

Health Care Quality Unit

Educational Programs

Aging and Developmental Disabilities – (Basic and Web Based)

This training provides an overview of normal aging and the special considerations and recommendations for caregivers. This training features:

- Normal aging as a process
- Special needs of aging individuals with developmental disabilities
- Special considerations and recommendations for caregivers

AIDS – (Basic)

This training provides an overview of AIDS, prevention and disease management. This training features:

- The pathophysiology of AIDS
- AIDS and HIV infection by definition
- Risk factors for AIDS and ways to prevent the spread of AIDS
- Current treatment for AIDS

Alzheimer's Disease – (Intermediate and Web Based)

This training provides an overview of Alzheimer's disease. This training features:

- The relationship between Alzheimer's Disease (AD) & Dementia
- The progression of AD, including the characteristics of each stage of the disease
- The impact of AD experienced by individuals with developmental disabilities
- How to meet the nutritional, emotional, and personal care needs of the individual with AD
- Effective strategies for communicating with individuals with AD

American Red Cross Quick Reference Guide for 911 Emergency Situations – (Basic and Web Based)

This training identifies emergency situations as outlined by the American Red Cross that are considered potentially life threatening. This training features:

- The importance of a caregiver taking three emergency action steps such as checking the scene, calling 911, and providing care
- The caregiver role with access to 911
- Performance action steps for caregivers
- Recognition of life threatening illnesses/injuries

Anaphylaxis – (Basic and Web Based)

This training discusses causes, risk factors, symptoms, prevention and treatment strategies of Anaphylaxis. This training features:

- Anaphylaxis by definition and symptoms
- Causes and risk factors
- Diagnostic testing
- Prevention and treatment strategies

Anatomy of a Behavioral Support Plan – (Basic)

This training discusses Anatomy of a Behavior Support Plan and the basic skills necessary to safely support individuals with developmental disabilities. This training features:

- The purpose of a Behavioral Support Plan
- When a Behavioral Support Plan is necessary
- The process involved in developing Behavioral Support Plans
- Assessment tools and sections of a Behavioral Support Plan
- Several of the proactive strategies used in Behavioral Support Plans

Anatomy and Physiology – (Basic)

This training provides an overview of the major systems of the body. This training features:

- Anatomical structures and terminology
- Body systems and basic system functions

Anemia – (Basic)

This training provides an overview of the different classifications of Anemia and its impact on general health and well being. This training features:

- Anemia and different types of Anemia
- Causes, signs, and symptoms of Anemia
- Different medications that can cause Anemia
- Lists of foods rich in iron

Angelman Syndrome – (Basic)

This training provides an overview of the genetic disorder Angelman Syndrome. This training features:

- Angelman Syndrome by definition
- Causes, risk factors, and complications
- Signs and symptoms
- Ways to support individuals with Angelman Syndrome
- Ways that individuals with Angelman Syndrome can enrich their lives

Anorexia Nervosa – (Basic and Web Based)

This training provides an overview of an eating disorder. This training features:

- Anorexia Nervosa by definition
- Causes, symptoms, and complications
- Treatment options and support strategies for implementation

Anxiety Disorders – (Intermediate)

This training provides an overview of various Anxiety Disorders and ways to support individuals with developmental disabilities affected with Anxiety Disorders. This training features:

- Anxiety and Anxiety Disorders by definition
- A general understanding of the nervous system as it relates to stress & anxiety
- Signs and symptoms of Anxiety Disorders
- Different types of Anxiety Disorders
- Medications used to treat Anxiety Disorders
- Non-pharmacological treatment methods used with Anxiety Disorders

Asthma Basics – (Basic and Web Based)

This training provides an overview of a respiratory illness. This training features:

- The physiology of the lungs and how Asthma alters pulmonary function
- Types of Asthma
- Signs and symptoms of Asthma
- Different treatments for Asthma
- Preventative plan for managing Asthma

Augmented Communication – (Basic)

This training introduces participants to a system of easy access to Augmented Communication technology.

This training features:

- A definition of Augmented Communication and various assistive technology
- The types of Augmented Communication and assistive technology available
- Individuals who may benefit from an evaluation for Augmented Communication devices
- How to select, secure, and own Augmented Communication devices

Autism – (Basic and Web Based)

This training provides participants with an overview of Autism. Symptoms of Autism will be identified and strategies for the caregiver will be explored. This training features:

- An introduction to Autism
- Symptoms and characteristics
- The causes, theories, and treatment options

Autism and the Hospital Experience – (Basic)

This training identifies how Autism affects persons with developmental disabilities when hospitalized. This training features:

- Autism by definition
- Ways to approach and to respond to individuals with Autism
- Steps to be taken to create a safe and calm hospital environment benefiting both individuals with Autism and staff (e.g., doctors and nurses) caring for individuals with Autism

Behavioral De-Escalation – (Intermediate and Web Based)

This training discusses Behavioral De-escalation and factors contributing to challenging behaviors.

