



### **Medical Director in the Spotlight**

Dr. Roger Bermingham is the Medical Director at the Good Samaritan Society campus in Ft. Collins, Colorado. A native of suburban Los Angeles, he attended college in New Hampshire at Dartmouth, returned to California for medical school at UCLA. He then decided to try out the center

of the country, completing his family medicine residency at Iowa City. He moved to Colorado to fulfill a National Health Corp obligation, and never left the state. He fell in love with his work as a medical director, and decided to specialize in Geriatrics. He enjoys mentoring young physicians, and is able to do this as the faculty member responsible for teaching Geriatrics, Medical Ethics, and Humanities for the Ft. Collins Family Medicine Residency. He has his CMD through AMDA and is active in the Colorado Medical Directors Association. Working closely with the Ft. Collins team, they have reduced their rehospitalization rate to 13 percent for the last year. Well done Dr. Bermingham and team!

### **Prescriber's Pad**

Hypertension has long been recognized as a "silent killer." It is now recognized that treatment goals need to be tailored for different age groups. In recognition of this, the group that previously comprised the Eighth Joint National Committee recommended a higher target blood pressure of less than 150/90 for persons over the age of 60. The changed recommendation has highlighted the challenges of judging quality of care based on

"performance measures" applied indiscriminately. Long-term care physicians know well that aggressively treated hypertension can lead to adverse outcomes. As always, thoughtful individualization of treatment goals is appropriate.

### **CMD Educational Stipend Update**

It is not too late to apply for financial support to pursue your CMD through AMDA-The Society for Post-acute and LTC. For more information and to apply online, go to [good-sam.com/physicians](http://good-sam.com/physicians).

### **Clinical Corner: Quality Assurance Performance Improvement (QAPI)**

There has been much consternation about looming regulatory changes mandating QAPI in long-term care. The Good Samaritan Society firmly believes that QAPI is a valuable approach that emphasizes using objective data to help us make reasonable and achievable changes that will result in better services to our residents and customers, and happier employees. This is very much in line with what we learned in medical school about making hypotheses and using the scientific method. Your leadership in supporting QAPI in your center will be key to success.

### **Ask the Expert**

If you have a clinical question that you would like to pose to your colleagues, please send an e mail to [vwalker3@good-sam.com](mailto:vwalker3@good-sam.com). The Good Samaritan Society Medical Director Advisory Board will be happy to provide expert advice..

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