



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

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AAA TUESDAY E-MAILING  
September 22, 2009

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Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.



**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Janet James, Esq. – State Legal Services Developer, Public Guardian  
Program Coordinator

**DATE:** September 22, 2009

**SUBJECT: Reminder – Resident Rights Week and FREE Audio Conferences  
October 4<sup>th</sup> thru October 10<sup>th</sup>, 2009**

As part of the *Project 2025* initiative<sup>1</sup>, FREE audio conferences are being offered per the attached flyer. All AAA's are invited to participate. These conferences are particularly accessible for those in rural areas and are designed to assist and educate those in hard to reach and/or transportation-challenged areas of the Commonwealth.

- October 5, 2009 at 11:00 a.m. *All the Comforts of Home: Culture Change and Resident-Centered Care.*
- October 7, 2009 at 11:00 a.m. *All the Comforts of Home: They Mean Nothing If You Can't Stay There.*

Please consider sharing information on these conferences with nursing home residents, families, caregivers, and other service providers in your area. Thank you.

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<sup>1</sup> Project 2025: Enhanced Access to Legal Assistance for Older Adults in Virginia, funded in part by a model grant from the Administration on Aging (AoA).

**“All the Comforts of Home”**  
**Free Audio Conference Series**  
**Residents Rights Week: October 4th—10th.**



**“All the Comforts of Home”**

- **"All the Comforts of Home: Culture Change and Resident-Centered Care"** --- A one-hour session by Joani Latimer, **State Long Term Care Ombudsman**, introducing the statewide theme for Residents' Rights week, "All the Comforts of Home," talking about what local ombudsmen and legal aid advocates are doing in various parts of the state during the week, and talking about residents rights and how those rights are best served by creating a homelike environment for each resident. Date: **Monday, Oct. 5, 2009, 11:00 a.m.**
- **"All the Comforts of Home: They mean nothing if you can't stay there"**--- A one-hour session by Kathy Pryor, elder law attorney at **Virginia Poverty Law Center**, reinforcing the statewide theme and tying it to a statewide effort to reduce improper transfers/discharges from nursing homes, and discussing laws that protect residents from improper discharges and how residents/families/advocates can enforce those protections. Date: **Wednesday, October 7, 2009, 11:00 a.m.**
- **This Audio series is free to the public, though registration is required.**

TO REGISTER  
CALL ROBERT GARDNER: 804.782.9430 EXT. 32 OR  
ROBERT@VPLC.ORG



*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors  
Health Promotion and Disease Prevention Coordinators

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** September 22, 2009

**SUBJECT:** CDC Report on Burns Among Adults Aged 65 and Older

CDC released a new report on nonfatal scald-related burns among adults aged 65 and older. The report examines visits made to hospital emergency departments by this age group for scald burns between 2001 and 2006. Some of the findings of the report include the following:

- Scalds, which are burns attributed to hot liquids or steam, account for 33%--58% of all patients hospitalized for burns in the United States
- Adults aged  $\geq 65$  years have a worse prognosis than younger patients after scald burns because of age-related factors and co-morbid medical conditions, and they are subject to more extensive medical treatment than younger adults
- Adults aged  $\geq 65$  years made an estimated 51,700 initial visits to EDs for nonfatal scald burns during 2001--2006, for an average of 8,620 visits per year and an estimated average annual rate of 23.8 visits per 100,000 population.

- Most (76%) of the nonfatal scald injuries occurred at home; 42% were associated with hot food and 30% with hot water or steam.
- Among the 705 cases that were examined, 90% recorded the type of liquids associated with the burn, including hot (boiling) water (42%), hot oil (21%), coffee (15%), food (12%), steam (7%), and tea (3%).
- Compared with younger adults, older adults with scald-related burns are more frequently admitted to hospitals, experience longer intensive-care unit and hospital stays, have increased hospital mortality, and are transferred more frequently to rehabilitation and long-term nursing facilities.

