

To the Point



From the desk of
Victoria Walker MD, CMD
Chief Medical and Quality Officer



Medical Director in the Spotlight

Dr. Carmen Rexrode is a native of Pendleton County, West Virginia, where she now serves as the medical director in the long term care center that she once volunteered in as a candy-striper. She took a circuitous route to come back home, one that is reflective of her well-rounded approach to life, community service and medical care. In addition to her service at Good Sam, she works for the community health clinic, serves as the medical director for ambulance services in the community, raises grass-fed beef cattle with her husband and twin eighth grade sons and plays several instruments both for pleasure and her church. She is pictured above with her friend, Bertha Bowers.



Clinical Corner

Dysphagia is a common complication of dementia, and can lead to aspiration. Recent studies demonstrate that careful hand feeding provides similar levels of nutrition with fewer episodes of major aspiration and infection compared to tube feeding. It also avoids the complications of leaking and dislodgement. Handfeeding is more time consuming, but is the evidence-based intervention for this population.

<http://www.amda.com/tools/choosingwisely.cfm>

Prescriber's Corner: Psychotropic medications

A recent study published in JAMA Psychiatry shows increased risk of Alzheimer's disease in people who use benzodiazepine medication. Read more at:

<http://archpsyc.jamanetwork.com/article.aspx?articleid=2019955>

Reduction of inappropriate antipsychotic use continues to be an important focus both nationally and within the Society. Since 2013, the rate of antipsychotic prescriptions within the Society has dropped from 18.4% to 16.4% while national rates have dropped from 21.7% to 19.4%. Work with your QAPI team to review your progress.

AMDA Update

GSS has purchased a membership to AMDA for all long-term care medical directors. Please use this convenient and inexpensive access to earn CME about practical topics. Encourage your administrator and director of nursing to take advantage of educational offerings and tools that would benefit your center.

Society Updates-This is a Great Way to Start a New Year!!

Off-site access to PCC is coming! Let your administrator know that you are ready **to end the cycle of faxes, and sign orders directly!**

Questions: Contact me at ywalker3@good-sam.com.

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

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