This training features:

- Stages of crisis
- The process of assessment in Behavioral De-escalation
- Appropriate interventions for each stage of crisis

Bereavement – (Basic and Web Based)

This training introduces participants to Bereavement and the grief process. This training features:

- The stages of accepting death
- How to “break the bad news”
- Ideas that can be used to assist adults with developmental disabilities experiencing the grief process

Bipolar Disorder – (Basic and Web Based)

This training provides participants with an overview of Bipolar Disorder. This training features:

- Depressive and manic symptoms
- Types of Bipolar Disorders
- Co-morbid conditions of the Bipolar Disorder
- Medication/therapy treatment options
- Manifestation of Bipolar Disorder in women, children/adolescents and older adults
- Bipolar Disorder in an individuals with developmental disabilities

Body Mechanics and Transfer Activities – (Basic and Web Based)

This training emphasizes the importance of understanding lifting techniques and how the body performs functions of lifting. This training features:

- Basic anatomy of the spine and back
- Consequences of poor Body Mechanics
- Risk factors for musculoskeletal injuries
- Principles of good Body Mechanics
- Safe handling (lifts and transfers) of individuals
- Mechanical and assistive handling/lifting devices

Borderline Personality Disorder – (Basic and Web Based)

This training provides participants with an overview of Personality Disorders and specifics on Borderline Personality Disorder. This training features:

- A general overview of Personality Disorders
- Facts related to Borderline Personality Disorder
- Causes, symptoms, treatment options
- Best practices features and research

Bowel Management – (Basic)

This training provides an overview of Bowel Management and related complications. This training features:

- Normal bowel function by definition
- Constipation causes and complications
- Preventative measures, dietary interventions, and medications to maintain regular bowel function

Bulimia – (Basic and Web Based)

This training provides information on an eating disorder known as Bulimia. Other eating disorders are also discussed. This training features:

- Criteria for the diagnosis of Bulimia
- Causes and complications of Bulimia
- Evaluations important in Bulimia
- Treatment of Bulimia

Cancers of the Reproductive System: An Overview – (Basic)

This training provides basic information on prostate, testicular, breast, ovarian, uterine and cervical cancer.

The training features:

- Risk factors for various reproductive cancers and ways to reduce risks
- Recommended time frames for screenings
- Signs, symptoms, treatment, and prognosis of reproductive cancers

Cardiovascular System: Functions, Diseases and Treatments – (Basic and Web Based)

This training provides an overview of cardiovascular disease (CVD). This training features:

- CVD by definition
- Causes and types of CVD
- Effects of CVD and risk factors
- Warning signs of CVD

Caregiver Sensitivity – (Basic and Web Based)

This training discusses sensitivity as it pertains to caregivers working with individuals with developmental disabilities.

This training feature:

- Types of abuse
- Dynamics of an abusive relationship
- Barriers to break free from abuse
- The caregiver's role in detecting and reporting abuse

Celiac Disease – (Basic and Web Based)

This training provides an overview of Celiac Disease and related complications. This training features:

- Gluten and casein by definition
- Risk factors, especially in individuals with Down Syndrome or Autism
- Symptoms, complications, screening and diagnostic limitations

Cerebral Palsy – (Basic and Web Based)

This training provides a general overview of Cerebral Palsy. This training features:

- Cerebral Palsy by definition
- Causes associated with the diagnosis
- Types of Cerebral Palsy
- Health complications of Cerebral Palsy

Common Eye Diseases & Disorders – (Intermediate)

This training addresses common eye diseases and disorders. This training features:

- Normal eye anatomy and frequently encountered eye disorders
- Signs and symptoms, causes, and risk factors
- Treatment and/or management strategies

Communicable Diseases and Preventable Immunizations – (Basic and Web Based)

This training provides a general overview of Communicable Diseases. This training features:

- The role of vaccines in the prevention of diseases
- The recommended adult immunization schedule
- An overview of Communicable Diseases

Communicating with Health Care Professionals – (Basic)

This training discusses how to be a more effective communicator in health related and social interactions through self-advocacy and assertive communication techniques. Approaches on how to better support consumers in meeting medical needs through communication methods are explored. The training features:

- Types of physician-patient relationships and physician's rights and responsibilities
- How to get the most out of doctors appointments
- Effective follow-up to medical appointments
- Support for individuals through medical assessments and appointments
- Effective communication through effective listening and assertiveness techniques

Communicating with the Nonverbal Individual – (Basic)

This training provides an overview of general communication concepts with a focus on nonverbal communication.