The full article that appeared in the September 18, 2009 MMWR Weekly report can be viewed at [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5836a1.htm?s\\_cid=mm5836a1\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5836a1.htm?s_cid=mm5836a1_e).

Included in the CDC report were the following suggested strategies to prevent residential scald-related burns in older persons living independently. These were adapted from recommendations of the American Burn Association and the National Fire Protection Association.

### Preventing Scald-Related Burns in Older Persons

#### Kitchen

- Plan ahead before cooking. Wear short- or tight-sleeved garments while cooking. Always ask for assistance if physically challenged.
- Plug ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance; it can trip the user, which can cause hot food spills. Keep all appliance cords coiled and away from counter edges.
- When deep frying, prevent contact of water and steam with hot oil; allow hot oil to cool before removal.
- To prevent spills, turn pot handles away from the stove's edge and use the back burner when possible.
- Only use dry oven mitts or potholders when moving hot food from ovens, microwave ovens, or stovetops.
- During meals, place hot items in the center of the table; use nonslip placemats instead of tablecloths.

- Treat a burn right away by putting it in cool water. Cool the burn for 3--5 minutes and immediately seek medical attention.

### Use Microwave Ovens Safely

- Place the microwave oven at a safe height, within easy reach of all users, and lower than the face of the person using the microwave.
- Heat foods only in containers or dishes that are safe for microwave use. Never microwave uncracked eggs.
- To prevent steam build-up, remove tight lids on food containers, puncture plastic wraps, or use vented containers.
- Open heated food containers slowly, away from face or hands, to avoid steam scalds. Let cooked food stand for 1--2 minutes before removing from microwave oven.
- Foods heat unevenly in microwave ovens; stir and test before eating.

### Bathrooms and Sinks

- Adjust thermostat on water heater to keep hot water <120°F. Install antiscald tempering valves or thermostatic mixing valves.
- Before using, check water temperature with a kitchen thermometer or test with your elbow, wrist, or hand with spread fingers.
- Start to fill bathtub with cold water and slowly mix with hot water. Avoid running water in other rooms during this time (it might increase the temperature of the water filling the bathtub) and turn off the hot water first.



09-189

*COMMONWEALTH of VIRGINIA*  
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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Janet James, Esq. – State Legal Services Developer, Public Guardian  
Program Coordinator

**DATE:** September 22, 2009

**SUBJECT:** **Training Opportunities for Virginia’s Revised Health Care Decisions Act and Advance Medical Directive Form/Code of Virginia § 54.1-2984**

As a follow up to my prior email dated August 25, 2009, please find attached training registration information.

- **October 22, 2009** sponsored by the Institute on Aging at the University of Virginia and other various health care provider organizations. This event will be held in Charlottesville and the cost is \$175.00. Program content and registration information is attached.
- **November 5, 2009** sponsored by the Department of Behavioral Health and Developmental Services (formally DMHMRSAS). This event will be held in Richmond. Program content and registration information will be provided once received.

Thank you.

The University of Virginia's Institute on Aging and  
Institute of Law, Psychiatry and Public Policy  
and  
Virginia Hospital & Healthcare Association

Present

*Understanding and Implementing Virginia's Revised Health Care Decisions Act*

October 22, 2009

University of Virginia Law School  
Charlottesville, Virginia

This Conference is also sponsored by:

The Medical Society of Virginia  
Virginia Health Care Association  
Virginia Association of Nonprofit Homes for the Aging  
Virginia Association for Home Care and Hospice  
Virginia Department for the Aging  
Virginia Department of Behavioral Health and Developmental Services  
Office of the Attorney General of Virginia

**Purpose:**

Virginia's Health Care Decisions Act was amended by the 2009 General Assembly to increase opportunities for individuals to make health care decisions in advance directives and otherwise to clarify and streamline the requirements of the Act. The legislation was developed based on a recommendation of the Supreme Court's Commission on Mental Health Law Reform, chaired by Professor Richard Bonnie of the University of Virginia Law School and Director of the Institute of Law, Psychiatry and Public Policy.

