



Long Term & Continuing Care  
Association of Manitoba



L'Association de soins continus  
et à long terme du Manitoba

*"Nurturing the Spirit of Manitoba Seniors for Over 50 Years"*

The Long Term & Continuing Care  
Association of Manitoba presents...

**2011 Annual Provincial Conference & Exhibition**

**Tuesday, May 17, 2011**

Victoria Inn & Convention Centre  
1808 Wellington Ave  
Winnipeg, Manitoba

**"Inspiring All Who Care"**



**LONG TERM & CONTINUING CARE  
ASSOCIATION OF MANITOBA**

- 103-1483 Pembina Hwy, Winnipeg, MB R3T 2C6 ● Phone: (204) 477 9888
  - Fax (204) 477 9889
- Full details can be found on our  
Website: [www.ltcam.mb.ca](http://www.ltcam.mb.ca)

**ATTENTION RNS:**

"Participation in this conference may fulfill the requirements of the College of Registered Nurses of Manitoba Continuing Competence Program."

**ATTENTION PHARMACISTS:**

"Pharmacists may then document this accredited learning activity in their MPhA Professional Development Log."

# “Inspiring All Who Care”

## PROGRAM OUTLINE

All information and Speaker Profiles can be found on our website [www.ltcam.mb.ca](http://www.ltcam.mb.ca)

0700 – 0800

### CONFERENCE REGISTRATION

Continental breakfast with the Exhibitors

Virtual Dementia Tours will be hosted all day by

**Alzheimer Society**  
MANITOBA

\*Register the day of conference\*

0800 – 0815

### GREETINGS

Jan Legeros

Executive Director – Long Term & Continuing Care Association of Manitoba

0815 – 0900

### OPENING REMARKS & KEYNOTE

Marcia Thomson, Assistant Deputy Minister Healthy Living

Province of Manitoba Cross-Departmental Initiatives in Senior Care

### CONCURRENT SESSIONS:

0900 – 1015

#### SESSION #1

### “Nutrition & Hydration in Dementia at End of Life”

*Jean Helps, RD*



Many people with dementia at the end of life become weaker, increasing drowsy, and lose their ability to swallow. They typically have a decline in appetite and drink less without experiencing hunger or thirst. Families are often concerned that the individual is “starving to death” or feel that “if only he/she would eat that he/she would get better”.

This presentation will discuss research related to tube feeding in individuals with dementia and recommendations for discussion with family. Personal experience in working with staff and families, including the lack of understanding of the negative consequences of tube feeding at end of life, will be presented. A one page pamphlet for families who have concerns about nutrition in their dying loved one that was developed at Deer Lodge Centre will be shared.

0900 – 1015

#### SESSION #2

(limit 90 people)

### “How to Deal with Difficult Behaviours” – Workshop

**\*Back by Popular Demand from 2010 Conference\***

*Mike Labun, Sue Hemphill, Rick Schmidt*



Dealing with difficult behaviours can be a stressful challenge faced by many people every day. Conflict and workplace stress can negatively affect employees in various ways. Statistics indicate that 55 per cent of working Canadians experience anxiety, irritability with co-workers, defensiveness, anger, mood swings and feelings of helplessness or of being trapped.

Conflict, however, can act as a helpful springboard toward positive change in your organization. This presentation will provide insightful tools and resources for dealing with conflict. It is an essential professional development tool for managers, team leaders and front-line staff.

In this presentation, you will explore how you respond to conflict and consider how that affects your life and learn a practical skill to use in a difficult situation.

# “Inspiring All Who Care”

1015 – 1100 COFFEE BREAK & EXHIBITION



CONCURRENT SESSIONS:

1100 – 1155  
SESSION #3



**“The Importance of Maintaining Oral Health in the Elderly”  
“Managing Oral Health in Cognitively Impaired Elderly and Institutional Settings”  
*Anthony M. Iacopino, DMD, PhD***

This presentation will consist of two parts. The first section is a basic overview of the “oral-systemic connections”, that is, the links between oral health and general health, particularly in older adults. Periodontal disease has been traditionally regarded as a chronic inflammatory oral infection limited in scope to the mouth. However, recent studies indicate that this oral disease may have profound effects on systemic health. The first section of the program will highlight recent evidence that links periodontal disease to various systemic diseases and conditions that are very common in older adults such as cardiovascular disease, respiratory disease, arthritis, stroke, diabetes, and Alzheimer’s disease. The potential mechanisms for the connections will be explained along with some important tips for recognizing oral disease in the elderly.