This training features:

- The nature, scope, and importance of spoken and non-spoken communication
- Causes of communication deficits
- The language of behavior as communication
- Care plan components for the non-speaking individual

Compromised Skin Integrity – (Basic and Web Based)

This training provides a general overview on the importance of Compromised Skin Integrity. This training features:

- Skin and decubitus ulcer care
- Interventions that reduce the threat to Compromised Skin Integrity
- The stages of skin breakdown
- Barriers to healing
- Risk factors for altered skin integrity

Confidentiality / HIPAA – (Basic)

This training defines an overview of Confidentiality and HIPAA regulations. This training features:

- Confidentiality, privacy, and personal health information (PHI)
- Discussion on appropriate release of personal health information
- Discussion of HIPAA and the legal responsibilities
- The importance of Confidentiality and HIPAA in the daily work place

Cultural Diversity – (Basic)

This training discusses issues of Cultural Diversity. This training features:

- Cultural competency, ethnicity, and cultural issues
- Sensitivity in the work place
- Factors that may influence an individual's view of healthcare

Deep Vein Thrombosis (DVT) – (Basic)

This training provides an overview of Deep Vein Thrombosis (DVT) including potential complications and prevention strategies. The training features:

- DVT by definition
- Risk factors for blood clots and seriousness of pulmonary embolism
- Symptoms, treatments, and prevention strategies

Dementia – (Basic and Web Based)

This training offers an overview of dementia, treatment options, and support strategies. This training features:

- Dementia by definition and common causes
- Observable signs of Dementia
- How to develop a care plan to provide care for individuals with Dementia
- Ways to adapt the environment to assure safety
- Differentiating between Alzheimer's and Dementia

Dental Awareness – (Basic)

This training defines provides an overview of oral care and dental conditions for the caregiver and individual.

This training features:

- A description of the importance of healthy oral care
- A comparison and definition between healthy versus unhealthy dental conditions
- Dental abnormalities and the causes
- Prevention and treatment strategies

Depression – (Intermediate and Web Based)

This training creates an awareness of Depression and how the disorder may present in individuals with developmental disabilities. This training features:

- Symptoms of Depression
- Treatment options
- Medications used to treat Depression
- Medications interactions and side effects

Developmental Disabilities – (Basic)

This training provides a comprehensive overview of Developmental Disabilities. This training features:

- Developmental Disability by definition
- Five types of Developmental Disabilities
- The four levels of mental retardation
- Person first and the disability second language

Diabetes – (Basic and Web Based)

This training provides an overview of Diabetes, including long-term management strategies. This training features:

- Anatomy and physiology of Diabetes
- Risk factors, signs, and symptoms of Diabetes
- Comparison of hypoglycemia with hyperglycemia
- Treatment and long-term management of Diabetes
- Complications of Diabetes

Down Syndrome – (Basic and Web Based)

This training provides an overview of Down Syndrome and ways to support individuals with Downs Syndrome.

This training features:

- Down Syndrome by definition
- Causes, risk factors, and complications
- Management strategies and ways to support individuals with Down Syndrome

Dysphagia – (Intermediate and Web Based)

This training provides an overview of Dysphasia and ways to support individuals with this swallowing disorder.

This training features:

- The swallowing process and phases
- Causes of Dysphagia
- Symptoms and complications of Dysphagia
- Diet, environmental dangers, screening tools
- The role of specialists and importance of special examinations
- Safe swallowing methods

Eating to Gain Weight – (Basic)

This training discusses nutritious ways to add calories to assist individuals with Weight Gain. This training features:

- Ways to provide nutritious meals to assist in Weight Gain
- A plan for increasing weight while maintaining good health
- Healthy, high-calorie meals

Effective Communication – (Intermediate and Web Based)

This training discusses the elements of Effective Communication. This training features:

- Effective listening by definition
- Comprehensive preparation for health care appointments
- Effective Communication with health care providers

Epilepsy and Seizures – (Basic and Web Based)

This training provides an overview of Seizures and Epilepsy. This training features:

- Epilepsy and Seizures by definition
- The Seizure Disease process
- Characteristics of several different types of Seizures
- First aid protocols for Seizure activity
- Emergency management protocols and procedures

Extra-Pyramidal Symptoms / AIMS Test...What Is That? – (Basic)

This training discusses an overview of Extra-Pyramidal Symptoms and AIMS Tests. This training features:

- Extra-Pyramidal Symptoms (EPS) by definition
- High-risk EPS-provoking drugs
- Types of movement disorders
- AIMS and other movement screening scales
- Prevention, treatment, and monitoring of EPS

Fall Prevention – (Basic and Web Based)

This training introduces a screening program designed by the Pennsylvania Department of Aging entitled Fall Reduction Initiative: Establishing New Directions for Safety (FRIENDS). This training discusses implementation of the Program. This training features:

- Fall risk factors
- Causes of falls and effective ways to prevent falls
- The potential complications of a fall
- The types of interventions and appropriate documentation if falls occur

Gastroesophageal Reflux Disease (GERD) – (Basic and Web Based)

This training offers an overview of GERD and care of an individual with this disorder. This training features:

- The normal structure of the gastrointestinal system
- GERD by definition
- A summary of the different causes of GERD
- Current treatments for GERD

Gastrointestinal Disorders – (Basic and Web Based)

This training provides an overview of three common Gastrointestinal Disorders. This training features:

