



From the President

The Texas Medical Directors Association just completed its 2008-2009 year with another successful annual meeting in September in conjunction with the Texas Geriatric Society in Austin, Texas. I would like to personally thank all of the speakers from TMDA/TGS and our guest speakers who volunteered their valuable time and expertise to make our educational and informative program a success. This was our first meeting that was held in conjunction with the American Medical Directors Association and LTC Direct. Their personnel, expertise and organizational skills were essential to our having had a great experience.

In May of this year, TMDA entered into a new executive management agreement with LTC Direct, the for profit entity of AMDA that assists the state organizations with their executive and management needs. Cheryl Casey of LTC Direct, who many of you met in Austin, has assumed our Executive Director duties. We are very pleased to have this new partnership, which has been of great assistance to TMDA.

TMDA also has an updated website <http://www.tmda.org> that we also owe our thanks to AMDA and LTC Direct. We encourage all of you to use this site and its associated links to help you in your informational, educational and networking needs. This is the first edition of our newsletter as well, and we hope these tools will be good venues for all of us to learn and communicate. If any of you would like to contribute, please contact Cheryl Casey at ccasey@lctcdirect.org. We would greatly appreciate your contributions to these areas to make them successful.

I would personally like to thank Dr. Ron Crossno for the hard work that he so graciously did for TMDA during his term as President of our organization in 2008-2009. Much of the effort to make the changes in our state chapter successful is due to Dr. Crossno's leadership. Please thank him personally when you can.

The Texas Medical Directors Association has made significant strides this year, and all of us,

(officers, Board of Directors and membership,) can assist in the growth and development of TMDA. As discussed at our annual meeting, we want to grow to include all members of the interdisciplinary team to create an environment to better care for our patients and residents in Texas and surrounding states. Please encourage all of your associates to participate. We want to create an association that fosters working with administrators, DONs, attending physicians, nurse practitioners, physical therapists, nurses, social workers, the entire hospice team and others who have an interest and passion for care of the elderly. Any suggestions and contributions are greatly appreciated, so please contact Cheryl Casey, other board members or me if you would like to help.

I look forward to a great year of working with all of you in continuing to make TMDA a great organization!

Respectfully,

Paul M. Slaughter, DO, FAAFP, CMD
President, TMDA

2009-2010 EXECUTIVE BOARD MEMBERS

Paul Slaughter, DO, FAAFP, CMD – President

Adolphus Ray Lewis, DO, CMD – President-Elect

M. Rosina Finley, MD, CMD – Vice President

Amy Moss, DO – Secretary/Treasurer

Ronald J. Crossno, MD, CMD, FAAFP, FAAHPM –
Immediate Past President

NEWLY ELECTED TMDA BOARD MEMBER

Bonnie Muncy, MD

For TMDA information, contact:

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TMDA Website: <http://www.tmda.org>



Dr. Ronald Crossno, Past President received his award from the current TMDA President, Dr. Paul Slaughter.



AMDA's own, Jackie Vance, RNC, CDONA/LTC, was one of the speakers for the AMDA Institute Program during Saturday's session.



TMDA/TGS had 24 exhibitors at this years event.

TMDA/TGS ANNUAL MEETING Geriatrics and Long Term Care Texas 2009

This years annual meeting was held on September 11-13, 2009 in Austin, TX at the Crowne Plaza Hotel. We had a great turn out this year in both attendees and exhibitors. The meeting on Saturday was the first collaboration between a state meeting and AMDA Institute's program: "Finding Your Way in Long Term Care – A Practical Course for the Interdisciplinary Team." Jackie Vance, RNC, CDONA/LTC, AMDA's Director of Clinical Affairs, was on hand to conduct a couple of the sessions followed by TMDA Executive Team members. Also, providing support from AMDA, was Sheena Majette, Director or Education and Megan Brey, Director of Meetings. The speakers for the Friday afternoon sessions offered a range of both Texas specific and organization issues. The Sunday morning session was provided by the TGS organization.

The election of new TMDA Executive Committee members, as well as new TMDA Board Members was held on Saturday. The new Executive Committee members are listed on the first page of this newsletter. We welcome their support.

See below for our contest winners from the Saturday night reception.

