



# LONG TERM CARE

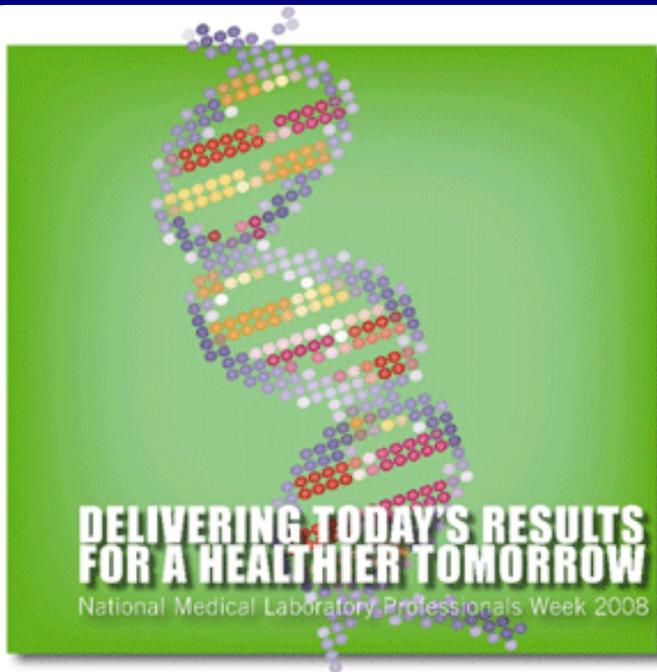
# NEWSLETTER

Indiana State Department of Health

ISDH Long Term Care  
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*(Click on the image above to learn more!)*

More than 280,000 laboratory professionals nationwide will be honored for their important contributions during National Medical Laboratory Week, April 20-26.

"Indiana residents should be proud of our team of laboratory professionals who regularly perform diagnostic testing," says Judy Lovchik, Ph.D., director of laboratories for the Indiana State Department of Health. "They are extraordinarily dedicated to promoting Hoosier health by producing timely and accurate test results."

Medical laboratory professionals represent a variety of specialties, including medical technologists, clinical laboratory scientists, medical laboratory technicians, histotechnologists, cytotechnologists, phlebotomy technicians, clinical chemists, microbiologists, laboratory managers, and medical educators.

Laboratory organizations, including professional societies like the Association of Public Health Laboratories (APHL), continue to actively campaign to recruit students to the profession. A recent survey of laboratory wages and vacancies by the American Society of Clinical Pathology (ASCP) reported

nearly 44 percent of clinical laboratories are experiencing difficulties recruiting and retaining laboratory personnel. High retirement rates, fewer schools of laboratory technology, and fewer graduates are among the reasons for the shortage.

Many laboratories across the country will host open houses, tours, lectures, and demonstrations to inform and educate colleagues and the public about their laboratory. The Indiana State Department of Health will host an open house from 9 a.m. to noon on Tuesday, April 22, at the State Labs, 550 West 16<sup>th</sup> Street, Indianapolis.

For more information about National Medical Laboratory Week, go to [www.ascls.org/conferences/2008NMLW/index.asp](http://www.ascls.org/conferences/2008NMLW/index.asp). For additional information about the Indiana State Department of Health Laboratories, go to [www.in.gov/isdh/labs](http://www.in.gov/isdh/labs).

## GPRA Update

The Government Performance and Results Act of 1993 (GPRA) emphasized the identification of meaningful outcome-oriented performance goals that address the fundamental purpose of federal programs. In 2005, the Centers for Medicare and Medicaid Services (CMS) established an 18-month program to focus on pressure ulcers and restraints. This initial focus period was completed in 2007.

**Pressure Ulcers:** The baseline for pressure ulcers established in the fourth quarter of 2005 was a national rate 8.5% with a Region V rate of 7.8%. The goal for Region V was a rate of 7.4% with a stretch goal of 6.8%. The Indiana rate at that time was 8.6% which was the highest rate in Region V.

At the conclusion of the third quarter in 2007, Indiana had a rate of 8.1%. The national average was 8.1% and the Region V rate was 7.5%. The rates in Region V ranged from 5.4 to 8.1%. Indiana continued to have the highest rate in Region V.

