

July 2008

<http://www.cohealth.org/>

## ANNOUNCEMENT

Propitious. Complementary. Evolution. Advocacy. Several words apply to the major move that Concept Healthcare is undertaking. This summer, two new professional corporations have been formed to provide mental health services directly to older adults who reside in nursing facilities and other LTC settings. Starting in two states, Concept Healthcare Psychology Group, Inc. (CA) and CoHealth Psychology Services, P.A. (TX) will hire professional staff and contract with facilities to deliver high quality, professional mental and behavioral health care to this population.

There are several reasons to support this decision:

- Most important, these companies will be run by clinicians, for clinicians;
- Our vision is to restore the importance of clinical programs, support and ongoing professional training. Both practitioners and facility staff will have access to the array of online courses on the website of its affiliated company, Concept Healthcare, LLC;
- Mental health professionals and nursing facilities in cities and towns we know are interested in good patient care and in integrating mental health services within the treatment plan, and value relationships, quality, and professionalism;
- Research data continues to confirm the shortage of a geriatric workforce (<http://www.directcareclearinghouse.org/download/BLFactSheet4-10-08.pdf>), and reaching direct service providers who in turn can become trainers will partially address this need.

With the support of regional managers, hand-selected professional staff, and like-minded facilities, these new organizations will focus on CoHealth principles of partnership and collaborative care.

In keeping with the theme of nursing home care, our August **Lunch and Learn Series** of web conferences is devoted to the mental health practitioner working in nursing homes. If you are in this category, or know someone who is, take a look at the schedule. Each Wednesday conference addresses what we consider to be salient topics for residents in these settings:

- behavioral approaches to help manage the diabetic patient
- Medicare documentation
- use of health and behavior CPT codes

## Lunch and Learn Series

Wednesdays, at 11 (PDT)

Join us for our series of live web conferences every Wednesday at 11am, Pacific time.

- The seminars are easy to access using a single phone line (audio) and an optional internet connection (for viewing PPT slides)
- Any number of staff may attend at a single site, for a single registration fee - **Until Sept. 1st, Enjoy 30% Off Introductory Offer - Discount is applied at Checkout**
- All 1 hour (1.0 CE credit)
- Login information and a copy of the *Participant Guide* are sent in advance

- collaboration with rehab departments

Of course, we are always adding new courses to our healthcare library. We've recently added several subjects to address different interests:

- For administrators and department heads, a new course by Brenda Billimoria, LCSW, **Improving Communication in Health Settings with S-BAR**, is directed at reducing patient errors and communication mistakes thru a structured, systematized approach to written and verbal communication, time-tested in a variety of industries, especially health care.
- Underscoring the importance of the concept of "total pain," our new course on **Pain Management: Clinical Implications and Non-pharmacological Interventions** explores and highlights not only the physical dimensions of pain but the psychosocial and spiritual dimensions as well.
- For mental health professionals working in, or desiring to work in LTC settings, **A Comprehensive Approach to Establishing a Mental Health Practice in LTC Settings** covers the necessary steps in delivering competent clinical services, building relationships and a referral base, and the nuts-and-bolts" details of billing and documentation.
- An audio version of our free class for caregivers given by Dr. Sally Browder, **Caregiving is Not a Job You Do Alone**, is expected to be available on our website on August 1. The live tele-seminar for family members repeats on August 21st, at 1 PDT. Please call 858-272-3992 to register and obtain the PIN.
- Also on August 1, though unrelated to our website, I am happy to announce that Springer Publications is releasing a book co-edited by yours truly, along with Drs. Erlene Rosowsky and Merla Arnold, entitled *Geropsychology and Long Term Care: A Practitioner's Guide* (<http://www.springer.com/medicine/internal/book/978-0-387-72646-5>). The book is the culmination of several years of work by members of Psychologists in Long Term Care (<http://www.wvu.edu/~pltc/>).

In the coming weeks, Concept Healthcare will be bringing in new courses, including a series for nurses' aides, all of which will emphasize, of course, our CoHealth model of care. There is also an upcoming course, **Behavioral Prescription for Diabetes**, to target the epidemic of new diabetes cases in the US. This course is authored by our in-house expert in health psychology, Dr. Harry Mills, and spells out in language the consumer can understand what we all know, health behavior change must be action-oriented, and internally-directed. There are also some behind the scenes enhancements taking place to improve the usability of our website, featuring a sorting function to help visitors quickly find topics that meet their needs. -JMC

**With the advancing age of the US population**, much is being written about driving risks in later years. Many risk factors affect driving ability and these tend to occur more often in the older adult. Sensory losses in vision and hearing are obvious, but less obvious factors include limited physical mobility, flexibility, and range of motion (e.g., from arthritic conditions and other chronic diseases), and slowed reaction time. Medications will sometimes impact driving ability and alertness, especially when alcohol is in the mix. Sleep problems, not uncommon in

## August 6

**Disease Management and Promoting Adherence to Medical Regimen in Diabetes** (\*APA, NAB, BRN, BBS, TXBSW, FLBSW)

**Register**

## August 13

**Understanding Medical Necessity and Documenting Mental Health Services** (\*APA, BRN, BBS, TXBSW, FLBSW)

**Register**

## August 20

**Use and Benefits of Health and Behavior CPT Codes in LTC for Psychologists** (\*APA)

**Register**

## August 27

**Mental Health and Rehab: Collaborating in LTC for Patient Benefit** (\*APA, CA BRN, BBS, TXBSW, FLBSW)

**Register**

**August 21 - 1:00pm PDT, 2:00 MDT, 3:00 CDT, 4:00 EDT**

**Reminder: Free Telephone Workshop for Family Caregivers: Caregiving is Not a Job You Do Alone, offered by Dr. Sally Browder on**

the elderly, may lead to daytime drowsiness, or dozing off while driving. Dementia in the early stages can certainly impact attention, concentration, judgment, memory, and decision making, all of which play a role in safe driving. Further, many external and environmental factors come into play and tax the driving ability of the senior driver, such as traffic signs and road markings, especially during street repairs and detours, complex and confusing intersections (increased use of roundabouts), and even dashboard displays and safety features found in new cars.