The 2010 TMDA Annual Meeting will be held in Fort Worth, TX in early August 2010. A formal save-the-date will be sent after the first of the year. We look forward to seeing you there!

Congratulations

TMDA /TGS MEETING PRIZE WINNERS:

AMDA Protocols – **Dr. Robert Friedman**

AMDA CPGs (4) – **Dr. Haoran Yu**

AMDA Complete Set Guidelines – **Dr. Teresa Albright**

GRAND PRIZE WINNER:

Free 2010 Annual Meeting Registration –

Dr. Jennifer Heffernan

Upcoming Meetings

If you're looking to further your education, you can visit AMDA's online calendar for topics pertinent to long term care.

2010 Regional Meetings:

January 13: [Hospital Mortality Rates and Implications for Palliative Care Programs](#) Audio Conference

February 8–12: [Geriatrics: A Primary Care Approach to the Aging Population](#) Sarasota, FL

February 10–12: [Palliative Care Leadership Centers TM \(PCLC\) Intensive, Customized Training and Yearlong Mentoring](#) Lexington, KY

February 27: [Alabama Medical Directors Association Mid Winter Conference](#) Birmingham, AL

March 1–31: [AUDIO CD / MP3 - Primary Care Challenges for Today's Practicing Physician](#) Sarasota, FL

March 5–8: American Association for Geriatric Psychiatry 2010 Annual Meeting Savannah, GA

March 10–13: [Clinical Osteoporosis 2010: An ISCD-NOF Symposium](#) San Antonio, TX

March 10–12: [Palliative Care Leadership Centers TM \(PCLC\) Intensive, Customized Training and Yearlong Mentoring](#) Lexington, KY

March 12–13: [The Boot Camp on Leadership Fundamentals for Physicians: A comprehensive orientation to physician leadership in hospitals and health systems](#) Atlanta, GA

April 11–13: [Palliative Care Leadership Centers TM \(PCLC\) Intensive, Customized Training and Yearlong Mentoring](#) Lexington, KY

June 21–23: [Palliative Care Leadership Centers TM \(PCLC\) Intensive, Customized Training and Yearlong Mentoring](#) Birmingham, AL

October 1–3: [AMDA Evidence-Based Clinical Management and Leadership for Experienced Medical Directors and Attending Physicians](#) Arlington, VA

AMDA CME DIRECT

An online source for long term care CME!

<http://www.amda.com/cmedirect>

2010 AMDA Core Curriculum on Medical Direction in LTC:

[July 17–23:](#) New Brunswick, NJ

[November 6–12:](#) Louisville, KY

For a full list of upcoming events, information or to register:

<http://www.amda.com/calendar>



Dedicated To Long Term Care Medicine

Long Term Care Medicine – 2010: Golden Opportunities

**MARCH 11-14, 2010
Long Beach, CA**

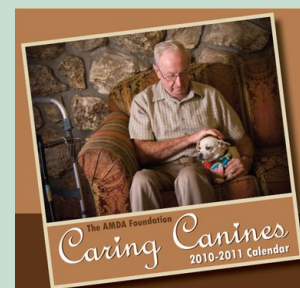
See page 6 for information...

AMDA Foundation News

Order Your “Caring Canines” 2010-2011 Calendar Today

Support AMDA Foundation Education and Research Programs!

The therapy provided by pets is undeniable; in LTC facilities nationwide, dogs are making a difference in the lives of elderly patients. Now, the AMDA Foundation pays tribute to these dogs, their human friends, and the facilities that bring them together in an original 18-month calendar.



[Click here to order](#)

www.amdafoundation.org

**amda
foundation**

Clinical Affairs: Recently Released Products

Palliative Care in the Long Term Care Setting:

This information tool kit provides helpful and practical guidance to long term care professionals who are motivated to improve palliative and end-of-life care by providing organizational leadership, promoting education, developing best-practice guidelines, and implementing quality.

Seizures in the Long Term Care Setting



Information Tool Kit: This information kit is intended to help the interdisciplinary team in the long term care facility to identify the signs and symptoms of a seizure; determine which patients should undergo diagnostic evaluation for seizures;

manage seizures effectively and appropriately; and use anti-epileptic medications appropriately.