The second section will emphasize the most common oral health problems in cognitively impaired older adults and in institutional care settings in particular. The segment of the elderly population aged 85 and over is now the fastest growing segment of the total population and the number of elderly in long-term care facilities is rising rapidly. This elderly population faces many challenges to acquire adequate oral health care. It is imperative that caregivers and institutional staff be aware of how to recognize and manage the oral conditions that occur in this rapidly expanding population. Additional tips will be provided for recognizing oral disease along with strategies for prevention and treatment of dental conditions. Information will be provided for caregivers and institutional staff so that they can effectively improve oral health and general wellness for these older adults and potentially become more active in their communities with regard to advocacy for improved access to dental care.

1100 – 1155  
SESSION #4



**“Understanding the Palliative Care Needs of Older Adults  
and their Family Caregivers”  
*Dr. Genevieve Thompson***

Residents of personal care homes have unique palliative care needs due to the chronic nature of their illnesses and presence of cognitive impairment in many. Ensuring that the care delivered in the last month of life meets the needs and expectations of residents and their significant others is vital to ensuring care is of high quality. However, given that it often is difficult to assess the resident perspective, it becomes critically important to solicit the views of their representatives and partners in care; their family members. Having an understanding of the factors that shape family satisfaction with palliative care will help to ensure that care is responsive to their needs and prevents undue suffering or distress. The focus of this presentation will be to share the experiences family caregivers have had with the delivery of palliative care within the personal care home setting. It will also identify and discuss the factors that play a significant role in shaping family satisfaction with palliative care in this environment.

## “Inspiring All Who Care”

1100 – 1155  
SESSION #5



**“Advance Care Planning in the  
Winnipeg Health Region: It's All About Good Communication”**  
*Lisa Streeter, Luana Whitbread & Kathleen Klassen*

Advance care planning is the overall process of dialogue, knowledge sharing, and informed decision making that needs to occur at any time when future or potential life threatening illness treatment options and goals of care are being considered or revisited. In September 2003, the Winnipeg Regional Health Authority (WRHA) released a regional policy on Advance Care Planning. Based on successes and challenges of the original policy implementation, an external evaluation, and extensive stakeholder feedback, a revised WRHA policy on Advance Care Planning is set for release in early 2011. This presentation will highlight the key changes within the newly revised policy and form. Plans for region wide and personal care home specific education will be discussed. Finally, as a major thrust of the proposed implementation strategy will be to educate staff on how to initiate and engage in advance care planning discussions, this presentation will also provide practical tips and conversation starters for those participating in advance care planning discussions with patients/residents/clients and their families.

1100 – 1155  
SESSION #6



**Elder Abuse: The Hidden Crime**  
*John Ruban, Barb Pocha*

For the stakeholders of Retirement Communities and Long-Term Care Homes, a serious incident of abuse can undermine years of dedicated service and can lead to declining business, low resident morale, and a diminished sense of confidence within the community. In the end, it is not just the victims that suffer, but also the people who have committed their lives to caring for them. By the end of this workshop you will be able to:

- Provide a definition of Elder Abuse
- Identify the various forms this abuse takes
- Appreciate some of the tell tale signs of Elder Abuse
- Start considering the implementation of prevention strategies within your organization
- Start to draw up a written Elder Abuse Policy

1200 – 1330 LUNCH & EXHIBITION SHOW  
AWARDS FOR EXCELLENCE



CONCURRENT SESSIONS:

1330 – 1445  
SESSION #7  
*(limit 90 people)*

**“How to Deal with Difficult Behaviours” – Workshop**  
**\*Back by Popular Demand from 2010 Conference\***  
*Mike Labun, Sue Hemphill, Rick Schmidt*



## “Inspiring All Who Care”

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1330 – 1445  
SESSION #8

### “The Nerve to Serve, Say Hello to Humour & Goodbye to Burnout!” *Jody Urquhart*



Humor helps. The ability to laugh at life helps us deal with daily disappointments and setbacks. Humor gives professionals the nerve to serve in a complex and challenging environment. Join us as we demonstrate how humor helps you stay in control and maintain balance and perspective

1445 – 1515 COFFEE BREAK & EXHIBITION



1515 – 1615  
SESSION #9  
*Closing Keynote*

### “What’s Dignity Got To Do With It?” *Dr. Harvey Chochinov*



What is the importance of dignity in the delivery of health care? Our research group has been one of the very few to examine the implications of dignity in providing humane, quality, palliative care. We have discovered that the core efficiencies of Dignity Conserving Care – the ABCD's, referring to Attitude, Behaviour, Compassion and Dialogue - apply across the full spectrum of health care. As people grow old and vulnerability mounts, knowing these core efficiencies and incorporating them into everyday practice can preserve dignity, while seeing to it that kindness, humanity and respect are foundational to meeting the needs of patients and families facing challenges at the end of life.

