

NYS ID/DD Nurses Association
2023 Annual Conference

CONFERENCE SCHEDULE
With Program Descriptions

Monday, September 11

11:00-4:00 **Registration Table Open**

1:30-2:15 **Exhibit Hall Open**

We encourage you to spend time visiting the exhibitors who are joining us to share information about new products and the services they provide to enhance the care and support you provide the individuals you work with and their families.

2:15-3:30 **Keynote Presentation**

KEY – Upstream Medicine: Swimming Against the Current to Improve Patient Outcomes

Lara Zakaria, PharmD, MS, CNS, IFMCP, Owner/Founder, Foodie Farmacist LLC; Adjunct Professor, University of Bridgeport; Adjunct Professor, George Washington University

There is increasing interest in the integration of conventional medicine with complementary, and alternative medicine (TCAM) as well lifestyle medicine that can improve outcomes for chronic diseases. Evidence is mounting that to make significant improvements in health outcomes, we have to start thinking outside the medicine vial – to lifestyle modification including nutrition, stress modification, sleep and exercise. How do holistically minded health professionals find opportunities to coach and inspire our patients in these areas – while cultivating a supportive and collaborative professional environment.

3:30-4:00 **Afternoon Break with Exhibitors**

This afternoon break will include refreshments. This is your opportunity to spend time visiting the exhibitors who are joining us to share information about new products and the services they provide to enhance the care and support you provide the individuals you work with and their families.

4:00-5:15 **MON-1: Concurrent Sessions (1.1, 1.2, and 1.3)**

MON-1.1 – Spots and Dots: The GOOD and the BAD!!!

Judith Mysliborski, MD, Dermatologist (Retired)

Early recognition of a skin cancer can save a life. Equally important is knowing who is at high risk and following them closely. Educating patients on minimizing risk factors and doing self-exams of their ‘birthday suits’ regularly is part of good medical care. Everyone needs to pay attention to the ‘spots and dots’ on their skin.

MON-1.2 – Safe Practice in ID/DD Nursing: What a Prudent Nurse Would Do

Fred Wetzel, RN, PhD, LNC, NCC, Consultant

This session will discuss professional practice and regulatory requirements of which nurses in the ID/DD field should be aware. Topics include: OPWDD requirements by type of facility, standards of nursing practice in ID/DD nursing, supervision of unlicensed staff, documentation (i.e., what are the expectations), and legal aspects of ID/DD nursing (practicing safely within boundaries, avoiding negligence/malpractice risks).

MON-1.3 – Palliative & Hospice Supports for People with Intellectual and Developmental Disabilities in Agency Settings

Ashley Keagle, LMSW, Director of Life Transitions – Mercy Doula, People Inc.

As people continue to live longer, we are challenged with the adaptation of service delivery as it pertains to aging in place, and supporting through to the end of life. Utilizing community supports to develop relationships on how best to serve within one's own expertise can drastically benefit outcome for the quality of life for people with intellectual and developmental disabilities, their families and support circles. This presentation will explore how the connections create opportunity, growth and understanding to enhance service delivery to its fullest potential.

5:30 **Dinner on Your Own**

Tuesday, September 12

7:15-4:00 **Registration Table Open**

7:00-8:15 **Buffet Breakfast** *(Included with registration)*

8:15-9:30 **TUE-2: Concurrent Sessions (2.1, 2.2, and 2.3)**

TUE-2.1 – Engaging the New DSP: Determined, Supported, and Proficient

Anne Payette, RN, BSN, MSN-Ed, FNP-BC, Family Nurse Practitioner, Lexington Center, Fulton County ARC

This presentation will focus on some of the key challenges facing the educator in adult learning, particularly as these challenges pertain to working in the field of ID/DD. Focus will be given to identifying and managing challenges within the educational setting, meeting the needs of learners throughout the lifespan, and tips for engaging the adult learner in the educational experience, focusing on engagement and retention of information.