- Basic anatomy and physiology of the digestive tract
- Signs, symptoms, causes, diagnosis, treatment, complications and prevention of Gastrointestinal Disorders
- Prevention of traveler's diarrhea

Genetic Etiology of Mental Retardation – (Basic)

This training discusses various Genetic Etiologies of Mental Retardation. This training features:

- Genetics and Mental Retardation by definition
- The importance of genetic education
- Etiology of Down, William, Fragile X, Smith-Magenis and Angelman Syndromes

Guidelines For Emergency Room Visits or Hospitalizations – (Basic and Web Based)

This training describes best practices for individuals who have mental retardation when an emergency room visit and/or hospitalization is necessary. This program also describes the use of two forms, "Emergency Room/Hospital Admittance Form" and "Decision Making Tool for Accepting an Individual When Discharged From An Emergency Room or Hospital". This training features:

- Preparation and admission practices
- Treatment practices
- Discharge preparation and follow up

Head Lice – 1.0 hr. (Basic and Web Based)

This training provides a general overview of Head Lice. This training features:

- Signs and symptoms of Head Lice
- Treatment measures to prevent the spread of Head Lice

Healthy Nutrition and Weight Management – (Basic and Web Based)

This training discusses the importance of Healthy Nutrition and Weight Management in disease prevention. This training features:

- Components of Healthy Nutrition
- MyPyramid@, Steps To A Healthy You
- Healthy food choices
- Weight management

Heart Disease – (Basic and Web Based)

This training provides an overview of Heart Disease for men and women. This training features:

- Heart Disease by definition
- Common forms of heart disease
- Heart facts, risk factors, and signs and symptoms
- Treatment and/or management strategies

Hepatitis – (Basic)

This training provides an overview of the different types of Hepatitis, including causes, risk factors, prevention, and treatment. This training features:

- Acute & Chronic Hepatitis
- Different types of Hepatitis
- Signs & symptoms of Hepatitis
- Causes, risk factors & complications of Hepatitis
- Preventative measures and expected outcomes

High Blood Pressure or Hypertension – (Intermediate and Web Based)

This training provides an overview of High Blood Pressure or Hypertension. This training features:

- High Blood Pressure or Hypertension by definition
- Risk factors and treatments for High Blood Pressure
- Ways to help individuals reduce their Blood Pressure

Hospice Alternative – (Basic)

This training provides an overview of Hospice Care including the role in supporting individuals with developmental disabilities. This training features:

- Hospice Alternative by definition
- Difference between hospice care & palliative care
- Eligibility criteria for Hospice Care
- Considerations unique to individuals with developmental disabilities enrolled in Hospice Alternative

Impulse Control Disorders – (Basic)

This training addresses various types of Impulse Control Disorders (including Intermittent Explosive Disorder). This training features:

- Impulse Control Disorders by definition
- Various types of Impulse Control Disorders
- Commonalities between the different kinds
- Treatment & management strategies for these disorders

Intellectual and Developmental Disabilities – (Basic and Web Based)

This training provides an overview of Intellectual and Developmental Disabilities and how individuals' lives are affected by the disabilities. This training features:

- Prevalence and causes of intellectual and developmental disabilities
- Diagnostic classifications and meanings related to the disabilities
- Physiological and cognitive differences in individuals with intellectual disabilities

Intermittent Explosive Disorder – (Basic and Web Based)

This training discusses an overview of the psychiatric diagnosis of Intermittent Explosive Disorder (I.E.D.).

This training features:

- Intermittent Explosive Disorder by definition
- Behavioral manifestations of aggression
- Treatment options

Interpretation of Blood Work – (Basic and Web Based)

This training provides an understanding of why certain blood tests are performed and how often an individual should have blood levels drawn. This training features:

- White and red blood cells by definition
- Hemoglobin, hematocrit, and platelets discussion
- Various chemistry screens

Irritable Bowel Syndrome – (Basic)

This training provides an overview of Irritable Bowel Syndrome (IBS). This training features:

- IBS by definition and common signs & symptoms
- General anatomy & physiology of the GI tract
- Causes of IBS and treatment options

Legal & Health Care Competency – (Intermediate)

This training provides information about the concepts of Legal & Healthcare Competency including how both are related to or impact the medical care of individuals with developmental disabilities. Information about the medical system's general view of competency will also be presented to assist in understanding and navigating within the medical system. This training features:

- Competency & incompetency by definition
- Components of and the differences between Legal & Healthcare Competency
- Ethical issues related to competency
- The medical system's view of competency with that of the MR system
- How competency may impact a consumer's healthcare

Lyme Disease – (Basic and Web Based)

This training provides a basic overview of Lyme Disease. This training features:

- Lyme Disease by definition
- Symptoms, causes, and risk factors
- Diagnostic and screening tests
- Treatment options and prevention strategies

Medical Errors: What You Don't Know – (Basic and Web Based)

This training offers an overview of Medical Errors, one of the Nations's leading causes of death and injury. The training explains how Medical Errors are resulting from problems created by today's complex health care system.

