



Health Care Quality Units Web-Based Educational Programs

Advocacy

This training provides an overview of advocacy, self-advocacy, and lobbying. This training features:

- Advocacy and self-advocacy definitions
- Lobbying definition
- How advocacy and lobbying efforts benefit individuals with disabilities

Aging and Intellectual/Developmental Disabilities

This training provides an overview of aging in individuals with developmental disabilities. This training features:

- Medical conditions associated with aging
- Conditions associated with increased mortality in individuals with developmental disabilities
- Health promotion in aging individuals with developmental disabilities

Alzheimer's Disease

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

- The ABCs of Alzheimer's disease
- Risk factors and symptoms of Alzheimer's disease
- Stages of Alzheimer's disease
- Diagnostic tools, treatment options, and caregiving strategies

American Red Cross Quick Reference Guide for 911 Emergency Situations

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

- The purpose of the American Red Cross training on 911/emergency situations
- The caregiver role with access to 911
- Action steps for caregivers
- Recognition of life- threatening illnesses/injuries

Anaphylaxis

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

- Definition of anaphylaxis
- Causes and risk factors for anaphylaxis
- Signs and symptoms of anaphylaxis
- Treatment and prevention strategies

Anorexia Nervosa

This training provides an overview of the eating disorder anorexia nervosa. This training features:

- Definition and diagnostic criteria for a diagnosis of anorexia
- Causes, symptoms, and complications of anorexia
- Treatment options and support strategies

Asthma Basics

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

- Definition, risk factors, and the different types of asthma
- Trigger, symptoms, and diagnostic tools
- Treatment options and prevention strategies

Augmentative and Alternative Communication

This training provides an overview of Augmentative and Alternative Communication (AAC). This training features:

- Identifying the need for ACC
- Types of ACC
- Evaluations for ACC
- ACC resources by Pennsylvania's Initiative on Assistive Technology

Autism

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

- An introduction to autism spectrum disorders
- Risk factors, causes, and theories about autism
- Diagnosis, prognosis, and caregiver strategies

Bed Bugs

This training provides an overview of bed bugs. This training features:

- Definition and historical perspective of bed bugs
- Life cycle and identification of bed bugs
- Signs of infestation
- Treatment options and prevention strategies

Behavioral De-Escalation

This training provides an overview of behavioral de-escalation and challenging behaviors. This training features:

- Definition of and potential causes of challenging behaviors
- Definition of and signs of a potential crisis
- Principles of de-escalation

Bereavement

This training provides an overview of bereavement and the grief process. This training features:

- Definition of grief, loss, and bereavement
- The Four Tasks of Mourning
- Identifying appropriate grief responses
- Support strategies for caregivers

Bipolar Disorder

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

- Definition, causes, and risk factors for bipolar disorder
- Signs and symptoms of bipolar disorder
- Diagnostic criteria, treatment options, and support strategies

Body Mechanics and Transfer Activities

This training provides an overview of body mechanics and safe transfer activities. This training features:

- Anatomy of the spine and the basics of good body mechanics
- Risk factors for injury and consequences of poor body mechanics
- Safe transfer activities and types of assistive devices

Borderline Personality Disorder

This training provides 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
- Risk factors, causes, and symptoms of personality disorders
- Treatment options and support strategies

Bulimia

This training provides an overview of the eating disorder known as bulimia. This training features:

- Definition and criteria for diagnosis of bulimia
- Risk factors, causes, and symptoms of bulimia
- Complications, treatment options, and support strategies

The Cardiovascular System: Function, Diseases, and Treatments

This training provides an overview of the cardiovascular system. This training features:

- How the cardiovascular system works
- Diseases and conditions that can impact the cardiovascular system
- Risk factors and symptoms of disease
- Treatment of cardiovascular diseases

Caregiver Sensitivity

This training provides an overview of abuse and caregiver sensitivity. This training feature:

- Types of abuse
- Risk factors, causes, and signs of abuse
- Strategies for caregivers to identify abuse
- Strategies to support and protect individuals from abuse

Celiac Disease

This training provides an overview of celiac disease. This training features:

- Definition, causes, and risk factors for celiac disease
- Signs and symptoms of celiac disease
- Diagnostic tools, treatment options, and potential complications of celiac disease

Cerebral Palsy

This training provides an overview of cerebral palsy. This training features:

- Definition, risk factors, and causes of cerebral palsy
- Different types of cerebral palsy
- Diagnostic tools and treatment options
- Support strategies and the impact of aging

Cholesterol

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

- Definition and components of cholesterol
- Screenings and guidelines for healthy cholesterol
- Treatments options and complications of high cholesterol

Common Chronic Health Conditions

This training provides an overview of chronic health conditions commonly seen in individuals with developmental disabilities. This training features:

- Common types of chronic health conditions
- Causes, risk factors, and symptoms of each condition
- Treatment options and support strategies
- Preparation tips for medical appointments

Communicable Diseases and Preventable Immunizations

This training provides an overview of common communicable diseases. This training features:

- Different types of communicable diseases
- Signs, symptoms, and treatment options for each disease
- The role of vaccines in prevention of communicable diseases

Communicating with the Nonverbal Individual

This training provides an overview of communicating with the nonverbal individual. This training features:

- Effective interpersonal communication
- Challenges experienced with nonverbal communication
- Strategies to support individuals who are nonverbal

Compassion Fatigue

This training provides an overview of compassion fatigue. This training features:

- Definition of stress, trauma, and post-traumatic stress disorder
- Differentiating burnout from compassion fatigue
- Signs and symptoms of compassion fatigue
- Strategies to reduce and prevent compassion fatigue

Compromised Skin Integrity

This training provides an overview of compromised skin integrity and decubitus ulcers. This training features:

- Definition of compromised skin and decubitus ulcers
- Risk factors, common body locations, and stages of decubitus ulcers
- Treatment options and prevention strategies

Cultural Diversity

This training provides an overview of cultural diversity. This training features:

- Definition of culture, cultural diversity, and cultural competence
- The value of being culturally competent
- Types of biases that may be a barrier to cultural competence

Deep Vein Thrombosis

This training provides an overview of Deep Vein Thrombosis (DVT). This training features:

- A definition of DVT
- Risk factors, causes, symptoms, and diagnosis of DVT
- Treatments, complications, and prevention strategies

Dementia

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

- Definition, types, and causes of dementia
- Symptoms and diagnostic tools
- Stages and treatment options
- Support strategies for caregivers

Depression

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

- Definition, causes, and risk factors for depression
- Types, symptoms, and diagnostic tools
- Treatment options and support strategies

Developmental Disabilities

This training provides an overview of developmental disabilities. This training features:

- Definition and history of developmental disabilities
- Causes, signs and symptoms, and diagnostic criteria
- Strategies for supporting an individual with a disability

Diabetes

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

- Definition, risk factors, and causes of diabetes
- Types, signs and symptoms, and complications of diabetes
- Diagnostic tools and treatment options
- Support and prevention strategies

Down Syndrome

This training provides an overview of Down syndrome. This training features:

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

Dysphagia

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

- The swallowing process and phases
- Definition, risk factors, and causes of dysphagia
- Diagnostic tools, treatment options, and complications
- Management and support strategies

Effective Communication

This training provides and of effective communication. This training features:

- Definition and elements of effective communication
- Definition and elements of effective listening
- Strategies for effective communication with health care providers

Endocrine System

This training provides an overview of the endocrine system. This training features:

- The glands and organs included in endocrine system
- Types of hormones and their role in the body
- Common endocrine disorders

Epilepsy and Seizures

This training provides an overview of epilepsy and seizures. This training features:

- Definition of epilepsy and seizures
- Risk factors, causes, and types of seizures
- Symptoms, treatments, and first aid for seizures

Fall Prevention

This training provides an overview of falls and fall prevention. This training features:

- Definition, risk factors, and causes of falls
- Complications of falls
- Prevention strategies

Fatal Five

This training provides an overview of The Fatal Five. This training features:

- Definition of the Fatal Five conditions: Aspiration, Constipation, Dehydration, Seizures, and Sepsis
- Causes and risk factors
- Complications of each condition
- Treatment and prevention strategies

Gastrointestinal Disorders

This training provides an overview of common gastrointestinal (GI) disorders. This training features:

- Anatomy and physiology of the digestive tract
- Causes and signs and symptoms of common GI disorders
- Treatments, complications, and prevention strategies

Gastroesophageal Reflux Disease (GERD)

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

- Anatomy and function of the upper gastrointestinal tract
- Causes, risk factors, symptoms, and complications of GERD
- Treatment options and prevention strategies

Guidelines For Emergency Room Visits or Hospitalizations

This training provides an overview of best practices for emergency room visit and/or hospitalization. This training features:

- Preparation and admission practices
- Treatment practices
- Discharge preparation and follow up
- Sample forms that can be utilized for a visit and/or discharge

Head Lice

This training provides an overview of head lice. This training features:

- Definition and identification of head lice
- Mode of transmission
- Symptoms, treatment options, and prevention strategies

Healthy Nutrition and Weight Management

This training provides an overview of healthy nutrition and weight management. This training features:

- Components of healthy nutrition
- Healthy food choices
- MyPlate as a dietary guideline
- Weight management and disease prevention

Heart Disease

This training provides an overview of heart disease. This training features:

- Definition of heart disease and facts about the heart
- Risk factors, causes, and signs and symptoms of heart disease
- Treatment options and prevention strategies

High Blood Pressure (Hypertension)

This training provides an overview of high blood pressure. This training features:

- Definition of high blood pressure
- Risk factors, causes, and symptoms of high blood pressure
- Treatment options and prevention strategies

Impulse Control Disorders (ICD)

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

- Definition of impulse control disorders
- Different types of impulse control disorders
- Signs, symptoms, treatment options and support strategies

Intermittent Explosive Disorder

This training provides an overview of Intermittent Explosive Disorder (IED).