Indiana has continued to show improvement in reducing pressure ulcers. Prior to 2005 the rate had been as high as 9.7%. The reduction from 8.6% to 8.1% from 2005 to 2007 is a significant accomplishment in the right direction. With the treatment of each pressure ulcer estimated to cost from \$500 to \$40,000, the reduction of 0.5% over the 18 month period could have resulted in a savings of perhaps 2-3 million dollars.

**Restraints:** The baseline for restraints established in the fourth quarter of 2005 was a national rate of 6.4% with a Region V rate of 4.8%. The goal for Region V was a rate of 4.5% with a stretch goal of 3.3%. The Indiana rate at that time was 5.8% which was tied for second highest in Region V.

At the conclusion of the third quarter in 2007, Indiana had a rate of 4.4%. The national average was 5.0% and the Region V rate was 4.1%. The rates in Region V ranged from 1.7 to 5.5%. Indiana had the third highest percent of restraint use in Region V.

Indiana has shown a significant decrease in the use of restraints over the past 18 months. While our rate is below the national average, Wisconsin's rate of 1.7% and Minnesota's rate of 2.4% demonstrate that lower rates are achievable.

**Next Steps:** CMS is developing continuing GPRA performance goals to include the areas of pressure ulcers, restraints, and immunizations. The ISDH and CMS will be working with our partners to develop initiatives in these

areas.

## Mobile Out-of-State Health Entity Registration

Indiana House Enrolled Act 1457 (2007) requires the registration of out-of-state mobile health care entities. Those entities are defined as a health care entity that is registered or licensed in another state or foreign country and provides health care services in a mobile facility or temporary location for a short period of time. Some mobile health clinics or diagnostic services visiting long term care facilities may fall under this definition.

Any mobile health care entity meeting this definition is required to register with the Indiana State Department of Health (ISDH) prior to providing services in Indiana. Registration forms are available on the ISDH Web site. For further information about mobile out-of-state health entity registration, contact Mary Azbill, ISDH Director of the Division of Acute Care, (317) 233-1286, [mazbill@isdh.in.gov](mailto:mazbill@isdh.in.gov).

## Ready, Set, Walk!



First Lady Cheri Daniels is leading a new INShape Indiana effort to help Hoosiers become more active. The new program, "Ready, Set, Walk!" will begin on April 14 and go for 12 weeks.

"We often think that a vigorous workout at the gym is the only way to gain the health benefits of exercise, when all we really need to do is the thing that comes naturally - walk!" said First Lady Daniels, an avid walker herself.

While supplies last, participants who sign up on the INShape Indiana Web site, [www.inshape.IN.gov](http://www.inshape.IN.gov), will receive a coupon that can be redeemed at various locations throughout the state for a free INShape Indiana pedometer and walking log to track their progress.

"Ready, Set, Walk!" will follow a format similar to the recent "10 in 10 Challenge." Those who participate will receive a weekly e-mail message with useful information to encourage them to incorporate more walking into their daily routine and to couple this activity with improvements in their eating habits. As with all INShape programs, information on smoking cessation will be provided as well.

Anyone can participate and INShape Indiana makes it easy for participants to follow the progress of their fellow Hoosiers. There will be weekly profiles of organizations promoting "Ready, Set, Walk!" as part of their worksite wellness efforts and stories about people who have achieved their health goals through walking. There also will be a "community corner" with information on organized walks throughout the state, and the Web site will feature a weekly video message with advice on various walking-related topics.

Wellness champions at worksites throughout the state are recruiting their coworkers to participate in "Ready, Set, Walk!" These employer/group efforts will be eligible for special recognition at the conclusion of the program based upon participation numbers and steps/miles collectively logged by participants.

"A brisk walk every day is a great way to improve cardiovascular health and decrease the risk of heart attack," said State Health Commissioner Judy Monroe, M.D. "Walking on a regular basis can help control blood pressure, reduce stress, improve muscle strength to prevent falls, decrease depression and manage weight."

Governor Daniels launched INShape Indiana in July 2005, encouraging Hoosiers to eat better, move more, and stop smoking. Currently INShape Indiana has more than 68,000 participants representing all 92 counties.



That is all for this week.

Terry Whitson  
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Indiana State Department of Health