

**Northeastern PA Health Care Quality Unit
Training Syllabus
Spring 2010**

To register for a program or for more information please contact Sharon Falzone toll free at (877) 315-6855,
(570) 342-7762, or via email at sf@theadvocacyalliance.org

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Title	Audience	Description/Overview	Length	Date	Time	Location
Web Based Programs	5	Over 66 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 off site or through use of the HCQU computer lab. To access the Web Based Programs the address is www.theadvocacyalliance.org . Select online trainings, register, select and complete the trainings, post-tests, and evaluation. Certificates can be generated for 1 hour of continuing education units for each training completed online or at the computer lab. Additional help is available for Web Based Programs by telephone toll free at (877) 315-6855.	Self-paced as many as 5 hours	Wednesdays in March, April, and May	10:00 am—3:00 pm (last arrival time 2:00 pm)	Scranton 1
Web Based Programs for Registered Nurses	5	The HCQU will facilitate Web Based Continuing Education (CE) for Registered Nurses. The CEs will be awarded through the American Nurses Credentialing Center's Commission on Accreditation. The HCQU will assist Registered Nurses access numerous topics related to each individual's area of expertise/interest. Certificates can be generated for 1 hour of continuing education units for each training completed.	Self-paced as many as 5 hours	Tuesdays & Thursdays in March, April, and May	10:00 am—3:00 pm (last arrival time 2:00 pm)	Scranton 1

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Aging and Developmental Disabilities	25	This training provides an overview of normal aging and the special considerations and recommendations for caregivers. This training features: <ul style="list-style-type: none"> • Normal aging as a process • Special needs of aging individuals with intellectual disabilities • Special considerations and recommendations for caregivers 	2 hour	4-6-10	10:30 am—12:30 pm	Dupont
Alzheimer's Disease	25	This training provides an overview of Alzheimer's Disease. This training features: <ul style="list-style-type: none"> • The relationship between Alzheimer's Disease (AD) and Dementia • The progression of AD, including characteristics of each stage of the disease • The impact of AD experienced by individuals who have an intellectual disability • Effective strategies for communicating with individuals who have intellectual disabilities 	1 hour	3-8-10	9:00 am—10:00 pm	Scranton 2

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Anxiety Disorders	25	This training provides an overview of various Anxiety Disorders including Obsessive Compulsive disorder and ways to support individuals with intellectual disabilities affected with Anxiety Disorders. This training features: <ul style="list-style-type: none"> • Anxiety and Anxiety Disorders by definition • A general understanding of the nervous system as it relates to stress and Anxiety Disorders • Signs, symptoms and types of Anxiety Disorders • Medication treatment and non-pharmacological treatment methods used with Anxiety Disorders 	2 hour	3-24-10	9:00 am—11:00 am	Wellsboro
Balanced Nutrition/Food and Drug Interactions	25	This training discusses how food and drug interactions can reduce or increase the rate or extent of absorption of drugs. Participants will learn to recognize behavioral changes that can take place due to food and drug interactions. This training features: <ul style="list-style-type: none"> • The Food Pyramid and its significance • The benefits of good nutrition • The composition of food and healthy food choices • Food and drug interactions 	1 hour	3-10-10	2:00 pm—3:00 pm	Newfoundland
Behavioral De-Escalation	25	This training discusses Behavioral De-Escalation and factors contributing to challenging behaviors. This training features: <ul style="list-style-type: none"> • Stages of a crisis • The process of assessment in Behavioral De-Escalation • Appropriate interventions for each stage of crisis 	1 1/2 hours	4-6-10	9:30 am—11:00 am	Scranton 3

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Bipolar Disorder	25	This training provides participants with an overview of Bipolar Disorder. This training features: <ul style="list-style-type: none"> • 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 individuals with intellectual disabilities 	1 hour	3-18-10	10:00 am—11:00 am	Wilkes-Barre 1
			1 hour	5-6-10	1:30 pm—2:30 pm	Scranton 3
Body Mechanics	25	This training emphasizes the importance of understanding lifting techniques and how the body performs functions of lifting. This training features: <ul style="list-style-type: none"> • 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 	1 hour	4-15-10	10:00 am—11:00 am	Wilkes-Barre 1

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Borderline Personality Disorders	25	This training provides participants with an overview of Personality Disorders and specifics on Borderline Personality Disorder. This training features: <ul style="list-style-type: none"> • A general overview of Personality Disorders • Facts related to Borderline Personality Disorder • Causes, symptoms, treatment options • Best practices features and research 	1 hour	5-25-10	9:00 am—10:00 am	Wellsboro
Communicating With Health Care Professionals	25	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. This training features: <ul style="list-style-type: none"> • 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 	1 hours	5-20-10	11:00 am—12:00 pm	Wilkes-Barre 1