This training features:

- Medical errors by definition
- Medication errors, hospitalization errors and surgical errors
- Best practices to identify, analyze, minimize effects, and sustain interest in medical errors

Medication Errors – (Basic and Web Based)

This training for direct care staff complements ODP's recently revised medication administration program.

This training features:

- Medication Error by definition
- Importance of "standardization of medication administration"
- Basic principles of medication administration
- Importance of observation, documentation, and reporting medication side effects and errors
- Common elements that lead to medication errors
- Staff interventions that may help to reduce Medication Errors

Mental Retardation: What Are The Issues? – (Basic)

This training provides an overview of Mental Retardation for those unfamiliar with MR. Attention is given to issues related to the individual with MR and the MR system. This training features:

- Levels of Mental Retardation
- Special needs of an individual with MR
- Behaviors frequently seen
- Support systems and their significance
- Substitute Health Care Decision Making
- The role of the HCQU

MRSA – Methicillin Resistant Staphylococcus Aureus – (Basic and Web Based)

This training provides an overview of MRSA, a strand of bacterium for which common antibiotics are ineffectual.

This training features:

- MRSA by definition
- Evolution of MRSA into the community
- Colonisation versus infection
- Universal Precautions
- Preventative measures and screening

Mood Disorders – (Basic)

This training provides an overview of various types of Mood Disorders. This training features:

- Different types of Mood Disorders (with a concentration on Bipolar Disorder)
- Symptoms and treatment options
- Barriers to diagnosis Mood Disorders in individuals with Developmental Disabilities

Navigating Through the Health Care System – (Intermediate)

This training provides practical information and tips on effectively Navigating Through the Health Care System, particularly when supporting an individual with developmental disabilities. This training features:

- Common problems encountered in Navigating Through the Healthcare System (HCS)
- Practical, key factors necessary to successfully Navigate the HCS
- Ways to effectively support individuals with developmental disabilities Navigating the HCS

Non-Emergency Situations, Reportable – (Basic and Web Based)

This training provides an overview of Reportable Non-Emergency Situations. This training features:

- Composition and control of the body's systems
- Signs and symptoms of non-emergency situations by body system
- Reporting of non-emergency situations by body system

Nutrition – (Basic)

This training provides an overview of the general principles of Nutrition through theory and the practice of reading food labels. This training features:

- The food pyramid and its significance
- The benefits of good Nutrition
- Food label and how to interpret the labels
- Carbohydrates, proteins, fats, vitamins, minerals, and their role in good health
- Avoiding "lifestyle diseases"
- Food storage methods and guidelines for proper food storage

Obesity – (Basic and Web Based))

This training discusses the causes, health risks, co-morbidities, and current treatment options for Obesity in adults. The role of prevention is also discussed. This training features:

- Obesity by definition
- Common classifications of Obesity and means of determining Obesity
- Causes of Obesity in adulthood
- Co-morbidities associated with Obesity
- Current treatment/management options for Obesity

Observation, Reporting and Documentation – (Basic)

This training provides an overview of Observation, Reporting and Documentation skills related to medical problems.

This training features:

- The importance of accurate and timely observation and reporting
- Necessary components of reporting and documentation
- Subjective versus objective reporting
- Legal requirements for documentation

Obsessive Compulsive Disorder (OCD) – (Intermediate and Web Based)

This training provides an overview of Obsessive Compulsive Disorder (OCD). This training features:

- OCD by definition
- Signs, symptoms, causes, risk factors, and complications
- Treatment and/or management strategies
- Ways to support individuals with OCD

Oral Care For Individuals With A Developmental Disability – (Basic and Web Based)

This training outlines the principles of Oral Hygiene. This training features:

- Strategies for preparing for a successful oral care visit
- Challenges faced by individuals during oral care visits and corresponding strategies for care

Oral Hygiene (Basic and Web Based)

This training provides information on the importance of oral hygiene, challenges, complications, and factors involved in oral hygiene access/ a virtual tour is included. This training features:

- The importance of good oral hygiene
- Types and nature of dental diseases
- The consequences of poor oral health
- How oral health related to overall health

Osteoarthritis – (Basic)

This training provides a general overview of Osteoarthritis. This training features:

- Osteoarthritis by definition
- Risk factors of Osteoarthritis
- Treatments for Osteoarthritis
- Medications recommended for Osteoarthritis

Osteoporosis – (Basic and Web Based)

This training discusses an overview of Osteoporosis and the impact of positive lifestyle changes. This training features:

- Osteoporosis and Osteopenia by definition
- Risk factors related to Osteoporosis
- Interventions and lifestyles changes that may help prevent Osteoporosis
- Treatments for Osteoporosis
- Factors that increase the risk of Osteoporosis in individuals with developmental disabilities

Pain Management – (Intermediate and Web Based)

This training provides an overview of Pain Management. This training features:

- Pain Management by definition
- Types of pain
- Pain symptoms assessment especially for individuals with cognitive impairments and/or limited verbal abilities
- General Pain Management options
- Differentiating between pain facts and pain myths

