

# Sample

## 60-Minute Oral Proposal

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### Health Maintenance Strategies in Post-Acute and Long-Term Care

**Category:** Clinical Medicine

**Keyword:** Clinical Practice/Clinical Practice Guidelines

**Education Need:** The PALTC population has higher prevalence of advanced age, medical co-morbidities, physical disability, functional decline, and cognitive impairment. Functional status, quality of life, estimated benefit, and patient preferences should guide preventative screening and interventions. Some prognostication tools made specifically for frail older adults can be helpful in constructing health maintenance plans, such as the 4-year mortality index for older adults and the estimated life expectancy (ELE) for frail elders. Most preventative health recommendations do not specifically address the PALTC population. The 2012 AMDA Health Maintenance Clinical Practice Guideline provides a solid background framework for discussion.

**Session Summary:** This session will review current health maintenance recommendations for persons in the PALTC continuum. Topics to be covered include cancer screening, immunization, and strategies for screening and prevention of some common chronic conditions and lifestyle risk factors in the PALTC population (diabetes, hypertension, dementia, falls, frailty, osteoporosis, vitamin D deficiency, depression, and hyperlipidemia). An evidence-based framework will be presented for developing a patient-centered, interprofessional approach to preventative health maintenance for this unique population. Potential barriers to implementation will be discussed. Case-based scenarios will be utilized for an interactive session.

#### Learning Objectives:

- Review current evidence-based health screening recommendations within a risk-to-benefit framework for the PALTC population.
- Discuss currently recommended evidence-based preventative interventions within a risk-to-benefit framework for the PALTC population.
- Describe some current prognostication tools appropriate for decision-making in PALTC.
- Develop their own updated and patient-centered template for health screening and prevention in PALTC.

#### References:

Health Maintenance in the Long Term Care Setting: Clinical Practice Guideline. American Medical Directors Association 2012.

United Nations, Department of Economic and Social Affairs, Population Division. World Population Ageing 2013. <https://www.healthypeople.gov/2020/leading-health-indicators/Leading-Health-Indicators-Development-and-Framework>. Accessed July 15, 2018.

Lee SJ, Leipzig RM, Walter LC. Incorporating lag time to benefit into prevention decisions for older adults. *JAMA*. 2013;310(24):2609.

Morley JE, Abele P. MB The Medicare Annual Wellness Visit in Nursing Homes. *JAMDA* 2016; 17(7), 567.

Tomczyk S, Bennett NM, Stoecker C, Gierke R, Moore MR, Whitney CG, Hadler S, Pilishvili T Use of 13-valent pneumococcal conjugate vaccine and 23-valent pneumococcal polysaccharide vaccine among adults aged  $\geq 65$  years: recommendations of the Advisory Committee on Immunization Practices (ACIP). *Centers for Disease Control and Prevention (CDC). Morb Mortal Wkly Rep*. 2014;63(37):822.