Clinical Practice Guideline: Anemia in the Long Term Care Setting:

This CPG focuses on the recognition and management of anemia that may improve patient function, outcomes, and overall quality of life, as well as reduce healthcare costs.



Clinical Practice Guideline: Health Maintenance in the Long Term Care Setting:

This clinical practice guideline focuses on screening and primary prevention, to the extent that it is feasible and beneficial in the frail elderly long term care population.

Urinary Incontinence Implementation Tool Kit:

This implementation tool kit provides you with the tools you need to implement the UI guideline including an instructor's guide; in-services on PowerPoint presentations for practitioners, nurses, and nursing assistants; notes for the slide presentations; outcome measurement tool; copy of the guideline; template letters; task assignment grid; and quality indicators and much more.

To order products:

<http://www.amda.com/resources/index.cfm>

NOTE: State Chapters can now make AMDA products available for purchase at their meetings.

For more information, contact: ggeise@amda.com

Not yet a member of AMDA?

See why you should join...

- **Advance as a Professional** — AMDA's premium educational programs give you the highest value at the most reasonable prices for seminars, workshops and conferences, as well as the most dynamic annual gathering of the members and industry at the Annual Symposium. All of these learning opportunities, plus becoming a Certified Medical Director (CMD), are available to help you sharpen your skills and advance your career.
- **Join a Nationwide Network of AMDA State Chapters** — Multiply the effectiveness of your membership by joining your local state chapter. Membership in your state chapter provides you with numerous networking and professional development opportunities with your colleagues on a more local level, as well as joint sessions with state survey agencies, state medical societies, and 3rd party payers; and opportunities to network further by working on boards and committees.
- **Enjoy and Learn from AMDA's Print and Online Resources** — As a benefit of membership, members receive both the must-read monthly tabloid, *Caring for the Ages*, and the nine-issue per year, *Journal of the American Medical Directors Association* (JAMDA), a peer-reviewed journal with timely articles of importance to medical directors and other physicians working in long term care. *AMDA Reports* is a quarterly newsletter written by seasoned professionals in a snappy, easy-to-read format. AMDA's resource-rich website gives you a comprehensive guide through the organization's programs and products offered by the association. In addition, *Weekly Roundup* is an e-newsletter that includes industry and association news as well as health policy updates.
- **Exclusive Member Rates and Members-Only Access** — Your membership allows you exclusive access to AMDA's online directory, plus members-only resources and news. You are eligible for special rates on conferences, seminars, workshops and products.



For membership information:

<http://www.amda.com/membership/benefits.cfm>

Can State Chapters Tweet Their Way to Success?

Social networking sites such as Twitter, Facebook, and LinkedIn offer new opportunities for state chapters and their members to communicate, promote meetings and other activities, and attract young physicians. However, some physicians are hesitant about jumping into the social networking pool. John Morley, MB, BCh, editor of the *Journal of the American Medical Directors Association*, understands this. "I'm fairly typical of my generation. We don't feel comfortable doing this. My daughter pushed me and got me started on Facebook. Then she urged to post my column there," he says.

Now a Facebook regular, Dr. Morley says, "It's a great communication tool, and it's an excellent way for state chapters to reach out to younger physicians who use this regularly." He notes that it also is an effective means for physicians to communicate with each other. "The chance to share information about what the state is doing when they come into the facility for surveys alone is worth its weight in gold," he suggests.

The key is for chapters just to get started. Don't expect immediate success, says Dr. Morley. "You have to build an audience. You have to send out messages that you think will be of interest to your targeted audiences, then you have to develop a following. Properly done, it can be very exciting," he says. While it is useful to post meeting notices, links to research and other articles, and clinical news, Dr. Morley notes that it also is advisable to include some conversational messages that encourage interaction and two-way communications.

Dr. Morley uses Facebook not only to post his column and links to articles; he also is making new contacts. "While I was hesitant at first to accept requests from complete strangers to be 'friends,' I've been able to broaden my visibility and connect with many people I wouldn't have otherwise. Now I accept requests from anyone who asks." He adds, "I'm selective about what I post, and the result has been positive."