The main objective of the new legislation is to empower people to guide decisions about their health care if they lose decision-making capacity due to mental health conditions or neurological disorders such as dementia. The revised statute also prescribes procedures for assessing decision-making capacity, addresses special situations where a patient who lacks decision-making capacity protests a care recommendation, clarifies procedures for revoking advance directives, and protects decision-makers and providers who act in good faith to carry out patient directions.

If these changes are to be successfully implemented, it is important for health care providers and practitioners to understand their purpose, meaning and implications. Not only do health care providers carry out the instructions that patients give about their care, but they also are required under federal law to inform patients about their health care decision-making rights. This program will educate providers about the new law, with the guidance and insight of a faculty of experts with many years of experience in applying the Health Care Decisions Act, many of whom helped to draft the 2009 revisions. The sessions also will give providers an opportunity to give feedback about ways to improve the legislation going forward.

## Target Audience:

Acute care, behavioral health, long-term care, home care and hospice programs and organizations, including their chief executive officers and administrators, medical and nursing leadership and staff, legal counsel, risk managers, chaplains, ethics committee members, and social workers.

## Agenda:

8:15 a.m.	Registration and Continental Breakfast
9:00 a.m.	Welcome and Introductions
9:15 a.m.	Overview and Changes in the Law
10:30 a.m.	BREAK
10:45 a.m.	Advance Planning and Facilitation
12 noon	Lunch provided
1:00 p.m.	Capacity Determination
2:15 p.m.	BREAK
2:30 p.m.	Special Issues – Treatment of Persons with Psychiatric Conditions or Dementia
3:30 p.m.	Questions and Suggestions for Improving the Law and its Implementation
4:00 p.m.	Adjourn

## Participating Faculty will include:

Professor Richard Bonnie, University of Virginia Law School  
Professor Bruce Cohen, M.D., Univ. of Va. Department of Psychiatry and Neurobehavioral Sciences  
Jane Hickey, Esq. and Karen DeSousa, Esq., Office of the Attorney General of Virginia  
Nathan Kottkamp, Esq., McGuire Woods  
James Martinez, Virginia, Department of Behavioral Health and Developmental Services  
Steve Rosenthal, Esq., Troutman Sanders  
Michael Valente, M.D., Shenandoah Neurological Associates  
Susan Ward, Esq., Virginia Hospital & Healthcare Association

## Continuing Education Credits:

*Continuing Medical Education and Continuing Education Units:* Continuing Medical Education and Continuing Education Units: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Virginia School of Medicine and the Virginia Department of Behavioral Health and Developmental Services with the Institute of Law, Psychiatry and Public Policy of the University of Virginia. The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Virginia School of Medicine designates this educational activity for a maximum of 5.5 hours in AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine awards 0.1 CEU per contact hour to each non-physician participant who successfully completes this educational activity. The CEU (Continuing Education Unit) is a nationally recognized unit of measure for continuing education and training activities that meet specific educational planning requirements. The Institute of Law, Psychiatry and Public Policy maintains a permanent record of participants who have been awarded CEUs.

Nurses also may be interested in this continuing education.

*Continuing Legal Education:* This course has been approved for 5.0 credit hours including (0) credit hours for Ethics by the Virginia Mandatory Continuing Legal Education Board. Accreditation of this program is approved through October 31, 2009.

*Continuing Education for Psychologists and Others:* The Institute of Law, Psychiatry and Public Policy at the University of Virginia (ILPPP-UVA) is approved by the American Psychological Association to offer continuing education for psychologists. ILPPP-UVA maintains responsibility for the program and its content. APA accreditation standards require full participation in the program in order to seek continuing education credit. Other professionals also may be interested in this continuing education.