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Communicating With the Non-Verbal Individual	25	This training provides an overview of general communication concepts with a focus on non-verbal communication. This training features: <ul style="list-style-type: none"> • 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 	1 hour	3-8-10	11:00 am—12:00 pm	Scranton 2
			1 hour	3-10-10	3:00 pm—4:00 pm	Newfoundland
Compromised Skin Integrity	25	This training provides a general overview on the importance of Compromised Skin Integrity. This training features: <ul style="list-style-type: none"> • The role of the skin as an organ • Interventions that reduce the threat to Compromised Skin Integrity • The stages of skin breakdown 	1 hour	4-15-10	11:00 am—12:00 pm	Wilkes-Barre 1
Confidentiality/HIPPA	25	This training defines an overview of Confidentiality and HIPAA regulations. This training features: <ul style="list-style-type: none"> • 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 HIPPA in the daily work place 	1 hour	3-8-10	1:00 pm—2:00 pm	Scranton 2

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Diabetes	25	This training provides an overview of Diabetes, including long-term management strategies. This training features: <ul style="list-style-type: none"> • 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 	2 hours	3-11-10	10:00 am—12:00 pm	Clarks Summit
			2 hours	3-15-10	10:00 am—12:00 pm	Clarks Summit
			2 hours	3-22-10	10:00 am—12:00 pm	Clarks Summit
Dysphagia	25	This training provides an overview of dysphagia and ways to support individuals with this swallowing disorder. This training features: <ul style="list-style-type: none"> • 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 	2 hour	3-2-10	10:30 am—12:30 pm	Dupont
Eating to Gain Weight	25	This training discusses nutritious ways to add calories to assist individuals with Weight Gain. This training features: <ul style="list-style-type: none"> • Ways to provide nutritious meals to assist in Weight Gain • A plan for increasing weight while maintaining good health • Healthy, high-calorie meals 	1 hour	4-28-10	11:00 am—12:00 pm	Wellsboro

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Emergency Situations	25	This training identifies emergency situations as outlined by the American Red Cross that are considered potentially life threatening. This training features: <ul style="list-style-type: none"> • The caregivers role with access to 911 • A checklist for action steps for caregivers • A practice session for caregivers on accessing 911 	1 hour	3-17-10	8:00 am—9:00 am	Hazleton
			2 hour	3-31-10	10:00 am—12:00 pm	Honesdale
			2 hour	TBA	10:00 am—12:00 pm	Kingston
			2 hour	TBA	10:00 am—12:00 pm	Scranton 4
			2 hour	TBA	10:00 am—12:00 pm	Scranton 5
			2 hour	TBA	10:00 am—12:00 pm	Wilkes-Barre 2
Fall Prevention	25	This training provides an overview of Fall Prevention specific to individuals with developmental disabilities. This training features: <ul style="list-style-type: none"> • Conditions that contribute to slips, trips and falls • Prevention of falls through fall risk assessments 	1 hour	3-12-10	9:30 am—10:30 am	Scranton 3

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Gastrointestinal Disorder	25	This training provides an overview of three common Gastrointestinal Disorders. This training features: <ul style="list-style-type: none"> • Basic anatomy and physiology of the digestive tract • Signs, symptoms, causes, diagnosis, treatment, complications and prevention of Gastrointestinal Disorders • Prevention of traveler's diarrhea 	1 hour	3-8-10	10:00 am—11:00 am	Scranton 2
Hypertension or High Blood Pressure	25	This training provides an overview of Hypertension or High Blood Pressure. This training features: <ul style="list-style-type: none"> • Hypertension or High Blood Pressure by definition • Risk factors and treatments for Hypertension • Ways to help individuals reduce their Blood Pressure 	2 hours	4-22-10	10:00 am—12:00 pm	Clarks Summit
Impulse Control Disorder	25	This training addresses various types of Impulse Control Disorders (including Intermittent Explosive Disorder). This training features: <ul style="list-style-type: none"> • Impulse Control Disorders by definition • Various types of Impulse Control Disorders • Commonalities between the different kinds • Treatment & management strategies for these disorders 	1 hour 2 hour	3-18-10 3-24-10	11:00 am—12:00 pm 11:00 am—1:00 pm	Wilkes-Barre 1 Wellsboro

