

MMDA's official newsletter serving members in Maryland, Delaware, and Washington, D.C.

Reconnecting and Learning: My PALTmed Annual Conference Highlights

By Fatima Sheikh, MD, MPH, CMD; Chief Medical Officer, FutureCare Health & Management Corporation; Secretary, MMDA

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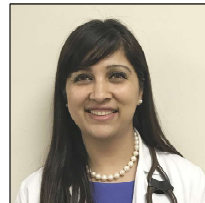
MMDA Business Office

Ian Cordes, MBA; Administrator
3123 Breakwater Court,
West Palm Beach, FL 33411
(561) 689-6321; Fax: (561) 689-6324
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This year's PALTmed Annual meeting was held in Anaheim, California from March 26-28. Each year, I look forward to the PALTmed Annual Conference for its cutting-edge educational sessions on post-acute and long-term care, and more importantly to connect with my friends and colleagues from PALTmed.

It often feels alone to practice in this space as there are not many of us as clinicians who love practicing in PALTC. When I meet my friends and colleagues from all over the nation who feel passionate about taking care of vulnerable adults in different venues of PALTC, then it energizes me and uplifts my spirits. It restores my focus and reminds me of the core values that drew me to PALTC. I do not feel alone anymore. The conference brings a wave of positive energy



that carries me through the months that are ahead of me and the cycle restarts the following year.

Every year the conference schedule is packed with important educational sessions that are relevant to the clinicians, and many are specific to PALTC space. Often the information that I take away from these sessions is hard to find on other



*Drs. Elizabeth Cobbs, Fatima Naqvi
and Elisa Gil-Pires*

online CME platforms that are more focused to hospital or community settings. This year, there were many topics that were my favorites. For the purpose of this newsletter, I had to narrow down my list to five top sessions, Understanding Immediate Jeopardy, Receiverships and Facility Termination: The Medical Director's Role, Are You Prepared

Continued on page 6

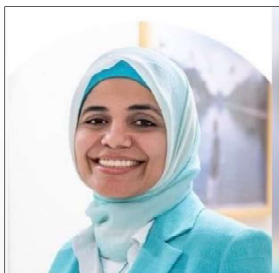


Message from the President



What is the best time to make a difference, to care, to remember, to serve and support our patients, teams and the community, that time is Now! Eckhart Tolle from *The Power of Now* shares it beautifully, “Time isn’t precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time-past and future- the more you miss the Now, the most precious thing there is.”

I am deeply proud of the leadership team of MMDA for their tireless efforts and unwavering commitment to education and team building this year. Together we navigated a complex legislative landscape to advance a medical director certification mandate for Maryland. We have not completed this mission but reignited the fuel that our late Dr. Steven Levenson initiated in 1990 to



Dr. Fatima Naqvi

formalize the Medical Director Certification the PALTC setting. Currently, we are actively engaging with Maryland representatives of the House of Delegates and finding allies in the Senate. This effort requires persistence, clear and continued advocacy, and shared belief in the highest quality care standards for older adults and long-term care communities.

This spring our Past President, Dr. Damien Doyle received the 2026 Berman Award on behalf of MMDA. All the staff of MMDA, PALTmed, Hebrew Home, and Dr. Doyle’s family celebrated his life accomplishments with this award. Dr. Doyle left us in March 2026! He was an integral part of MMDA and Hebrew Home of Greater Washington. This has been one of the most memorable events for all of us.

The annual conference of PALTmed 2026 at Anaheim was a great venue to learn and connect. The conference covered various areas of expertise; from recent billing and coding

changes to Accountable Care Act- LEAD model, educational, leadership sessions, and strengthening connections across the states were few of the many gifts of PALTmed. Lastly, during the House of Delegates’ meeting, all the members mourned the loss of Dr. Doyle who had battled brain cancer.

