

## Speakers

**Jeanne Rutledge RN** – Jeanne is a graduate of St. John’s Hospital School of Nursing. She was employed by the state licensing and certification agency, then the Division of Aging as an inspector and manager until 2000 and now operates a consulting business for long-term-care, Rutledge Consulting.

**Alexis Roam** has several years of nursing experience in the long-term care industry. She has practiced as a DON, MDS Coordinator, and a charge nurse. Alexis has also taught for an LPN program and CNA programs preparing students to meet the challenges of geriatric care giving. Alexis works for Primaris and helps nursing homes across Missouri improve the quality of care and the quality of life for residents.

**Carolyn Spradlin** is a registered nurse employed by Primaris as a Program manager, Nursing Home Services. She works in the field, assisting nursing homes with clinical and organizational improvement and change. She has a bachelor’s in nursing from Missouri University in Springfield, is a Certified Professional in Healthcare Quality and has been certified in gerontological nursing, nursing administration and utilization review.

**Pam Guyer BS, LNHA** is currently a Regional Program Manager in the nursing home and home health division of Primaris. She holds a bachelor’s degree in LTC Administration and has worked as a licensed nursing home administrator for over 18 years. For five years prior to joining Primaris, she worked at the AHCA state affiliate in Minnesota as Director of Quality Improvement and Regulatory Affairs. She developed a state-wide quality improvement program for nursing and assisted living facilities. Ms. Guyer is an experienced presenter on quality improvement topics and survey and certification in long-term care.

MANHA  
4100 Country Club Dr  
Jefferson City, MO 65109

## *Reducing Physical Restraints*

*St. Louis  
March 4, 2008*

*Springfield  
March 5, 2008*

*Columbia  
March 11, 2008*

## *Target Setting*

*St. Louis  
March 4, 2008*

*Springfield  
March 5, 2008*

*Columbia  
March 11, 2008*

---

Co-sponsored by:  
**Missouri Association of Nursing Home  
Administrators  
(MANHA)**

**Missouri Health Care Association  
(MHCA)**

**Missouri Association of Homes  
for the Aging  
(MoAHA)**

---

## Locations

### March 4, 2008

Abbott Ambulance  
2500 Abbott Place  
St. Louis, Mo 63143  
314-768-1000

### March 5, 2008

Executive Conference Center  
910 West Battlefield  
Springfield, Mo 65807

### March 11, 2008

Lenoir Woods Community Center  
1 Hourigan  
Columbia, MO 65201  
573-876-5806

## Reducing Physical Restraints Continuing Education Credits

Administrators: Three (2.5) Patient Care hours of continuing education have been requested from the Missouri Board of Nursing Home Administrators. (TA-029-408).

## Target Setting Continuing Education Credits

Administrators: Three (2.5) Administrative hours of continuing education have been requested from the Missouri Board of Nursing Home Administrators. (TA-029-408).

## Reducing Physical Restraints Agenda

9:00 a.m. Registration  
9:30 a.m. Discussion of Topics  
11:30 a.m. Q&A  
12:00 p.m. Adjourn

## Target Setting Agenda

12:45 p.m. Registration  
1:00 p.m. Discussion of topics  
3:00 p.m. Q & A  
3:30 p.m. Adjourn

## Reducing Physical Restraints Course Description

We all share the goal of improving the quality of life for our residents. We want to help them enjoy the highest possible state of well-being. Reducing restraint usage requires decisive leadership that places a value on patient-centered care. Instead of relying on restraints to avoid falls and citations, we will offer you tools help reduce the use of daily restraints while keeping your residents safe. We also will be able show you where your facility ranks on restraint usage with other Missouri Facilities.

***A 1 hour break is between sessions for lunch on your own, to allow you to attend both sessions.***

## Target Setting Course Description

Nursing homes that regularly set improvement targets are more likely to be committed to improving the quality of care they provide to their residents. One of the Advancing Excellence process goals is for 90% of all nursing homes to set annual clinical quality targets, using a system designed and assisted by Improvement Quality Organizations. In this session we will go live to "Star" website and walk you through the process. You will learn how to set facility-specific targets and what tools you can utilize for target setting.

## Sponsored by

Missouri Health Care Association

Missouri Association of Homes for the Aging

Missouri Association of Nursing Home  
Administrators

to help you meet your goals



## Reducing Physical Restraints Target Setting Registration Form

Sign up for:	Date	Price (per person)
<input type="checkbox"/> Reducing Restraints – St. Louis	March 4, 2008	\$30.00
<input type="checkbox"/> Target Setting – St. Louis	March 4, 2008	\$30.00
<input type="checkbox"/> Reducing Restraints - Springfield	March 5, 2008	\$30.00
<input type="checkbox"/> Target Setting - Springfield	March 5, 2008	\$30.00
<input type="checkbox"/> Reducing Restraints - Columbia	March 11, 2008	\$30.00
<input type="checkbox"/> Target Setting - Columbia	March 11, 2008	\$30.00

Total: \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Organization

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

### Method of Payment

Check       Visa       MasterCard

\_\_\_\_\_  
Credit Card #      Exp. date

\_\_\_\_\_  
Billing Address

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name on Card

**MANHA**  
4100 Country Club Drive  
Jefferson City, MO 65109

Phone: 573-634-5345

Fax: 573-634-8590

E-mail: [gaylas@mlnha.org](mailto:gaylas@mlnha.org)