

# To the Point

April 2014

Want more expertise in your role as Medical Director? AMDA is here to help. This professional organization offers an excellent certification program that will both sharpen your clinical skills and prepare you for the leadership role needed to prepare for the needs of a rapidly aging population. The Good Samaritan Society is accepting applications for an educational stipend that will cover your costs of becoming certified. Apply online at [good-sam.com/physicians](http://good-sam.com/physicians).

## Medical Director in the Spotlight

Dr. Gerald Woodard serves as the Medical Director at the Good Samaritan Society campus in Daytona, Fla. He is a family practice doctor and geriatrician who enjoys



working with people of varied ages and backgrounds to help them reach their well-being goals. He is a member of AMDA, and finds their resources for training and support very helpful to understand his role as both a Medical Director and attending physician. He is regularly onsite visiting his patients at

the Good Samaritan Society and working with administrative and direct care teams to provide the best care experience. In addition to his commitment to excellent patient care, his computer savvy has been much appreciated as the center implemented its electronic health record in the last year.

## Prescriber's Pad

So, what about using "statins" in long-term care? It can be confusing, as the research in this population is limited. The overriding dictum is "first do no harm." Here is the bottom line: No randomized controlled trials have demonstrated an effect of lowering cholesterol on

total mortality in persons over the age of 80. Particularly worrisome treatment risks include: myositis (may be contributing to falls; especially common in elderly females and those with low vitamin D level) and worsened cognition. Hydrophilic statins, such as rosuvastatin and pravastatin, are theorized to be less likely to cause myositis and worsened cognition, and may be preferred in high risk patients. For further discussion, see J.M. Jacobs, et al./JAMDA 14 (2013)883-888.

## Clinical Corner

Off label antipsychotic use for dementia patients is a "hot topic." There is ample evidence that this practice can have adverse impacts for patients. AMDA has created a resource to help long-term care professionals navigate through the challenges of this topic. Amazingly, this resource is free and carries continuing education credits. Check it out at [www.amda-training.com](http://www.amda-training.com).

Dr. David Brechtelsbauer and Dr. David Sandvik have partnered with the Good Samaritan Society to create an educational video titled "The Medical Director's Role in Treating Residents with Dementia Related Behaviors." This can be accessed at [good-sam.com/physicians](http://good-sam.com/physicians). Free CMD credit is available.

## Ask the Expert

Have a long-term care question? The GSS Medical Directory Advisory Group is a treasure trove of experience is willing to help. Direct your questions to Dr. Victoria Walker, Chief Medical and Quality Officer at [vwalker3@good-sam.com](mailto:vwalker3@good-sam.com).

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