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Lyme Disease	25	This training provides a basic overview of Lyme Disease. This training features: <ul style="list-style-type: none"> • Lyme Disease by definition • Symptoms, causes, and risk factors • Diagnostic and screening tests • Treatment options and prevention strategies 	1 hour	3-8-10	2:00 pm—3:00 pm	Scranton 2
Medical Terminology (Advanced)	25	This training provides an overview of medical terminology related to reports. Medical Terminology (Basic) is a pre-requisite. This training features: <ul style="list-style-type: none"> • Laboratory reports • Radiology reports • Medical history reports 	2 hours	5-17-10	1:00 pm—3:00 pm	Scranton 1
Medical Terminology (Basic)	25	This training provides an introduction to medical terminology and disease management. This training features: <ul style="list-style-type: none"> • Factual information about medical terminology • Components and parts of medical words • Medical Terminology and Disease Management 	2 hours	5-17-10	10:00 am—12:00 pm	Scranton 1

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Mood Disorders	25	This training provides an overview of various types of Mood Disorders (including Bipolar Disorder and Depression). This training features: <ul style="list-style-type: none"> • Different types of Mood Disorders • Symptoms and treatment options • Barriers to diagnosis Mood Disorders in individuals with Developmental Disabilities 	2 hours	3-24-10	1:00 pm—3:00 pm	Wellsboro
Nutrition	25	This training provides an overview of the general principles of Nutrition through theory and the practice of reading food labels. This training features: <ul style="list-style-type: none"> • The food pyramid and its significance • The benefits of good Nutrition • Food labels 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 	1 hour	4-28-10	9:00 am—10:00 am	Wellsboro
			2 hours	5-4-10	10:30 am—12:30 pm	Dupont

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Title	Audience	Description/Overview	Length	Date	Time	Location
Observing, Reporting and Documentation	25	This training provides an overview of Observation, Reporting and Documentation skills related to medical problems. This training features: <ul style="list-style-type: none"> • The importance of accurate and timely observation and reporting • Necessary components of reporting and documentation • Subjective versus objective reporting • Legal requirements for documentation 	1 hour	5-20-10	11:00 am—12:00 pm	Wilkes-Barre 1
Psychotropic Drug Interaction	25	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: <ul style="list-style-type: none"> • Psychotropic Drug interactions by definition • Categories of psychotropic's as antidepressants, mood stabilizers, antipsychotics, anti-anxiety and hypnotics • Common interactions and side effects of psychotropic's, herbals and food 	1 hour	5-26-10	11:00 am—12:00 pm	Wellsboro
Seizures and Epilepsy	25	This training provides an overview of Seizures and Epilepsy. This training features: <ul style="list-style-type: none"> • 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 	2 hours	5-20-10	10:00 am—12:00 pm	Clarks Summit

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Sexuality and Sexual Expressions in Individuals with Developmental Disabilities		This training provides a general overview on the goals of Sexuality and Sexual Expressions. This training features: <ul style="list-style-type: none"> • 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 expressions • The side effects that medication has on sexuality 	1 hour	3-25-10	10:00 am—11:00 am	Scranton 1
			1 hour	4-22-10	10:00 am—11:00 am	Scranton 1
Schizophrenia	25	This training provides a general overview of Schizophrenia and other Psychotic Disorders. This training features: <ul style="list-style-type: none"> • Signs and symptoms of Schizophrenia • Etiology of Schizophrenia • Treatment options for Schizophrenia and other Psychotic Disorders 	1 hour	5-26-10	10:00 am—11:00 am	Wellsboro

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Location Key:

Clarks Summit—Keystone—100 Abington Executive Park, Clarks Summit, PA
Dupont—Goodwill Industries—284 Main Street, Dupont, PA
Hazleton—RedCo—102 McArthur Gardner Pkwy, Hazleton, PA
Honesdale—Human Resource Center—294 Bethel School Rd., Honesdale, PA
Clarks Summit—Keystone—100 Abington Executive Park, Clarks Summit
Kingston—Institute for Human Resources and Services—250 Pierce St., Kingston, PA
Newfoundland—Devereux—1547 Mill Creek Road, Newfoundland, PA
Scranton 1—The Advocacy Alliance—841 Jefferson Ave., Scranton, PA
Scranton 2—United Cerebral Palsy—425 Wyoming Ave., Scranton, PA
Scranton 3—Harrison House Personal Care Home—712 Harrison Ave., Scranton, PA
Scranton 4—The ARC of Lackawanna County—115 Meadow Ave., Scranton PA
Scranton 5—St. Joseph's Center—2010 Adams Ave., Scranton, PA
Scranton 6—Allied Services—475 Morgan Highway, Scranton, PA
Wellsboro—Soldier and Sailors Memorial Hospital—32-36 Center Ave., Wellsboro, PA
Wilkes-Barre 1—Step by Step—744 Kidder Street, Cross Valley Commons, Wilkes-Barre, PA
Wilkes-Barre 2—Impact Systems—5 Pethick Drive, Wilkes-Barre, PA