1615  
DOOR PRIZES

Dozens of prizes from our Exhibitors/Sponsors will be given out to attendees!



**Registration Form (\* 2 pages)**

Registrations accepted via fax (477-9889 or TF fax: 1-888-820-1647), mail or email  
(info@ltdcam.mb.ca)

All information can be found at [www.ltdcam.mb.ca](http://www.ltdcam.mb.ca)

**Conference Location:**

Victoria Inn Hotel  
1808 Wellington Ave.  
Winnipeg, MB (204) 786-4801  
**Please Print Clearly**

**Conference Date:**

Tuesday, May 17, 2011

**Registration Deadline:**

April 20, 2011

Name: \_\_\_\_\_  
Please Print Clearly

Position \_\_\_\_\_  
Please Print Clearly

Facility Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

**Delegate List**

LTCAM will be providing a delegate list containing your business card information to exhibitors, as permitted by applicable privacy legislation. If you do not wish your e-mail address to be provided, please check the following:

I do not wish my e-mail address to be provided to participating exhibitors.

**Registration Fee:**

- LTCAM Active Member \$60.00 + GST = \$63.00
- LTCAM Associate/Commercial Member \$85.00 + GST = \$89.25
- Non Member \$110.00 + GST = \$115.50

**Refer to our website to confirm membership status at [www.ltdcam.mb.ca/memberlist.html](http://www.ltdcam.mb.ca/memberlist.html)**

- Student \$60.00 + GST = \$63.00 (student number \_\_\_\_\_) *Please note: Students - You will be required to present your student card during registration the day of the conference.*
- Seniors - must be >65 years \$60.00 + GST = \$63.00
- I will be attending the Continental Breakfast (included)**
- I require a special diet: \_\_\_\_\_**
- Please provide me with a receipt of payment (please ensure email address is provided above)**
- I will require a Certificate of Attendance (please ensure email address is provided above)**

**How did you learn about the 2011 Long Term Care Conference?**

- Staff development personnel/department/co-worker;  LTCAM website;  Newsletters
- Attended last year

Please make cheque payable to:

**Long Term & Continuing Care Association of Manitoba**

Mail Cheque and Registration Form to:

**Long Term & Continuing Care Association of Manitoba**

**103-1483 Pembina Highway**

**Winnipeg, Manitoba**

**R3T 2C6**

## "Inspiring All Who Care"

### REGISTRATION FORM (CONT'D) PAGE 2

Name: \_\_\_\_\_

**0700-0800 Registration**  
**0800-0900 Opening Remarks**

Virtual Dementia Tours will be hosted all day by

**Alzheimer Society**  
MANITOBA

**\*Register the day of conference\***

### CONFERENCE SESSIONS:

Room assignment will be confirmed the day of the conference

Please select one of the following concurrent sessions:

**0900 - 1015**

Session #1  Nutrition & Hydration in Dementia at End of Life

Session #2  Workshop — How to Deal with Difficult Behaviours **SESSION FULL**  
*(Please note that if limited workshop seats have been filled at time of registration, you will automatically be registered for alternate, concurrent session)*

Please select one of the following concurrent sessions:

**1100 - 1155**

Session #3  The Importance of Maintaining Oral Health in the Elderly

Session #4  Understanding the Palliative Care Needs of Older Adults & Their Family Caregivers

Session #5  Advanced Care Planning in the Winnipeg Health Region: It's all About Good Communication

Session #6  Elder Abuse: The Hidden Crime

Please select one of the following concurrent sessions:

**1330 - 1445**

Session #7  Workshop — How to Deal with Difficult Behaviours **SESSION FULL**  
*(Please note that if limited workshop seats have been filled at time of registration, you will be registered for alternate, concurrent session)*

Session #8  The Nerve to Serve, Say Hello to Humour & Goodbye to Burnout!

**1515 - 1615**

Session #9  What's Dignity Got To Do With It?

Payment **must** be received on or before **April 20, 2011** to guarantee a spot.

Registration cancellations after April 1, 2011 are non-refundable.

Please phone our office at (204) 477-9888 if you have any questions.

**Registration is limited... so register early!**