



NEWS RELEASE

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**CONTACT: Susan Hanf
shanf@amda.com
410-740-9743**

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Dr. von Preyss-Friedman Named AMDA's 2011 Medical Director of the Year

Columbia, Md. – AMDA – Dedicated to Long Term Care Medicine announced today that Sabine von Preyss-Friedman, MD, CMD, medical director at several long term care facilities in the Seattle, Washington area, is the 2011 Medical Director of the Year. An interdisciplinary panel chose Dr. von Preyss-Friedman from among numerous nominees based on her exemplary work as a physician leader, educator, patient advocate, and clinician.

All of her nominators recognized Dr. von Preyss-Friedman's dedication to educating staff and others on both a formal and informal basis. A colleague at one facility commented, "She is always available to answer questions, explain processes, review labs, and so on. She's very approachable. At the same time, she provides a plethora of in-service programs on a wide variety of topics." For example, at Ballard Care and Rehabilitation Nursing Home, Dr. von Preyss-Friedman was instrumental in helping the facility realize a 23% increase in employee retention.

On hearing that she is the 2011 Medical Director of the Year, Dr. von Preyss-Friedman said, "This honor is so affirming. However, while I will accept this award, I couldn't do my job alone. I am fortunate to work with dedicated, caring people." She added, "I hope that I inspire them by being kind to patients and my colleagues, being open to learning, and being willing to change my practice when there is a better way. I believe that most people want to do their best, and I seek to establish an environment in which they can."

Her many accomplishments include establishing systems and processes to reduce and track falls, maximizing effective pain management, reducing antipsychotic medication use, and improving wound care and infection control. She introduced a continuous quality improvement program to educate staff and track influenza to prevent outbreaks, and helped devise strategies to prevent boil recurrence.

Dr. von Preyss-Friedman stressed that the patient is always at the center of everything in the facility, saying, "I am uncompromising about that." She stated that she has learned much from her elder patients; "I am in awe of how strong many people are in the face of severe disability and adversity and the inner strength they show. I've learned that you can experience a good life even if you are severely disabled."

A graduate of the Technische Universitaet Muenchen in Germany, Dr. von Preyss-Friedman completed an Internal Medicine Residency at Akron General Medical Center in Akron, OH. She then pursued a fellowship in Geriatric Medicine at the University of Washington. In addition to

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serving as medical director at several facilities, she is a Clinical Associate Professor at the University of Washington, School of Medicine (Division of Gerontology and Geriatric Medicine).

In making the announcement, AMDA Executive Director Lorraine Tarnove said, "Dr. von Preyss-Friedman exemplifies the passion, commitment, and spirit that AMDA members exhibit every day. Providing the highest quality of care for her residents is her top priority. But she also is deeply concerned about their happiness and quality of life, and she works hard to make sure her colleagues and staff have what they need to enjoy their jobs and do them well."

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AMDA – Dedicated to Long Term Care (formerly the American Medical Directors Association) is the national professional association of medical directors, attending physicians, and other professionals practicing long term care medicine committed to the continuous improvement of patient care. AMDA provides education, advocacy, information, and professional development enable its members to deliver quality long term care.