This year our collaboration and partnership with University of Maryland leadership team has been enriching and productive. Thanks to Dr. Beth Galik, Dr. Barbara Resnick, Trudy Henson, Megan Slaton, Rachel McPherson, and Joan Carpenter for their support for MMDA. Their expertise, responsiveness and willingness to engage in constructive solutions drives everyone to excellence.

The 2026 Education Committee has worked tirelessly to deliver the annual high-quality conference on October 3rd at Ingleside at Rock Creek. Their hard work reminds me that meaningful progress depends on active listening, mutual respect, and the ability to translate technical details into human centered educational platform.

As summer draws to a close, so does my term as MMDA president. I like to leave this season with a valuable lesson that I learned: the true power of coordinated teamwork, clear communication across all stakeholders, staying proactive and positive, and remaining adaptable with shifts of times. These lessons will guide us for the next steps and strengthen us to lead our patients, facilities and the communities.

Thank you to every team member of MMDA, Board members, Bulletin Board Committee members, Education, Membership, Award, Finance and Nomination Committee members and all the volunteers and the leaders. My special thanks to Ian, MMDA administrator, who has tirelessly worked behind the scenes to support me and all of us here at MMDA.

I am optimistic and energized to see what we have accomplished, and I am confident that incoming leadership will continue to build on this momentum and take MMDA to the next level.

With Kindness and Gratitude,
Fatima A. Naqvi, MD, CMD
President, MMDA

Worksite Heart Health Improvement Project at a ALF Near You!



We are reaching out to invite assisted living communities to participate in a federally funded research study, the Worksite Heart Health Improvement Project + Function Focused Care.

The goal of this study is to evaluate a program designed to reduce staff stress, increase physical activity, and improve workplace outcomes, while also examining the impact on residents’ physical activity and function.

Participating communities will receive:

- A 12-month worksite wellness program at no cost
- Compensation for facility champions and stakeholder team members

- Funding to support wellness and physical activity initiatives
- Exercise and wellness equipment that will remain at the facility
- Incentives for participating staff

Our research team will manage participant recruitment, data collection, and intervention delivery, with all activities scheduled to minimize disruption to resident care and daily operations.

If you are interested in learning more, we would welcome the opportunity to schedule a brief 15-minute call at your convenience.

Please email Dr. Kelly Doran at kdoran@umaryland.edu or call her at (410) 706-5470 to learn more.

MMDA's 33rd Annual Conference Agenda, Saturday, Oct. 3, 2026

Empowering PALTC for Today's Challenges Leveraging AI, Policy & Clinical Updates in Your Practice