Pancreatitis – (Intermediate and Web Based)

This training provides an overview of acute and chronic Pancreatitis. This training features:

- Anatomy and physiology of the pancreas
- Risk factors, prevention, causes, treatment, and complications
- Ways to support an individual with Pancreatitis

Pandemic Influenza and Emergency Preparedness – (Basic and Web Based)

This training discusses the history of Pandemic Influenza, characteristics, challenges, and employer operational guidelines during a pandemic. Levels of emergency preparedness are included. This training features:

- A definition of Seasonal, Avian, and Pandemic Influenza
- History of Pandemic Influenza
- Characteristics and challenges of a Pandemic
- How to maintain employer operations during a Pandemic
- How to assess levels of Emergency Preparedness

Parkinson's Disease – (Basic and Web Based)

This training provides an overview of Parkinson's Disease, and explores the means to promote safety.

This training features:

- Basic knowledge of the physiological causes of Parkinson's Disease
- Primary and secondary symptoms of Parkinson's disease
- Ways to assist individuals with Parkinson's Disease in activities of daily living
- Ways to promote a safe and healthy environment for individuals with Parkinson's Disease

Patients' Rights and Responsibilities – (Basic)

This training identifies and clarifies privileges afforded to patients, as well as expectations on the part of health care providers under Pennsylvania law. This training features:

- Patients' Rights and Responsibilities
- How to talk to a doctor if there is a problem with a medical treatment
- What an individual or patient should do when experiencing a problem with his/her doctor

Personal Hygiene – (Basic)

This training discusses the importance of providing good Personal Hygiene. This training features:

- Individual rights when providing personal care
- Risks associated with poor skin care

PICA – (Basic and Web Based))

This training provides an overview of PICA, an eating disorder characterized by eating non-food items.

This training features:

- PICA by definition
- The different theories of what causes PICA
- Warning signs of and medical harm from PICA
- What can be done to manage and control PICA

Pneumonia Overview – (Basic and Web Based)

This training provides a general overview of Pneumonia. This training features:

- Development of Pneumonia
- Prevention of an individual from developing Pneumonia
- Signs and symptoms of Pneumonia
- Risk factors for developing Pneumonia
- Treatment of Pneumonia

Pneumonia Types and Treatment – (Basic and Web Based)

This training provides information on the types of Pneumonia and the various treatments and best practices available. This training features:

- Signs and symptoms of the various types of Pneumonia
- Signs and symptoms of Pneumonia in individuals with mental retardation
- Strategies for treatment and prevention of Pneumonia

Positive Behaviors Supports and Behavior Intervention Plans – (Basic and Web Based)

This training provides an overview of positive behavior supports and behavior intervention plans. This training features:

- Challenging behaviors by definition
- Essential components of positive behavior supports
- The Functional Behavioral Assessment as a key component of the Behavioral Intervention Support Plan

Prader-Willi Syndrome – (Basic)

This training discusses the medical issues involved in supporting individuals with Prader-Willi Syndrome. This training features:

- The genetics of Prader-Willi Syndrome
- The stages of Prader-Willi Syndrome
- Common physical characteristics
- Behavioral and psychiatric components
- Medical emergencies and anesthesia in individuals with Prader-Willi Syndrome
- Treatment planning for the individual with Prader-Willi

Professionalism: Attitude, Behavior, and Etiquette – (Basic)

This training addresses the importance of Professionalism and how it is (or is not) reflected in one's attitude, behavior, and observed etiquette. This training features:

- Professionalism by definition
- Key elements of Professionalism
- How Professionalism is manifested or displayed
- How one can cultivate a professional attitude, behavior, and etiquette

Psychotropic Drugs an Overview – (Basic and Web Based)

This training provides an overview of the medication category of Psychotropic Medications. This training features:

- Frequently prescribed Psychotropic Medications
- The purpose for prescribing Psychotropic Medications
- Common side effects of Psychotropic Medications
- The importance of therapeutic blood level monitoring
- Medications requiring therapeutic blood level monitoring

Psychotropic Drug Interaction – (Basic)

This training provides an overview of the interaction that could take place between various Psychotropic Drugs. Herbal drug interactions will be included for discussion. This training features:

- Psychotropics Drug Interactions by definition
- Categories of psychotropics as antidepressants, mood stabilizers, antipsychotics, anti-anxiety and hypnotics
- Common interactions and side effects of Psychotropics, Herbals, and foods

Reactive Airway Disease (RAD) – (Basic)

This training provides an overview of Reactive Airway Disease (RAD). This training features:

- RAD by definition
- Symptoms and causes
- Prevention strategies
- Treatments
- Additional information and resources

Relationships and Boundaries – (Intermediate and Web Based)

This training focuses on Relationships and Boundaries of relationships. This training features:

- Relationships and Boundaries by definition
- The importance of healthy relationships to a person's quality of life
- Healthy and unhealthy relationships in regard to an individual's boundaries
- Use of assertiveness training to change boundaries in a relationship