TUE-2.2 – Dysphagia 201: Beyond the Basics

Steven M. Asofsky, MA, SLP-CCC/TSHH, Speech-Language Pathologist, Long Island Select Healthcare and Owner of South Shore Speech, Language and Swallowing Disorders, PLLC

The purpose of this presentation is to educate the participants on signs and symptoms of swallowing disorders concomitant to their diagnostics and treatments. The information provided will be inclusive of but not limited to the anatomy and physiology pertaining to the stages of the swallow, diagnostic procedures, and diet consistency variants to provide safe and efficient nutritional support.

TUE-2.3 – Assistive Technology and Medication Administration Supports

Melinda Dolezal, MA, TRAIID Director, Justice Center for the Protection of People with Special Needs and April Diffie, TRAIID Manager, Southern Adirondack Independent Living Center

Advances in assistive technology have made it easier for individuals with disabilities to live more independently than ever before. Depending on the device, assistive technology can also help support staffing in various settings. Some examples of technology include pill dispensers, medication reminders, alarms, and more. In this presentation, staff from the Technology Related Assistance for Individuals with Disabilities Program (TRAIID) will discuss the benefits of assistive technology, demonstrate several devices, and share information on the programs' new telehealth video resource.

9:30-10:00 **Morning Break with Exhibitors – Coffee/Tea Break**

We encourage you to spend time visiting the many exhibitors who are joining us to share information about new products and the services they provide to enhance the care and support you provide the individuals you work with and their families.

10:15-11:30 **TUE-3: Concurrent Sessions (3.1, 3.2, and 3.3)**

TUE-3.1 – The Intersection of Ableism and Ageism: The Impact on Older Adults with IDD

Laura Robinson, MPH, GWEP Program Coordinator (Finger Lakes Geriatric Education Center), University of Rochester Medical Center, Division of Geriatrics and Aging, Department of Medicine

Age is not a simple construct nor a single process, it is multidimensional. Disability is part of the human condition. Most people will be temporarily or permanently impaired at some point in life, and those who survive to old age will experience increasing difficulties in functioning. People who are older and people with disabilities experience significant discrimination in the US and around the world. This presentation will describe ageism, ableism, and the intersectionality of these two types of discrimination on older adults with intellectual and developmental disabilities (IDD) as well as what we can do about it.

TUE-3.2 – Beyond Serotonin: Exploring the Bidirectional Gut-Brain Connection in Mental Health

Lara Zakaria, PharmD, MS, CNS, IFMCP, Owner/Founder, Foodie Farmacist LLC; Adjunct Professor, University of Bridgeport; Adjunct Professor, George Washington University

For decades, approaches to treatment of depression and anxiety have focused on neurotransmitter balance and function. In this presentation we will explore the multitude of factors that impact mental health, including inflammation and environment, but focusing on the gut-brain axis. Taking that etiology into consideration, we will look at implications of diet and nutraceuticals on improving mental health outcomes using a personalized approach.

TUE-3.3 – A Review of Treatment Therapies of Diabetes, Current ADA Guidelines, and Continuous Glucose Monitoring

Dr. Harsh Kothari, Pharm.D, President, Capital Regional Pharmacy Services

This presentation will define type I and type II diabetes, various oral and injectable treatment options of type II diabetes, and the appropriate use and monitoring of diabetes medications. It will include a detailed review of updated 2023 ADA guidelines, various features of continuous glucose monitoring systems, and candidates who can benefit from these systems.

11:45-12:45 **Plated, Sit-down Lunch** *(Included with registration)*

12:45-1:45 **NYSIDDDNA Annual Meeting**

The Annual Meeting is for all attendees. The NYSIDDDNA President and Board members will provide updates and upcoming plans. The election of the two open state officer positions will take place during this meeting. The meeting will begin immediately following breakfast.