7:30-8:30 am	Registration – Coffee & Continental Breakfast with Sponsors
8:30-8:35 am	Welcome: Fatima Naqvi, MD, CMD – President, MMDA; Elisa Gil-Pires, MD, FACP, CMD; Chair, Education Committee, VP, MMDA; Karen Cousins, MD, CMD; Co-Chair, Education Committee
8:35-9:35 am	Session #1 – Legislative & Public Policy Update
1.0 CME/CMD Mgt	Alex Bardakh, MPP, CAE, PLC ; Vice President of Government Relations and Policy, CareConnectMD; former Senior Director, Advocacy and Strategic Partnerships, PALTmed. Moderator: Fatima Naqvi, MD, CMD
9:35-10:35 am	Session #2 – Beyond Sclerosis: Navigating the Challenges of ALS vs. MS in PALTC
1.0 CME/CMD Clinical	Dominique Luong Vinh, MD, MBA, CMD ; Assistant Professor, Physical Medicine and Rehabilitation, Johns Hopkins School of Medicine Faculty Ankur Jain, DO and Daniel Khokhar, DO ; Residents, Johns Hopkins Hospital in Physical Medicine and Rehabilitation Moderator: Elisa Gil-Pires, MD, CMD
10:35-11 am	Visit with Exhibitors
11-11:45 am	Session #3 – Update from the Office of Health Care Quality, Maryland Dept. of Health
0.75 CME/CMD Mgt	Joanne "Josie" Ogaitis, RN, MS ; Chief Nursing Officer, Office of Health Care Quality Moderator: Sadia Baqai, MD, CMD
11:45 am-12:15 pm	Session #4 – Literature Review – The Falls and Fall Prevention in the Post-Acute and Long-Term Care Setting Clinical Practice Guideline (CPG)
0.5 CME/CMD Clinical	Pavitri Dwivedi, DO, MPH Moderator: Cecelia Cai, MD, CMD
12:15-1 pm	Exhibit Time/Lunch & Annual Business Meeting – Dr. Fatima Naqvi , President, MMDA Presentation of Awards
1-2 pm	Session #5 – Understanding the Implications of Using AI in SNFs
1.0 CME/CMD Mgt	Steve Buslovich, MD, CMD, MS ; Chief Medical Officer, Senior Care, PointClickCare Michael Healey , Vice President, Regulatory and Strategy, Saisystems Digital Moderator: Karen Cousins, DO, CMD
2-2:45 pm	Session #6 – From Ideas to Impact: Securing Funding and Implementing High-Quality Improvement in Long-Term Care
0.75 CME/CMD Mgt	Miriam Bennet, MSW ; Grant Administrator, Office of Healthcare Quality, MD Dept. of Health Joan G. Carpenter, PhD, CRNP, ACHPN, FGSA, FPCN ; Associate Professor, University of Maryland School of Nursing Moderator: Ziad K. Mirza, MD, CPE, CMD, FACP, MBA
2:45-3 pm	Visit with Exhibitors
3-4:30 pm	Session #7 – Goals of Care Conversations: An Evidence-Based Approach
1.5 CME/CMD Clinical	David S. Wu, MD , Senior Advisor, Education & Outreach, Gilchrist, Columbia, MD Katie Nelson, PhD, RN ; Palliative Care Education & Outreach Specialist, Gilchrist Moderator: Fatima Sheikh, MD, CMD
4:30-5:30 pm	Session #8 – How I Learned to Stop Worrying & Love the Involuntary Discharge Process
1.0 CME/CMD Mgt	Christopher M. McNally, Esq. ; Partner, Bodie, Friddell & Grenzer, P.C. Moderator: Scott Haswell, MD, CMD
5:30 pm	Closing Remarks/Door Prizes/Adjourn <i>Speakers and topics are subject to change without notice.</i>

Register Online!



MMDA's 33rd Annual Conference



Early-Bird DEADLINE is Sept. 19, 2026

Ingleside at Rock Creek

3050 Military Road, NW | Washington DC 20015 | Phone: (202) 499-6543

Saturday, Oct. 3, 2025

CONFERENCE REGISTRATION

I am a: _____
{Please check one} _____ Physician _____ Medical Student or _____ Nursing Student
_____ Nurse Practitioner _____ Medical Resident or _____ Nursing Resident
_____ Nurse _____ Medical Fellow or _____ Nursing Fellow
_____ Physician's Assistant _____ Administrator/Administrative Staff
_____ Other Health Professional: _____

Name: _____ Credentials: _____ Phone: _____

Street: _____ State: _____ ZIP: _____

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☐ MMDA relies on exhibitors and sponsors to help support the organization. We hope that you will opt-in to sharing your contact information with our supporters as they promote their presence at MMDA's 33rd Annual Conference. By checking this box, I consent to have MMDA share my contact information with conference exhibitors and sponsors.

Early-Bird Registration Fees (Until Sept. 19)

- ☐ **MMDA Members**\$225
☐ **Non-Members**\$250

Post-Early-Bird Registration Fees (Starting Sept. 20)

- ☐ **MMDA Members**\$250
☐ **Non-Members**\$295
☐ **Students, Residents & Fellows** No Fee

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- ☐ **GENERAL MEMBER:** Physicians, NPs, and PAs in practice\$150
☐ **AFFILIATE:** Nurse, DON, DDS, CNS, PharmD, DPM, NHAs and trainees in all disciplines\$75
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Total fees and/or dues enclosed: \$ _____

Vendors: Attendee registration fees are not offered to vendors, unless their company is already a sponsor or you are a licensed practitioner.