To Give Back to Others

We are looking for members who have an interest in helping fellow physicians grow professionally. Through the **AMDA Mentoring Program**, you can serve as a mentor to a new member who is just starting a career in long term care medicine or a participant in the 2010 Foundation Futures Program. The support and advice that you can offer will make a positive difference in the life of someone interested in becoming a physician in long term care medicine. Some of the areas available for mentoring include:



- Telling others what it is like to practice in various work settings
- Sharing how being a CMD has impacted your life
- Providing guidance in career planning
- Offering advice on professional development
- Encouraging members to get active in their state chapters
- Developing leaders for national and state appointments
- Serving as a listener for those facing special challenges
- Advising on issues related to working with the interdisciplinary team

Mentors choose how they want to interact with mentees (email, face-to-face, telephone, or other) and how much time they can give (weekly, every two weeks, monthly, or other).

The key to successful mentoring is establishing what the mentor and the mentee expect from the experience up front. Mentoring can be fun and provide lasting rewards for you, the mentee and our profession.

To sign up, please go to <http://www.amda.com/members/mentoring>. In January, the 2010 Foundation Futures participants will be invited to sign-up for a mentor. If you have a match, you will receive a response shortly after. Mentors are invited to meet with their mentees at a special reception at the 2010 AMDA Conference in Long Beach, CA on Wednesday, March 10, 2010, at 8 p.m.

If you have questions, contact Kris Holtman, staff liaison for the mentoring program, at kholtman@amda.com or by calling 1-800-876-2623, extension 114.

TEXAS ADVANCE DIRECTIVE: How do your patients want to die?

The best method that Texas has for aiding patients and physicians in advance care planning is the Advance Directive. This document can consist of up to three parts: directive to physician & family, a medical power of attorney, and an out-of-hospital do not resuscitate order. Together, these parts permit a patient to have control over end of life medical care and appointing a proxy decision-maker.

To make the documentation process easier and provide important information, the Center for Medical Humanities & Ethics at the UT Health Science Center San Antonio has created an on-line advance directive completion program. This website, <http://www.texaslivingwill.org>, provides ready access to information in both English and Spanish. The heart of the website is an interview program that asks what procedures a patient would and would not want and what values about life a person holds. The program creates a PDF file which can be printed, signed, and witnessed (or notarized) to become a legal Texas Advance Directive. Since the program maintains an account of your choices, it can easily be accessed if the patient loses the copy or wishes to make an update. Patients should make multiple copies and distribute them widely to physicians, long term facilities, hospitals the patient has been to, the medical power of attorney, adult children, parents, and other family. Most important to note is that these documents are about choice and control in end of life care, whether a patient chooses to have full code, aggressive care, or simply comfort care.

Craig M. Klugman, Ph.D. is the Stewart & Marianne Reuter Professor of Medical Humanities and the Assistant Director of the Center for Medical Humanities & Ethics at the UT Health Science Center San Antonio.

To submit articles for TMDA Chapter News, contact:

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TMDA website: <http://www.tmda.org>



SAVE THE DATE MARCH 11-14, 2010

Long Term Care Medicine – 2010: Golden Opportunities Long Beach, CA

THE PREMIER CONFERENCE FOR HEALTH CARE PROFESSIONALS IN LONG TERM CARE



The purpose of the conference is to offer attendees the opportunity to develop knowledge, skills, and professional relationships alongside the leaders in long term care medicine.

- * Gain practical tools for immediate implementation in your practice setting
- * Enhance your knowledge of cutting edge issues in long term care
- * Network with colleagues and exchange best practices

EARLY BIRD DISCOUNT ENDS DECEMBER 22, 2009 – REGISTER NOW!

<http://www.ltcmedicine.com>

- * Interdisciplinary team registration discount is also available
- * Earn up to 25 CME Credits! Credits also available for nurses, administrators, and pharmacists

For additional information:

<http://www.ltcmedicine.com>

Join TMDA in Long Beach! State Chapter Reception and Business Meeting

Friday, March 12, 2010 – 6:00pm

Network with colleagues from Texas, Arizona, Oklahoma, and New Mexico at this jointly sponsored event.

Take time to catch up on chapter news and enjoy light appetizers and refreshments. More information to follow.