1:45-2:15 **Afternoon Break with Exhibitors – Coffee/Tea Break**

2:15-3:30 **TUE-4: Concurrent Sessions (4.1, 4.2, and 4.3)**

TUE-4.1 – Practical Tips for Drug Allergy and Rashes

Allison Ramsey, MD, Allergy/Immunology Physician, Rochester Regional Health

This session will cover commonly encountered drug allergies in clinical practice, including urticaria, delayed maculopapular rash, angioedema, drug reaction with eosinophilia and systemic symptoms (DRESS), and Stevens-Johnson Syndrome. The session will also cover other rashes, including acute urticaria, molluscum contagiosum, keratosis pilaris, irritant dermatitis, and contact dermatitis.

TUE-4.2 – Advance Care Planning: Health Care Proxies & MOLST for People with I/DD

Katie Orem, MPH, Geriatrics & Palliative Care Program Manager; eMOLST Administrator for NYS Excellus BlueCross BlueShield

Learn about advance care planning and the differences between standard medical care, advance directives and MOLST/eMOLST. We will address the advance care planning process for individuals with I/DD, including health care proxy completion and appropriate use of the MOLST. The conversation and documentation requirements for MOLST completion and the OPWDD Checklist, role of health care agents or surrogates, DDSOs, MHLS and the SDMC will also be addressed.

TUE-4.3 – Seizure Training for Nurses

Rachel Yattaw, BS, Health Educator and Advocacy Coordinator, Epilepsy Foundation of Northeastern New York

This presentation will cover the background, causes, diagnosis, treatments, and care for epilepsy. It will also go into detail about different types of seizures and epilepsies, including videos to assist with seizure recognition. We will discuss the impact seizures have on a person's life as well as how to support someone while having a seizure.

3:45-5:00 **TUE-5: Concurrent Sessions (5.1, 5.2, and 5.3)**

TUE-5.1 – Interprofessional Care and the Group Home Nurse

Susan Prendergast, RN, BS, Statewide Director of Nursing and Health Services NYS OPWDD; Vincent Siasoco, MD, MBA, medical Director, ADAPT Community Network, Director of Primary Care, Rose F. Kennedy Center/Montefiore; Fred Wetzel, RN, PhD, LNC, NCC, Consultant; Benjamin Margolis, MD, Senior Psychiatrist and Staff Neurologist, Access: Supports for Living, Hudson Valley, NYS; and Dian Chin Kit-Wells, DDS, Clinical Assistant Professor and Director of Community Outreach, University at Buffalo School of Dental Medicine

A primary care physician, dentist, and neuropsychiatrist will discuss their interprofessional roles in the care of an individual with IDD living in a group homes. The residential RN will discuss their role as the clinical leader at the group home and coordinating care with an interprofessional team externally and internally with staff.

TUE-5.2 – Autism – History and Features of the Diagnosis

Jill Hamilton, PhD, Licensed Psychologist, New York State Office for People with Developmental Disabilities (OPWDD), Regional Office 1, West Seneca, New York

This presentation will provide an overview of autism spectrum disorder and will include the history of the diagnosis, current diagnostic criteria, and assessment measures used.

TUE-5.3 – Active Shooter Site Preparedness – Considerations for your Organization

Jason Hopper, MBA, Independent Contractor, Hopper Trainings, LLC

In today's work environment, staff need to prepare themselves for the possibility of a hostile intruder the same way they would prepare themselves for a fire. Unlike that scenario, where everyone evacuates, an active shooter scenario is much more complex. Basic protocols like *Run, Hide, Fight* are not enough. This presentation will help put staff at ease and explore various options that your organization can pursue to give staff a better sense of what role they can play in saving their lives and the lives of others.

5:15 **Dinner – On Your Own Tonight**

Wednesday, September 13

7:00-12:30 **Registration Table Open**

If you have completed the evaluations for the sessions you attended, you can drop off your evaluation forms in the box at the registration table before leaving the Annual Conference. If you have questions about membership in NYS ID/DD Nurses Association, please stop at the membership table in the Exhibit Hall or at the registration table.

