

Course Overview

This course equips clinicians with the specialized knowledge and skills required to excel in post-acute and long-term care (PALTC) settings, including skilled nursing facilities (SNFs) and nursing facilities (NFs). Participants will explore the unique clinical and professional competencies necessary to manage medically complex patients, enhance care quality, and navigate the distinct challenges of PALTC practice. Through practical guidance and real-world application, the course prepares clinicians to deliver effective, patient-centered care in these dynamic and demanding environments.

Course Format and Completion

Learners can complete the course at their own pace and on their own schedule. Learners will be guided through a series of 16 modules, each module focusing on a different topic. Learners will have access to the course for 12 months from their course registration date.

To receive credits and certificates, the learner must complete the following required elements:

- Pre-course assessment
- 16 modules
- Post-course assessment
- Overall course evaluation

Course Domains and Sections

Domain 1: Systems of Care	
1 Introduction to PALTEssentials: Navigating Clinical Practice	10 minutes
Section 1: Navigating PALTC Clinical Practice	
Section 2: PALTmed's Competencies for PALTC Medicine	
2 Levels of Care Across the Geriatric Care Continuum	45 minutes
Section 1: Geriatric Care Continuum	
Section 2: Community Setting Services	
Section 3: Inpatient Care Services	
Section 4: Payor Sources for Care Services	
3 Regulatory Environment of Post-Acute and Long-Term Care	50 minutes
Section 1: Brief History of Laws, Regulations, and Government Oversight	
Section 2: A Bird's Eye View of Regulations and Interpretive Guidelines	
Section 3: Types of Surveys and the Survey Process	
Section 4: Relevant Clinical Regulatory Groups and Grading Deficiencies	
Section 5: Regulations Specific to Physician Services	
4 The Interdisciplinary Team	50 minutes
Section 1: PALTC IDT Regulations	
Section 2: Nursing Direct-Care IDT	
Section 3: Medical IDT	
Section 4: Leadership IDT	
Section 5: Other Direct-Care IDT	
Section 6: Ancillary IDT	
Section 7: Advocate IDT	
Section 8: IDT Collaboration	

5 Developing a Person-Centered, Evidence-Based Medical Care Plan	25 minutes
Section 1: What is Patient-Centered Care and Why Does it Matter?	
Section 2: Interdisciplinary Team Care in PALTC	
Section 3: Understanding Resident and Family Values	
Section 4: Person-Centered, Clinical Decision-Making	
6 Transitions of Care	35 minutes
Section 1: CMS PALTC Definitions, Regulations, and Legislation	
Section 2: Care Transition Barriers, Facilitators, and Quality Markers	
Section 3: Fractured Care, Vulnerability, Efforts to Close Gaps in Care	
Section 4: Age-Friendly Care – Quality, Efficiency, Sustainability	
Domain 2: Medical Knowledge and Care Delivery	
7 Overview of the Care Delivery Process	20 minutes
Section 1: The Care Delivery Process	
Section 2: Applying the Care Delivery Process	
8 Developing Palliative and End-of-Life Care Plans	30 minutes
Section 1: Identifying and Incorporating Prognosis into Care Decisions	
Section 2: Developing Effective Palliative and End-of-Life Care Plans	
9 Identifying and Managing Changes of Condition	40 minutes
Section 1: Defining and Identifying Acute Change of Condition	
Section 2: Managing Acute Change of Condition	
10 Optimizing Medication Prescribing and Pain Management in PALTC	40 minutes
Section 1: Prescribing Medications	
Section 2: Deprescribing Medications	
Section 3: Pain Assessment	
Section 4: Non-Pharmacologic and Pharmacologic Approaches to Pain	
Domain 3: Ethics, Communication, and Professionalism	
11 Ethical Principles in Clinical Decision-Making	25 minutes
Section 1: Which Ethical Principles are Used to Evaluate Decision-Making Capacity?	
Section 2: What Elements are Used to Evaluate Decision-Making Capacity?	
Section 3: How are Surrogates Involved When Someone Lacks Decision-Making Capacity?	
Section 4: How do Clinicians Apply Theory in Real-Life Cases?	
12 Optimizing Communication with Patients and Families	20 minutes
Section 1: Patient-Centered Communication	
Section 2: Family Considerations	
Section 3: Opportunities and Tools for Effective Patient/Family Communication	
13 Recognizing and Supporting Culturally Competent Care and Special Communication Needs	25 minutes
Section 1: Recognizing and Addressing Special Communication Needs	
Section 2: Providing Culturally Competent Care	
Section 3: Creating a Trauma-Informed Care Environment	
Domain 4: Pursuit of Excellence	
14 Effective Clinical Practice and Personal Professional Development	30 minutes
Section 1: Clinician Visits in PALTC	
Section 2: Clinician Availability and Communication	
Section 3: Developing a Professional Development Plan	
Section 4: The Role of the Facility Medical Director	
15 Leveraging Data for Better Clinical Practice	40 minutes
Section 1: Understanding the Resident Assessment Instrument (RAI)	
Section 2: Supplemental Data to Enhance Patient Care	
Section 3: Accessing and Interpreting Data	

16 | Changing Clinician and Facility Practices to Improve Outcomes**25 minutes**

Section 1: Improving Personal Performance

Section 2: Improving Practice Structure

Section 3: Improving Clinical Practice

Section 4: Examples of Personal Performance Improvement

Course Questions and Assistance

For assistance or questions about this course, please contact PALTmed's Education Department:

- Email: education@paltmed.org
- Phone: 410-740-9743