**Standards of Care:** Master the Core Elements of LTC Clinical Excellence

**Series Title:** Standards of Care: Master the Core Elements of LTC Clinical Excellence

**Session Title:** Depression, Anxiety, and Trauma Informed Care

**Presentation Date:** April 2020

**Presented By:**

Shelly Maffia, RN, MSN, MBA, LNHA, CHC, QCP, CLNC

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Proactive Medical Review and Consulting

**Course Description**:

This session will review regulatory requirements and best practices for managing depression and anxiety in the LTC setting and implementing a trauma informed care approach. Through lecture and case study analysis we will identify critical nursing assessment and documentation principles to apply in your daily practical operations to promote resident well-being and minimize potential risks.

**Learning Objectives**

1. Describe best practices for implementing and/or improving critical nursing assessment and documentation practices pertinent to managing depression and anxiety in the LTC setting and implementing a trauma informed care approach.
2. Understand the role of interdisciplinary team members in collaborating to manage depression and anxiety and implement a trauma informed care approach
3. Describe a process for establishing priority QAPI and Staff Development activities

**Course Content**

15 minutes Review of regulations and interpretive guidance relating to depression, anxiety, and trauma-informed care

30 minutes Considerations for best practices and care standards related to managing depression and anxiety in the LTC setting and implementing a trauma informed care approach with case studies.

10 minutes Strategies for effective staff development and QAPI activities

5 minutes Closing Comments/ Q&A

**Target Audience**:

Directors of Nursing, Nurse Managers, QA Directors, MDS/RAI Team, Nursing Staff, Staff Development Coordinators, Compliance Staff, Department Heads, Nursing Home Administrators, Corporate Leaders

**Instructional Level:** Intermediate

**Contact Hours:** 1