☐ Payment by check enclosed; ☐ Payment submitted at <https://midatlantic.paltmed.org/home>; ☐ Payment by credit card below

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Please Help Us Better Process Your Registration: 1. ☐ Yes, I would like to make a special meal request and we will try to accommodate you. Contact mmdawebsite@gmail.com 2. ☐ Yes, I am a 1st-time attendee. 3. NOTE: Due to space limitations, planned conference meals are provided only to registrants and exhibitors.

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CANCELLATION POLICY: All registration cancellations must be made in writing to MMDA. Notices should be emailed to: mmdawebsite@gmail.com or faxed to (561) 689-6324, Attention: Registration Cancellations received by **Sept. 5, 2026**, will receive a refund less a \$50 administrative fee. Cancellations received after Sept. 12, 2026, will be refunded one-half of the registration fee using the same method they were paid. Please allow 2 to 3 weeks for refund if payment was made by check. Cancellations after **Sept. 19, 2026**, will result in the forfeiture of all registration fees. If you do not attend, you forfeit all registration fees. Partial or full registration fees that have been forfeited will not be applied to subsequent meetings and events. Absolutely no exceptions will be made to the cancellation policy.

Annual Conference Description

This program is designed to provide a review and update of major geriatric diseases, illnesses, and risks found in nursing home patients, residents of assisted living facilities, those under hospice care, and seniors living at home. Topics covered this year include: Amyotrophic Lateral Sclerosis vs. Multiple Sclerosis: Approaches to Management at PALTC – Two Patients, One Admission, Divergent Destinies ❖ Effective Goals of Care Conversations ❖ Grant & Research Opportunities ❖ Knowing Your Legal Role & Responsibility in Certifying Guardianships ❖ Legislative & Public Policy Update ❖ Literature Review ❖ Regulatory Update

Target Audience

This conference is designed to educate physicians, medical directors, advanced practice nurses, physician assistants, directors of nursing, registered nurses, long-term care administrators, and other disciplines in PALTC. The faculty includes national and regional authorities in the fields of post-acute, and long-term care medicine, medical direction, senior care pharmacology, and geriatric medicine.

Annual Conference Objectives

Upon completion of MMDA's 33rd Annual Conference, participants should be able to:

1. Discuss the professional challenges facing medical directors, attending physicians, advanced practice nurses, physician assistants, directors of nursing, and administrators practicing in the continuum.
2. Describe the advances in theoretical and clinical knowledge impacting individuals affected by medical issues in the PALTC continuum.
3. Describe examples of evidence-based practice and multidisciplinary approaches to enhance outcomes in various health care settings.
4. List examples of evidence-based practice as it pertains to post-acute and long-term care medicine.

Credit Statements: Accreditation This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Post-Acute and Long-Term Care Medical Association and MMDA – The Mid-Atlantic Society for Post-Acute and Long-Term Care Medicine. Post-Acute and Long-Term Care Medical Association is accredited by the ACCME to provide continuing medical education for physicians.

AMA PRA Category 1 Credit™ Designation Post-Acute and Long-Term Care Medical Association designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CMD Credit This live CME activity has been pre-approved for up to of 4.5 management hours and 3.0 clinical hours toward certification or recertification as a Certified Medical Director (CMD) in post-acute and long-term care medicine. Each physician should claim only those hours of credit actually spent on the activity. The CMD program is administered by the PALTmed. For further information, contact PALTmed at 410-992-3115, or at certification@paltmed.org.

American Osteopathic Association Credit: AOA recognizes this activity for AMA PRA Category 1 Credit™ as AOA Category 2 Credit.

Physician Assistants: The NCCPA accepts AMA PRA Category 1 Credit(s)™ towards recertification. Visit the NCCPA website for more information.

