Professional Speaker, Life Coach

11:45 a.m.  Lunch

12:30 p.m.  **Everyday Hero: Celebrating the Heart of the Healthcare Professional**
Speaker: Amy Dee-Kristensen, RN, Professional Speaker, Life Coach

1:30 p.m.  Break

1:45 p.m.  **A.L. Nurses Scope of Practice and Delegation of Responsibilities**
Speaker: Ginny Wangerin, RN, President of Iowa Nurses Association

2:45 p.m.  Break

3:00 p.m.  **Hospice Services in Assisted Living Settings**
Speaker: Brooke Gritzner, RN, Iowa Hospice

4:30 p.m.  Adjourn
Iowa Center for Assisted Living

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Session Descriptions

**Regulations Review and Update**
Speaker: Ann Martin, Iowa Department of Inspections and Appeals
This session will define state regulations of assisted living and how regulations apply when working in an assisted living setting. An Iowa DIA overview of the assisted living certification law: Iowa Administrative Code 231C—Chapter 25, and the Code of Iowa 231C. This section will feature common areas of oversight and concern for assisted living nurses.

**Stress, Life’s Seasoning and Life Balance, the Perfect Blend**
Speaker: Amy Dee-Kristensen, RN, Professional Speaker, Life Coach
Two out of five employees are dissatisfied with the balance between their work and personal lives. The lack of balance is due to long work hours, more time in the car, the deterioration of boundaries between work and home, and increased work pressure. In this fun and informative session we will discuss types of stress and the damage too much stress causes to our emotional well-being, our relationships and our productivity. We will discuss how stress relates to this audience of healthcare providers. The audience will be given easy to use skills to eliminate unnecessary and unproductive stress in their everyday lives. This session will also encourage the audience members to identify what is most important in their individual lives and teach skills that enable them to create a more positive life/work balance.

**Everyday Hero: Celebrating the Heart of the Healthcare Professional**
Speaker: Amy Dee-Kristensen, RN, Professional Speaker, Life Coach
Leave your red capes and super powers at home! Being a healthcare hero doesn’t require us to leap tall buildings. That’s the easy stuff! Instead it demands that we serve from our heart. As healthcare professionals we often care for clients and their families during their most stressful times: being afraid, in pain or unable to care for themselves. We motivate, we comfort, we save lives. As everyday heroes we use the power of kindness and compassion to offer the best of ourselves to the lives we touch. This inspirational session will celebrate the heart of the healthcare professional. It will revitalize your spirit and renew the passion that brought you to this profession of serving others. We will discuss specific ways to make ordinary moments extraordinary. Humorous stories, inspirational stories, and music will show how kindness and an open heart make us an everyday hero to our clients and our families.

**A.L. Nurses Scope of Practice and Delegation of Responsibilities**
Speaker: Ginny Wangerin, RN, President of Iowa Nurses Association
The purpose of this presentation is to review assisted living nurse’s scope of practice and to improve the delegation skills of nurses. Join us on a journey to learn about this critical, underused nursing skill. Learn what delegation *is*, what delegation *is not*, the characters involved, the benefits, obstacles for the mature and novice delegator, legal ramifications associated with misuse and most importantly….why the professional assisted living nurse *should be* delegating!

**Hospice Services in Assisted Living Settings**
Speaker: Brooke Gritzner, RN, Iowa Hospice
This session will review the Hospice Medicare Benefit and services, including the levels of care and how this may be different with the new Conditions of Participation. Brooke will discuss best practices for Hospice and Assisted living staff working together as a team. There will also be a review of what responsibilities the hospice should cover and what responsibilities the assisted living facility should cover.
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Speaker Bios

Brooke Gritzner, RN, CHPN, is a Clinical Nurse Specialist/Internal Educator for Iowa Hospice. She has over 11 years of direct Hospice care and palliative care nursing experience. Brooke directly oversees the Iowa Hospice clinical team orientation program and is an approved ELNEC Super Core Registered Trainer.

Amy Dee-Kristensen, RN, specializes in psychiatric nursing at the Avera Behavior Health Hospital in Sioux Falls, SD. She attends to her patient’s needs through medical therapy, health team meetings, patient therapeutic one to one’s, and facilitating group therapy. Prior to nursing, from 1994-2003 Amy lived in Sandvika, Norway, where she created and managed a successful photo calendar company. Her company, Fotofix AS, was Xerox’s largest customer in Scandinavia producing over 36,000 personal calendars a year for clients in Norway, Sweden, and Denmark. Amy has been a professional speaker/workshop leader for over twenty years. While living overseas she was a frequent contributor to several Norwegian publications and her articles have been featured in magazines stateside.

