

# To the Point



From the desk of  
**Victoria Walker MD, CMD**  
Chief Medical and Quality Officer  
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## Medical Director in the Spotlight

Dr. Eyad Kakish is a family practice physician and certified medical director leading a senior care team providing care to nursing homes residents and assisted living locations in Omaha and surrounding communities. His mission is to focus on what is most important to the individual, taking into account wellness, health maintenance and hormonal and nutritional imbalances. He and his wife, who is a certified health coach, have three children and share a passion for teaching the importance of healthy living. Their kids keep them busy with volleyball games, robotics events and gymnastics.

## Make a Difference

A classic definition of insanity is to keep doing the same thing and expect a different outcome. A great example of how you can help bring some sanity to your location is to participate in reviewing cases where things did not go well – whether that ended up in a fall, a trip to the hospital or a death – the best thing we can do in these situations is not a “gotcha”, but a thoughtful review to understand what went wrong and how we can prevent it from happening again. Please make a point of doing this monthly.

## Synopsis of Federal Regulations

Click [here](#) for the electronic copy of the Synopsis of Federal Regulations. It distills the essence of what you need to know about regulations. If you are having trouble logging in, click [here](#) for guidance.

## Prescriber's Corner

Anticoagulation options have become very complex in the last few years. Rivaroxaban (Xarelto) is a prime example. The appropriate dose depends on renal function **and** indication – post surgery VTE prophylaxis: 10 mg daily; treatment of VTE 15 mg BID and A fib 15 or 20 mg daily, depending on if CrCl is less than 50. If the CrCl is lower than 30, the risks go up exponentially. We have seen residents who have developed catastrophic bleeding events while on all types of anticoagulants, including the new options; anytime you are prescribing an anticoagulant, take a few minutes to double check your indication, dose and duration. Ask your pharmacist to verify if you have any questions. You may save a life.

## AMDA-The Society for Post-Acute and LTC Medicine

The annual meeting is March 22-25 in Grapevine, Texas. I hope to see you there!

## Congratulations to Dr. Tara Geis

Dr. Geis, medical director at four Good Samaritan Society locations in South Dakota, is our newest certified medical director. **The Society helps cover the costs to [become a certified medical director](#)** – consider it!

Questions? Email [vwalker3@good-sam.com](mailto:vwalker3@good-sam.com).

*Our vision: To create an environment where people are loved, valued and at peace.*

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