*Continuing Education for Healthcare Executives:* VHREF is authorized to award 5 hours of pre-approved Category II (non-ACHE) continuing education credits for each session of this program toward advancement or recertification in the American College of Healthcare Executives. Participants in this program wishing to have the continuing education hours applied toward Category II credit should list their attendance when applying to the American College of Healthcare Executives for advancement or recertification.

### Registration Information:

Registration Fee: \$ 175 per person

This fee includes parking, refreshments, lunch, materials and continuing education credit as applicable. Full fee payment must accompany registration. Registration deadline is October 15, 2009.

### Cancellations:

A full refund will be made to those registrants notifying VHREF of cancellation by October 15. A \$35 processing fee will be assessed against each refund. No refunds will be made after October 15, but substitutions are welcome. No-shows are subject to the full amount.

The Registration Form can be found at the end of this document. Because of the anticipated high number of attendees, early registration is strongly encouraged!

### Conference Site Information:

The Conference will be held at the University of Virginia Law School, 580 Massie Rd., Charlottesville, VA 22903. Specific room information will be available just prior to October 22, 2009.

### Parking and Shuttle Bus Information:

Conference parking is available at two sites at the University of Virginia:

The Institute on Aging, 1023 Millmont Street, Charlottesville, VA 22904 (no parking pass needed).

Directions at: <http://www.virginia.edu/aginginstitute/>

John Paul Jones Arena, Main Entrance, 295 Massie Rd., Charlottesville, VA 22903; please obtain a parking pass from the Conference staff person who will be stationed at the Arena's main entrance.

Directions at: <http://www.johnpauljonesarena.com/directions.asp>

A shuttle bus will be on a continuous loop between the Institute on Aging parking lot, the John Paul Jones Arena parking lot, and the University of Virginia Law School to provide transportation to the Conference site. The shuttle will operate between 7:35-9:20 a.m. and 3:40-4:30 p.m.

General Conference parking is not available at the University of Virginia Law School. However the Law School does have handicapped-designated parking. For directions go to: <http://www.law.virginia.edu/html/about/visit.htm>; click on map of school under "Visiting the Law School."

### Lodging Information:

A block of overnight rooms has been reserved for October 21, 2009 at the University of Virginia Darden School's Sponsors Executive Residence Center, 100 Darden Blvd., Charlottesville, VA 22906.

([http://www.darden.virginia.edu/html/standard.aspx?menu\\_id=434&styleid=2&id=14922](http://www.darden.virginia.edu/html/standard.aspx?menu_id=434&styleid=2&id=14922)).

To reserve a room contact the Center's Reservations Department at (434) 243-5000 and identify room block "10/21/09 Institute of Law, Psychiatry & Public Policy." The guest room rate is \$145.00/night. Reservations may be made up to October 21, 2009, however the number of rooms available in the block is limited and early reservation is suggested.

We reserve the right to close the program if oversubscribed.

**\*\* Registration Form \*\***

**Understanding and Implementing Virginia's Revised Health Care Decisions Act**

**October 22, 2009  
University of Virginia Law School  
Charlottesville, Virginia**

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

First Name for name badge: \_\_\_\_\_

Degrees/Credentials: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Registration Fee: \$ 175  
All registrations must be accompanied by full payment.**

\_\_\_ Check (payable to VHREF)    \_\_\_ Visa    \_\_\_ MasterCard    \_\_\_ AmEx

Name of Cardholder: \_\_\_\_\_

Billing Address for Cardholder: \_\_\_\_\_

Card Number: \_\_\_\_\_ Security Code\*: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Expiration Date: \_\_\_\_\_

\*For Visa & MasterCard: three digit number on back of credit card; for American Express: four digit number on face of card.

**Conference Registration Deadline: October 15, 2009**

For further information please contact:  
Carol Brown at (804) 965-1280; email: [cbrown@vhha.com](mailto:cbrown@vhha.com)



Mail with your remittance to:  
Sandie Halsey  
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Fax to:  
(804) 965-0475 or  
(804) 965-5724