Nurse Practitioners: The ANCC accepts AMA PRA Category 1 Credit(s)™ towards recertification. 1 AMA PRA Category 1 Credit™ = 1 contact hour. For more information visit the ANCC FAQs.



Register online today!

<https://midatlantic.paltmed.org/home>

Delaware Update

By Cynthia Kuttner, MD, CMD; Medical Director, Community Living Center, Wilmington VA Medical Center;
Co-Editor (DE), MMDA Bulletin; Treasurer, MMDA



There are two Delaware Updates:

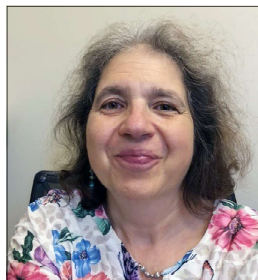
1) **Delaware Medical School:**

The exciting news in Delaware is that we are finally getting our own medical school starting in the summer of 2028! Governor Matt Meyer said “Today, Delaware stops exporting future doctors.” Delaware Medical School will be a collaboration between the Thomas Jefferson University Sidney Kimmel Medical College and multiple Delaware partners, including the Wilmington VA Medical Center, Nemours, Bay Health, Beebe Health, University of Delaware and Delaware State University. Forty students will be enrolled in the new school for the first class. A 78

million dollar initiative utilizing federal funds from the Rural Health Transformation Program will provide a tuition free option for students who commit to serving in rural areas of Delaware on graduation.

The hope is that having a medical school here will encourage medical trainees to stay and practice in Delaware, particularly rural Sussex County, which is underserved.

2) **Delaware Senate Bill 313:** On July 20, 2026, Gov. Matt Meyer signed legislation to protect nonprofit hospitals in the state from being acquired by private



equity companies. State Bill 313 prohibits any acquisitions of nonprofit hospitals by private equity for two years. This legislation was spurred in part by the collapse of Crozer Health in Pennsylvania in 2025 after acquisition by a private equity company that depleted its resources and bankrupted the organization. Many jobs were lost and many people lost their health care providers and safety net. It is hoped that this law will also protect nursing home patients who may access those nonprofit hospitals in the state.

Respectfully submitted, Cindy

Continued from the front cover

Reconnecting and Learning: My PALTmed Annual Conference Highlights

to Address Ethical Dilemmas? Introducing the PALTmed Ethics Toolkit, Narrative as Medicine: Reconstructing our Humanity through Storytelling in PALTC, Prescribing Memory Loss? From Harm to Healing:



From L-R: Dr. Paul Katz and Dr. Barbara Resnick, co-editor's in chief of PALTmed's JAMDA monthly medical journal.



From L-R: Dr. Sadia Baqai, Dr. Fatima Naqvi, Dr. John Loomes, Dr. Elisa Gil-Pires and Dr. Karen Cousins

Implementing Solutions to Anticholinergic Overuse, Women in PALTC: Sandwich Generation Caring for Parents, Children, Patients & Self.

For MMDA members, who could not attend PALTmed Annual conference and wish to take advantage of the educational sessions can do so by accessing the

recordings through the PALTmed website. I encourage our MMDA members to join PALTmed and attend annual conference. I hope to see you all at MMDA conference on October 3 in D.C. and then next year at PALTmed Annual Conference in Albuquerque, New Mexico, from March 18 to 20, 2027!

Our Seniors Need This!

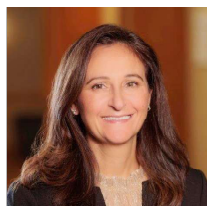
By Elisa Gil-Pires, MD, FACP, CMD, CPE; Co-Editor (MD), MMDA Bulletin; Vice President, MMDA; and Executive Vice President Medical Affairs, CMO, Medical Director, Charles E. Smith Life Communities, Rockville, MD



Imagine if all hospitals had “geriatric emergency departments.”