7:00-8:15 **Breakfast Buffet** *(Included with registration)*

8:15-9:30 **WED-6: Concurrent Sessions (6.1, 6.2, and 6.3)**

WED-6.1 – When Every Moment Counts: Case Studies in Sepsis Identification, Evaluation and Prevention in the ID/DD Setting

Anne Payette, RN, BSN, MSN-Ed, FNP-BC, Family Nurse Practitioner, Lexington Center, Fulton County ARC

The purpose of this presentation is to utilize a case study approach to sepsis identification, evaluation, and prevention in the ID/DD setting. The goal is to improve understanding of sepsis in the ID/DD setting, as well as to promote the utilization of simple measures to address common factors leading to sepsis.

WED-6.2 – Medications 101: Back to the Basics

Jennifer L. Grant, RPh, BCGP, Consultant Pharmacist, KPH, Health Direct Pharmacy Services

This presentation will provide an overview of multiple aspects of medication dosing, delivery, monitoring, and administration. It will share highlights of Drug Interactions, Food Interactions, Labs, Monitoring Tests, Timing, & Renal / Hepatic Dosing.

WED-6.3 – How Improving Oral Hygiene Can Impact Overall Wellness

Betsy Bray, BS, AS, RDH, Director, Health Affairs, New York State Dental Association

Oral health can significantly impact overall health and wellness. Through a combination of remote, oral care patient monitoring and coaching by an RDH, CDHC (Community Dental Health Coordinator) a pilot program led by the NYSDA and supported by Lifeplan and Truthbrush shows initial, positive results towards driving behavioral improvements in the preventive care behaviors of people living with intellectual and developmental disabilities.

9:15-10:30 **WED-7: Concurrent Sessions (7.1, 7.2, and 7.3)**

WED-7.1 – Spotlight on Prevention: Preventing Intestinal Obstructions

Tara Kenney, RN, RN, Supervisor/Investigator 2, Mortality Review Unit, NYS Justice Center and Kim Affinati, MS, Director, Prevention and Quality Improvement, NYS Justice Center

This presentation will provide an overview of the Justice Center’s Spotlight on Prevention toolkits with a focus on the “Preventing Intestinal Obstructions” toolkit and will include a discussion of risk factors and promising practices for agencies to implement to prevent intestinal obstructions. We will discuss lessons learned from cases involving intestinal obstructions via case studies.

WED-7.2 – OPWDD Surveillance Findings and Regulatory Expectation

Mary Jane Vogel, BS, RN, Deputy Director, Division of Quality Improvement, OPWDD and Brian O’Donnell, BS, Statewide Director, Bureau of Program Certification, Division of Quality Improvement, NYS OPWDD

This training will review common deficiencies related the health and safety of OPWDD individuals and the associated regulatory expectations. This presentation will include where regulations and guidance can be found, the nurse’s role in the ID/DD setting including best practices vs minimal standards, the survey process, the 10 most common citations related to health and safety, and regulatory expectations and guidance to ensure regulatory compliance.

WED-7.3 – Health Risk-Informed Telemedicine

Lorene Reagan, RN, MS, Director of Public Relations, IntellectAbility; Craig Escude, MD, FAAFP, President, IntellectAbility; and Maulik M. Trivedi, MD, FACEP, Chief Strategy Officer, StationMD

As services for people with IDD evolve, the use of technology has grown exponentially. With the advent of CMS’ “Technology First” initiative, the expectation is that technology will be utilized to promote meaningful participation, social inclusion, and quality of life and reduce health disparities for

people with IDD. IDD nurses need information about their role in the use of various technologies in place today. This panel presentation highlights a model for health risk-informed telemedicine supports.

11:15-12:30 Capstone Session

CAP – OPWDD UPDATE – A Discussion with Susan Prendergast

Susan Prendergast, RN, BS, Director of Nursing and Health Services, Statewide Services, NYS Office for People with Developmental Disabilities

In this session, Susan Prendergast, Director of Nursing and Health Services, Statewide Services, NYS Office for People with Developmental Disabilities, will discuss current guidance documents that are essential for nurses working in the ID/DD field, provide updates on the work being done by OPWDD, and address hot topics. Participants will have the opportunity to ask questions.

12:30 The NYSIDDDNA 2023 Annual Conference ends.