Ann Martin, RN, is the Bureau Chief of Adult Services at the Department of Inspections and Appeals (DIA). She supervises the regulatory processes for 280 assisted living programs, elder group homes and adult day service programs. She has served as a monitor since the recertification process began in 2000 and served as quality manager at the Department of Elder Affairs, before moving to DIA in 2002.

Virginia "Ginny" Wangerin, R.N., M.S.N., has nearly 30 years experience in nursing practice, education and administration. She has been active in nursing as a bedside nurse, educator, administrator and community volunteer. Elected President of the Iowa Nurses Association in 2007, she spends time advocating for nursing and healthcare issues at the state and national level. She currently is a Consultant in Nursing Education and an Adjunct Assistant Professor, College of Nursing, University of Iowa. She serves on numerous committees and boards, including the Governors Nursing Task Force and the Iowa Council of Nurses.

Sleeping Room Information

Hilton Garden Inn
8600 Northpark Dr.
Urbandale, IA
(515) 270-8890

Rooms available the nights of March 4, 2009

Room rate: $109 + Tax (Single or double occupancy)

To receive the special rate, mention you will be attending the Iowa Center for Assisted Living Conference.

Reserve your room early, there is a limited number in the ICAL room block.
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REGISTRATION/REFUND POLICY: All attendees must be registered and pay appropriate fees. No phone registrations will be accepted. Limited seating, registrations taken on a first-come, first-serve basis. Refunds will only be granted to those who cancel their registration in writing three business days prior to the date of the program. Cancellations after this time/date, no-shows due to weather, acts of God, or illness, will be charged the full registration fee. IHCA-ICAL reserves the right to cancel any educational program, in the event of such a cancellation, all fees will be refunded.

SPECIAL NOTE: Seminar doors will close promptly at the times mentioned in this brochure; credit for attendance will not be granted to those arriving after these times or leaving prior to the completion of the program. Providership regulations do not allow for partial credit to be given for any portion of a session. Late arrival or early departure will result in forfeiture of credit.

Please call IHCA-ICAL at (800) 422-3106 with any questions regarding this meeting.

If you need any special aides or services identified in the ADA, please contact ICAL prior to the program.

Continuing Education Credit information

NURSES: This program is approved for 7.8 hours of CEUs for nurses, offered by IHCA/ICAL/INLTC, IBON Provider #166.

ADMINISTRATORS: This continuing education program meets the Iowa Board of Examiners for Nursing Home Administrators criteria for 6.5 hours of continuing education credit for nursing home administrators.

ASSISTED LIVING MANAGEMENT: This program is approved has been approved for 6.5 hours of CEU credit for maintenance of the ICAL Assisted Living Management Certification.

NOTE: There will be no partial credit offered for this course. Attendance of the entire education required to receive CEUs
Registration Form

Professional Nursing Seminar for the Assisted Living Nurse

March 5, 2009

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8600 Northpark Dr. (Interstate 80, exit 129)
Urbandale, IA
(515) 270-8890

Register Online and Save $25

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<th>Registration fees:</th>
<th>Online registration</th>
<th>Faxed, mailed or ON-SITE registrations</th>
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<tr>
<td>Members</td>
<td>$125</td>
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<td>Non-Members</td>
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1. To register on line…go to www.iowahealthcare.org and click on the A.L. Nurses Conference education.
2. Select Register online. If you have not previously created a personal profile, you will need to do so before you register.
3. Complete the online registration and click Submit. A registration confirmation will be e-mailed to you.
4. To register another person, click on LOGOUT and repeat this process.

To register by fax or mail, complete the following and fax to (515) 327-5019 or mail to:

Facility________________________

Address________________________

City:_________________________Zip:_____________________

Phone #:____________________Fax #:___________________

➢ Registrants:

Name:_________________________Title:____________________

(Include middle initial)

License #:____________________E-mail address:____________________

Name:_________________________Title:____________________

(Include middle initial)

License #:____________________E-mail address:____________________

➢ Registration Fees for Faxed, Mailed or On-Site Registrations: (Fee includes breaks, lunch, handouts and CEUs)

$150 member __________  $275 Non-Member __________

(IHCA meeting #: 3145)

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