What would happen to hospitalization rates, incidence of delirium, psychosis and falls, the burden and cost to our nation’s healthcare system, unnecessary medication usage and all other bad things that happen to our patients when they end up in an emergency department? Information taken from a recent article published in the *New York Times* shares valuable insights.

Since 2022, every emergency department (ED) in San Diego has been accredited as a “geriatric emergency department.” They have been able to show that these specialized units within adult EDs have reduced hospital admissions and deaths and at a lower cost. These places within the ED are outfitted with soundproof walls, privacy curtains, thicker bed mattresses, and most importantly windows to the outdoors and no time spent in waiting rooms. The connection to



outdoors is vital for a senior’s orientation of time which is thought to be the leading prevention of hospital acquired delirium. Not to mention that these additional comforts aid in the patient’s recovery and satisfaction.

Across the US, where there are over 5,000 emergency departments, 624 have a geriatric emergency unit, including 73 in Veteran’s Affairs (VA) medical centers. In 2022, seniors accounted for 76 visits per 100 people presenting for emergency evaluation. Traditional EDs do not screen for senior specific conditions like delirium, cognitive impairment, fall risks, polypharmacy, home environment, etc. But medical professionals in geriatric EDs are trained to evaluate the patient holistically, looking specifically for geriatric conditions and syndromes. Additionally, the geriatric EDs focus on reducing the patient’s sensory input by providing reading glasses and sound amplifiers, eye masks and ear plugs to promote sleep, and walkers and other assistive devices to move around.

They aim also to reduce the number of hours senior patients spend in the ED waiting for an inpatient bed. This is called “boarding time.” A recent study out of France found that elderly patients boarded in the ED overnight had a higher in-hospital mortality rate (15.7%) compared with those transported out of the ED before midnight (11.1%). The ones who boarded overnight also had higher rates of infections and falls, which is not surprising. Nationwide data analyzed by researchers at Yale Medical Center found that “patients in geriatric units had a 39% lower likelihood of hospital admission and a 38% reduction in mortality over 30 days.” They also saved Medicare up to \$3,000 per visit.

As our baby boomers arrive on all our healthcare center’s doorsteps how will we handle this? Who should lead this effort? How can MMDA play a role in demanding these senior-focused services? What can you do?

— Excerpts taken from “The New Old Age” section of the *NY Times*, July 25, 2026.

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MMDA's 33rd Annual CONFERENCE

Visit our website

The Mid-Atlantic Society for Post-Acute and Long-Term Care Medicine, Inc.

EMPOWERING PALTC FOR TODAY'S CHALLENGES
LEVERAGING AI, POLICY & CLINICAL UPDATES IN YOUR PRACTICE

Saturday, Oct. 3, 2026

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MMDA serves medical directors, attending physicians, advanced practice nurses, and consultant pharmacists in SNFs throughout Maryland, Delaware, and Washington, D.C.

Futures in Action: From Early-Career Exploration to PALTC Engagement

By Shivani Bhatnagar, DO and Tiffany Tsay, MD, MPH

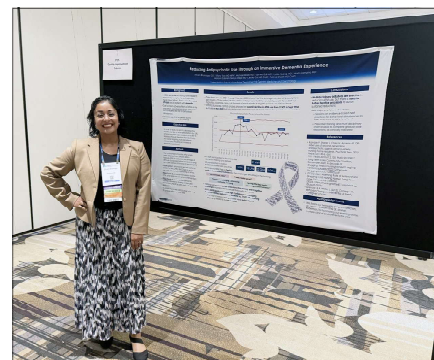
The PALTmed Futures program is a professional development program designed to introduce early-career clinicians to the rewarding opportunities and diverse career paths within post-acute and long-term care (PALTC). Drs. Tiffany Tsay and Shivani Bhatnagar, geriatric medicine fellows at Johns Hopkins University School of Medicine, both had the opportunity to participate in Futures and have been inspired to pursue careers in PALTC settings.