Concept Healthcare will soon be introducing a new course or two for family members who are concerned about the driving safety of a relative, close friend or neighbor, and will offer insights on when and how to "take away the car keys." With all that driving represents to the older adult -- freedom, independence, self-sufficiency, spontaneity, and social involvement -- the approach that is used can make all the difference in successfully adapting and accommodating to life changes, or not. In the meantime, readers who are interested in this subject can find much information at <http://www.nhtsa.dot.gov/people/injury/olddrive/Driving%20Safely%20Aging%20Web/>.

**Jane Brody's Personal Health column** in the June 24th edition of The New York Times [http://www.nytimes.com/2008/06/24/health/24brod.html?\\_r=1&ref=science&oref=slogin](http://www.nytimes.com/2008/06/24/health/24brod.html?_r=1&ref=science&oref=slogin) reports that regular participation in aerobics, strength training and balance and flexibility exercises can delay and may even prevent a life-limiting loss of physical abilities into one's 90s and beyond. The article is entitled "Fit, Not Frail: Exercise as a Tonic for Aging." These recommendations, forthcoming from the American Heart Association and the American College of Sports Medicine, maintain that older people can stave off the muscle-wasting condition known as sarcopenia by working out as little as twice a week. The New York Times article was a favorite among readers, and has been the "most emailed" article on the nytimes.com website.

On the topic of health and fitness, the following site, forwarded to the Psychologists in Long Term Care listserv, offers a number of brain fitness exercises, <http://www.gamesforthebrain.com/>. And, for a little non-scientific fun, you can see how old your brain is with a challenging memory puzzle at [http://flashfabrica.com/f\\_learning/brain/brain.html](http://flashfabrica.com/f_learning/brain/brain.html). Another interesting website devoted strictly to brain fitness is <http://bfc.positscience.com/>.

**Frameworks of Integrated Care for the Elderly: A Systematic Review.** The Canadian Policy Research Networks has released a report which presents the findings of an extensive review of models of integrated care for elders. The report identifies four common elements in successful models of integrated health and social care for the elderly that can result in improved outcomes, client satisfaction and/or cost savings or cost-effectiveness. The four elements are: umbrella organizational structures, multi-disciplinary case management, provider networks joined by standardized procedures and information systems,

**helping the helpers.  
Presentation is about  
30 minutes, followed by  
Q&A period. (no CE  
credit)**

**Information**

and incentives to promote prevention, rehabilitation and efficiency. The complete report can be downloaded from [http://www.cprn.org/documents/49813\\_EN.pdf](http://www.cprn.org/documents/49813_EN.pdf).

**Concept Healthcare is approved by the following agencies to provide continuing education credits:**

Concept Healthcare is approved by the **American Psychological Association (APA)** to sponsor continuing education for psychologists. Concept Healthcare maintains responsibility for this program and its content.

Concept Healthcare is a provider approved by the **California Board of Registered Nursing**, Provider No. 15052. (States that accept nursing CE credits from CA BRN-approved providers include AL, AK, IA, KS, KY, MA, MI, NE, NV, OH, OR, TX-Type 1, UT, WY).

The **National Association of Boards of Examiners of Long Term Care Administrators** has approved this program. See Participant Guide for the NCERS Course Approval number. This course has been reviewed and approved by the NAB, NCERS, Course # 2412008-26746-1. NCERS strives to approve only quality programs whose content can reasonably contribute to the professional development of long term care administrators. If you have any confidential comments concerning this program which you would like to make to NCERS administration, please direct them by phone or email to NAB, 202-712-9040, [nab@bostrum.com](mailto:nab@bostrum.com).

Concept Healthcare is an approved provider of the **California Board of Behavior Sciences** (Approval # PCE 4238). Courses meet the qualifications for CE credit for MFTs and/or LCSWs as required by the CA BBS.

Concept Healthcare is approved by the **Texas State Board of Social Work Examiners** (Provider # 5179). Consumer Complaint Hotline 800-942-5540.

Concept Healthcare is approved by the **Florida Board of Clinical Social Work, Marriage and Family Therapists and Mental Health Counseling** (CE Provider # 50-9732 Exp. 03/31/2009).

Concept Healthcare is a Certified Nurse Assistant (CNA) Continuing Education (CE) Provider, Nurse Aide Certification (NAC) #6728, approved by the **California Department of Public Health, Aide and Technician Certification Section**. This approved NAC number applies only to CNA/CHHA's in the State of California.

\* There is an additional processing fee for CE credit of \$10 per person.

**See something you liked in this newsletter? Have a comment or suggestion about our newsletters? Tell us what you think. Email us at [info@cohealth.org](mailto:info@cohealth.org).**



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