Reportable Symptoms – (Intermediate)

This training provides an overview of normal and abnormal function of the body systems in individuals with developmental disabilities. This training features:

- Basic body functions of each system
- Signs and symptoms of potential problems
- Communicating symptoms of potential problems

Respiratory Complications – (Basic and Web Based)

This training provides an overview of common respiratory illness and diseases. This training features:

- A summary of the anatomy of the respiratory system
- Signs and symptoms of respiratory diseases
- Treatments for common respiratory diseases
- The seriousness of respiratory illnesses and complications
- Preventative measures and their benefits

Retts Syndrome – (Basic and Web Based)

This training provides an overview of Retts Syndrome, a neurological disorder resulting in mental retardation and developmental degeneration. This training features:

- Diagnostic and supportive criteria for Retts Syndrome
- Long term care for persons with Retts Syndrome
- Common complications of Retts Syndrome

Routine Screenings: Guidelines for Staff – (Basic)

This training provides an overview of some of the most common screenings utilized to monitor physical health.

This training features:

- Purpose of recommended screenings
- Screening requirements specific to various risk factors
- Screening specific to certain medications
- References to discuss with health care providers

Safety – (Basic)

This training provides practical tips on how to prevent accidents. This training features:

- Handling medications properly
- Identifying ways to ensure personal safety

Schizophrenia – (Basic)

This training provides a general overview of Schizophrenia and other Psychotic Disorders. This training features:

- Signs and symptoms of Schizophrenia
- Etiology of Schizophrenia
- Treatment options for Schizophrenia and other Psychotic Disorders

Seasonal Affective Disorder (SAD) – (Basic)

This training provides a general overview of Seasonal Affective Disorder. This training features:

- The different types of SAD
- Causes, signs, and symptoms of SAD
- The diagnosis of SAD
- Current treatments and possible means of preventing SAD

Seizures and Epilepsy – (Basic and Web Based)

This training provides an overview of Seizures and Epilepsy. This training features:

- Epilepsy and Seizures by definition
- The Seizure Disease process
- Characteristics of several different types of Seizures
- First aid protocols for Seizure activity
- Emergency management protocols and procedures

Sexuality and Sexual Expressions in Individuals with Developmental Disabilities – (Basic)

This training provides a general overview on the goals of Sexuality and Sexual Expressions. This training features:

- How to facilitate discussion on physical Sex Education, emotional issues and sexual expression
- How to support rights, consent for sex, misconceptions, sexual harassment, health benefits of sexual expression
- The side effects that medication has on sexuality

Side Effects of Medications and Medication Uses – (Basic)

This training provides an overview of Medication Side Effects and Medications Uses for specific illnesses. This training features:

- Side effects by definition
- The difference between side effects and allergic reactions
- Potential for serious Side Effects
- How to monitor for medication toxicity
- Food and drug interactions

Sleep Apnea – (Basic)

This training provides a general overview of Sleep Apnea. This training features:

- Different types of Sleep Apnea
- The diagnosis of Sleep Apnea through testing
- Treatment options for Sleep Apnea

Sleep Disorders – (Basic)

This training provides an overview of Sleep Disorders. This training features:

- Sleep Disorders by definition
- Signs, symptoms, and risk factors
- Treatment and/or management strategies
- Current developments

Slips, Trips, and Falls – (Basic)

This training provides an overview on Slips, Trips, and Falls specific to individuals with developmental disabilities that contribute to their increased risk for Slips, Trips, and Falls. This training features:

- Conditions that contribute to Slips, Trips, and Falls
- Prevention of falls through fall risk assessments

Stress Management – (Basic and Web Based)

This training discusses an overview of Stress Management including ways to cope with or manage Stress. This training features:

- Stress Management by definition
- Acute versus chronic Stress
- Psychological effects of Stress
- Physical effects of Stress on major body systems
- Coping strategies

Substitute Health Care Decision Making – (Basic)

This training was adapted from a presentation by ODP's Jill Morrow, M.D. The presentation discusses state law, ethical principles and procedures for obtaining Substitute Health Care Decisions. This training features:

- State law relating to health care decision making for all individuals
- Ethical principles related to health care decision making
- Procedures for health care decision making in adults (18 and over) with MR

Summer Safety – (Basic and Web Based)

This training provides an overview of issues surrounding Summer Safety. This training features:

- Dehydration, heat exhaustion, and heat stroke by definition
- Risk factors for heat related illness
- Medications affecting heat regulation
- Prevention strategies
- Drug-induced photosensitivity
- Skin cancers
- Allergic reactions to stinging insects
- Anaphylaxis
- Precautionary tips

Trisomy 18 – (Basic)

This training provides an overview of a genetic disorder. This training features:

- Trisomy 18 by definition
- Causes, possible malformations, and abnormalities
- Support strategies and complications
- Additional information and resources

Tube Feedings – (Basic and Web Based)

This training provides an overview of Tube Feedings. This training features:

- Purpose of Tube Feedings
- Short term and long term Tube Feedings
- Processes related to conditions requiring Tube Feeding
- Complications of Tube Feedings

Tuberculosis – (Basic and Web Based)

This training provides an overview of Tuberculosis. This training features:

- Ways to prevent contracting Tuberculosis
- Common symptoms of Tuberculosis
- Treatment of Tuberculosis

Ulcers – (Basic)

This training provides an overview of Ulcers. This training features:

- The normal gastrointestinal system and activity
- Ulcers by definition
- Main causes for Ulcers
- Different treatment options available
- Medications selected for treatment
- Prognosis and recurrence of the disease

Understanding Brain Injuries – (Basic)

This training provides an overview of Understanding Brain Injuries. This training features:

- Symptoms of a possible Brain Injury
- Major causes of Brain Injury
- Ways to prevent traumatic Brain Injury

Understanding Sleep – (Basic and Web Based)

This training provides an overview of sleep. This training features:

- The physiology of sleep
- The health effects of not getting enough sleep
- Activities that promote a good night's sleep

Urinary Incontinence – (Basic)

This training provides an overview of Urinary Incontinence. This training features:

- A basic understanding of the anatomy and physiology (function) of the urinary system
- Urinary Incontinence by definition
- Types, risk factors, conditions that can contribute to Urinary Incontinence
- Signs, symptoms, and treatment of Urinary Incontinence
- Tips in caring for consumers with Urinary Incontinence

Universal Precautions – (Intermediate and Web Based)

This training provides an overview of Universal Precautions. This training features:

- Routes of transmission by infected agents
- Elements required for the spread of infection
- Protective barriers to prevent transmission of infected agents

Web Based Programs – (Basic)

Sixty-six Web Based Programs have been developed by the Advocacy Alliance HCQUs to provide a method of self study for anyone able to access the web. To access the Web Based Programs the address is www.theadvocacyalliance.org. Each HCQU, Northeastern, Eastern, or South Central, has an online program selection. After registering on the HCQU Web site, select and complete the training, post test, and evaluation. The HCQU staff will provide a certificate for 1.0 continuing education units (CEUs) for each training completed online. Additional help is available by telephone at 1-877-315-6855.

Women's Reproductive Issues – (Basic)

This training provides an understanding of the health care needs of women from menarche to menopause.

This training features:

- An understanding of the reproductive cycle
- Awareness of the affects of estrogen and progesterone on behavior, epilepsy and diabetes

Wellness – (Basic)

This training provides a general overview of the principles surrounding a healthy lifestyle and optimal Wellness. This training features:

- Components of personal Wellness (regular exercise, good nutrition, healthy weight, stress management, and safety habits)
- Component of personal Wellness may impact the others
- The role of prevention in personal Wellness

Health Care Quality Units

Consumer Educational Programs

Dental Awareness – (Basic)

- This training describes healthy versus unhealthy dental conditions, which includes an interactive game. Consumers will learn about dental abnormalities, prevention and treatment strategies, including proper oral care.

Emergency Preparedness for Consumers – (Basic and Web Based)

- This training provides an overview of Emergency Preparedness for consumers. The training features personal emergencies, types of disasters common to our area, the importance of emergency preparedness, disaster kits, and what to do before and during disaster situations.

Food Safety – (Basic)

- This training utilizes the story of **Mr. Bac** to teach consumers the importance of handwashing, the four steps in keeping food safe, and how to help from getting sick by taking care of the food you prepare and eat and the area where food is prepared.

Grooming – (Basic)

- This video-based, gender-specific training provides detailed information on basic grooming.

Hand Washing – (Basic)

- This training instructs consumers in effective handwashing technique, explains how handwashing can help prevent the spread of “germs”, and teaches when it is most important to wash your hands. The program includes a return demonstration in handwashing by consumers.

Healthy Lifestyles for Consumers – (Basic)

- This training provides an overview of Healthy Lifestyles for consumers. It discusses My Pyramid, the importance of exercise and movement, and healthy heart and healthy bones.

Hydration – (Basic)

- This training provides consumers with information regarding signs of dehydration, how much fluid intake is normal for healthy adults, beverages to avoid, and the importance/benefits of drinking water.

Hygiene – (Basic)

- This video-based, gender-specific training provides detailed information on basic hygiene.

Identifying Pain – (Basic)

- This training provides basic information regarding where one can feel pain and what to do if one has pain. Prompt communication when one is in pain (either verbally or non-verbally) is emphasized.

Nutrition – (Basic)

- This training discusses basic components to a healthy diet, including a brief explanation of the current food pyramid. It describes healthy choices from the main food groups.

Poison Awareness – (Basic)

- This training teaches what poisons are and the forms that they come in. It includes illustrations showing where poisons are commonly found, how to identify poisons, how consumers can help “poison proof” their home.

Smoking Cessation – (Basic)

- This training teaches the systemic, physical change/damage that can occur when one is exposed to tobacco smoke, either directly or second hand.