Dr. Tsay attended Futures in 2024 as a second-year resident and was paired with Dr. Christian Bergman as her “Futures Friend.” Through this mentorship, she was introduced to their state PALTC chapter and gained insight into the important role of advocacy in the field. Her participation in Futures opened the door to the broader PALTmed

community and led to opportunities to become involved in the Falls and Falls Prevention Clinical Practice Guidelines writing committee. Through this work, she collaborated with experienced nursing home administrators and PALTC clinicians and developed relationships with mentors across the field. She also had the opportunity to lead an engaging session at the PALTmed Annual Meeting in Anaheim in 2026. Dr. Tsay credits Futures with helping her discover a community of passionate clinicians and leaders and inspiring her to remain actively involved in advancing PALTC.



PALTMed's 2026 Futures Class



Dr. Shivani Bhatnagar

experience. The project highlighted the importance of innovative, person-centered approaches to improving care for people living with dementia in long-term care and provided an opportunity to share lessons from her clinical and QI work with the broader PALTC community.

For both Drs. Tsay and Bhatnagar, Futures has been more than a professional development experience—it has been an introduction to a community of mentors, colleagues, and advocates who are shaping the future of care for older adults. Their experiences demonstrate the lasting impact that early exposure to PALTC can have on the next generation of clinicians.



Dr. Tiffany Tsay

Dr. Bhatnagar attended Futures in 2026 as a Geriatrics fellow, where she had the opportunity to connect with PALTC leaders, meet fellow trainees interested in PALTC, and learn more about the breadth of opportunities within the field. She was motivated to apply for Futures after reflecting on the limited exposure she had to PALTC during residency, and the formative PALTC experiences she found throughout Geriatrics fellowship. At the 2026 annual PALTmed meeting, she presented her fellowship class's quality improvement project focused on reducing antipsychotic use among nursing home residents through an immersive dementia



Drs. Shivani Bhatnagar and Tiffany Tsay, geriatric medicine fellows at Johns Hopkins University School of Medicine

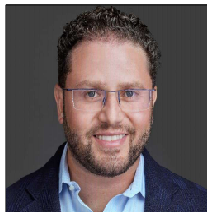
AI Isn't Coming to Nursing Homes It's Already Clocked In

By Steven Buslovich, MD, CMD, MS – Chief Medical Officer, Senior Care, PointClickCare



nurse used to spend two hours after her shift finishing notes she couldn't complete at the bedside. Today, that same nurse walks out the door on time, because an ambient documentation tool captured the encounter as it happened. That's not a glimpse of the future. That's an ordinary Tuesday.

AI is reshaping how we deliver, document, and coordinate care in nursing homes. It's not replacing clinicians. It's acting as a clinical partner that reduces cognitive load



and frees us to focus on judgment, empathy, and connection.

Ambient documentation is just one example. Referral advisor technology is streamlining care transitions, matching patients to appropriate post acute settings faster and with better fit. Chart advisor type tools are helping

interdisciplinary teams manage psychotropic medications more safely, flagging potential overuse, supporting GDR compliance, and surfacing behavioral context clinicians might otherwise miss.

These tools share a common thread: augmentation, not automation. Predictive

models like PointClickCare's Predictive Return to Hospital (pRTH) alert teams before adverse events occur, helping clinicians intervene sooner.

Progress must be balanced with principles. AI reflects the data it's trained on, so bias and inequity can persist if left unchecked. Responsible AI demands transparency, data integrity, and continuous clinical oversight, achieved through interdisciplinary teams of clinicians, engineers, and ethicists.

As our industry shifts toward value-based care, AI will be indispensable. AI won't replace clinicians, but clinicians who use AI will replace those who don't.

Register for MMDA's 33rd Annual Conference

Early-Bird Deadline is Sept. 19

<https://form.jotform.com/251773051286054>

Download the conference brochure

<https://paltmed.org/sites/default/files/2025-07/MMDA%20Brochure%202025.pdf>

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From My Perspective

By Amanda Fryd



medical director in post-acute and long-term care (PALTC) shapes not only the quality of care, but the culture surrounding it. Working with Dr. Fatima Naqvi, I saw this firsthand. She knows her patients deeply—their medical needs, families, and what matters most to them—and sets them up for success beyond their stay. She brings that same investment to mentorship and is among the most encouraging attendings I have worked with.

My experience in PALTC was incredibly meaningful. After the disruption of hospitalization, I watched patients work toward returning to their lives and regain a sense of normalcy. Unlike hospital care, PALTC requires understanding a whole person, not just a diagnosis. We know our patients' stories, who supports them, and what life they hope to return to. It was rewarding to care for patients as whole people and help provide a safe landing after what can be a difficult hospital experience.



MMDA's 33rd Annual Conference

Oct. 3, 2026 | Ingleside at Rock Creek, Washington, D.C.

What You Need to Know

Call for Poster Abstracts for MMDA's 33rd Annual Conference

Empowering PALTC for Today's
Challenges – Leveraging AI, Policy &
Clinical Updates in Your Practice

Still accepting submissions at

[https://form.jotform.com/
251975803266162](https://form.jotform.com/251975803266162)

Join us on Saturday, Oct. 3, 2026, featuring a Poster Session designed to share research results, best practices, and outcomes. This session offers a visual presentation format using diagrams, charts, and figures, covering various categories such as clinical care, pharmacology, medical education, medical direction, and more. Proposals must be submitted online and adhere to the Criteria for Acceptance of Posters. At least one author must be present to discuss their poster during designated times.

Poster Session Details

Categories for Poster Presentations
Clinical care, Pharmacology of medicine, Medical/nursing education, Medical direction, Medical/nursing care delivery, Medical/nursing ethics, Economics of medicine, Pediatric long-term care, and any post-acute and long-term care setting.

Submission Guidelines

Proposals must be submitted online. Submission of a proposal commits at least one author to be present to discuss the poster during designated times. Proposals must follow the Criteria for Acceptance of Posters and will be reviewed based on content.

The primary presenter will be informed of the proposal's status by email.

Guidelines for presentation and preparation of visual material will be provided upon acceptance.

MMDA 2026 Annual Awards

Call for Nominations

Act Now to Nominate Your PALTC Hero!

Deadline had been extended to **Sept. 15, 2026**

<https://connect.paltmed.org/midatlantic/mmda-awards>

The Annual Awards will be presented at MMDA's 33rd Annual Conference on Saturday, Oct. 3, 2026.

STEVE LEVENSON MEDICAL DIRECTOR OF THE YEAR AWARD NOMINATION

Overview: The Medical Director of the Year Award was established to recognize the many contributions of Mid-Atlantic Medical Directors to the quality of healthcare. In 2024, the award was named in honor of Dr. Steven Levenson, a physician and medical director in Maryland. He is widely recognized for his pioneering work in medical direction and efforts to improve geriatrics and long-term care. He wrote four books and almost 100 articles. His book, Medical Direction in Long-Term Care, was the first ever written about how to be a nursing home medical director. He also authored a major policy handbook for medical directors and the Subacute and Transitional Care Handbook, which is the only comprehensive clinically oriented reference on the topic of post-acute care.

CLINICIAN OF THE YEAR AWARD NOMINATION

Overview: The Clinician of the Year Award is established to recognize the many contributions of Mid-Atlantic practitioners to the delivery of quality healthcare to long-term care residents, as well as the importance of the clinician to our healthcare delivery system. Through these clinicians' efforts, the application of medical advances is integrated into the practice of long-term and post-acute care medicine, resulting in improved well-being and quality of life for those served. Nominees may be physicians, advanced practice nurses, or physician assistants practicing in this area of healthcare.

CLINICIAN OF THE YEAR AWARD NOMINATION FORM

NOMINATE YOUR PALTC HERO TODAY!