This training features:

- Definition, signs and symptoms of IED
- Diagnostic criteria and treatment options
- Support strategies

Interpretation of Blood Work

This training provides an overview of commonly ordered blood work. This training features:

- Purpose of blood work
- Components of different kinds of blood work
- Use of therapeutic drug monitoring

Lyme Disease

This training provides an overview of Lyme Disease. This training features:

- Definition of Lyme disease
- Symptoms, causes, and risk factors
- Diagnostic and screening tests
- Treatment options and prevention strategies

Medical Errors: What You Don't Know

This training provides an overview of medical errors. This training features:

- Definition of medical errors
- Different types of medical errors
- Strategies and best practices to prevent medical errors

Medication Errors

This training provides an overview of medication errors and is offered as a complement to ODP's medication administration program. This training features:

- Definition of medication errors and the medication cycle
- Safety concerns related to medication errors
- Medication administration, reporting, and documentation

Methicillin Resistant Staphylococcus Aureus (MRSA)

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

- Definition of MRSA
- Signs and symptoms of MRSA
- Treatment options and prevention strategies

Obesity

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

- Definition and ways to measure obesity
- Consequences of obesity
- Treatment options and prevention strategies

Observing, Reporting, and Documentation

This training provides an overview of observing, reporting, and documenting. This training features:

- Definition of observing, reporting, and documenting
- Importance of objective observing, reporting, and documenting
- Types of situations that should be reported and documented

Obsessive Compulsive Disorder (OCD)

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

- Definition of and criteria for OCD diagnosis
- Causes and types of OCD
- Treatment options and support strategies

Oral Care for Individuals with a Developmental Disability

This training provides an overview of assisting individuals with developmental disabilities in maintaining good oral care. This training features:

- The challenges of assisting with oral care
- Techniques to address challenging behaviors during an oral care visit
- The use of medications to address anxiety related to an oral care visit
- Strategies for a successful oral care visit

Oral Hygiene

This training provides an overview of oral hygiene. This training features:

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

Osteoporosis

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

- Definition of osteoporosis
- Risk factors, signs and symptoms, and diagnostic tools for osteoporosis
- Treatment options and support strategies

Pain Management

This training provides an overview of pain management. This training features:

- Definition of pain
- How the body feels pain and assessment tools
- Signs and symptoms of pain
- Treatment options and special considerations for the elderly

Pancreatitis

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

- Anatomy and function of the pancreas
- Causes, risk factors, and signs and symptoms of pancreatitis
- Treatment options and support strategies

Pandemic Influenza and Emergency Preparedness

This training provides an overview of pandemic influenza. 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

Parkinson's Disease

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

- Biology of Parkinson's disease
- Causes, risk factors, signs and symptoms of Parkinson's disease
- Treatment options and support strategies

PICA

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

- Definition and diagnostic criteria for PICA
- Risk factors, causes, and signs and symptoms of PICA
- Complications, treatment options, and support strategies

Pneumonia Overview

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

- Anatomy of the respiratory system
- Definition, causes, risk factors, signs and symptoms of pneumonia
- Complications, treatments, and support strategies

Pneumonia Types and Treatment

This training provides an overview of different types of pneumonia. This training features:

- Definition and risk factors for pneumonia
- Signs and symptoms of the different types of pneumonia
- Complications, treatment options, and support strategies

Positive Behaviors Supports and Behavioral Intervention Plans

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

- Definition of challenging behaviors
- Definition and components of a functional behavioral assessment
- Components of a behavioral intervention plan
- Positive behavior support strategies

Preparing for the Psychiatric Visit

This training provides an overview of the psychiatric visit. This training features:

- The goal of a psychiatric visit
- Who should be involved in preparing for the visit
- How staff can prepare for the visit
- What staff can expect from the visit

Prescribed Diets

This training provides an overview of prescribed diets. This training features:

- The importance of limiting sodium
- The importance of limiting carbohydrates
- The importance of limiting fat
- The importance of encouraging fiber

Professionalism: Beliefs, Attitudes and Behaviors

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

- Definition of professionalism
- Key elements of professionalism
- Guidelines for Professional Conduct by the American Association on Intellectual and Developmental Disabilities (AAIDD)
- Code of Ethics by the National Alliance for Direct Support Professionals (NADSP)

Psychotropic Drugs an Overview

This training provides an overview of psychotropic medications. This training features:

- Anatomy of the brain
- Categories and function of psychotropic medication
- Common side effects of psychotropic medications

Relationships and Boundaries

This training provides an overview of relationships and boundaries. This training features:

- Definition of relationships and boundaries
- Importance of healthy relationships
- Healthy vs unhealthy boundaries
- Overview of assertiveness training

Renal Failure and Hemodialysis Patients

This training provides an overview of renal failure and hemodialysis. This training features:

- Definition, types, and stages of renal failure
- Causes, risk factors, and symptoms of renal failure
- Hemodialysis treatment
- Special considerations for individuals on hemodialysis

Reportable Non-Emergency Situations

This training provides an overview of reportable, non-emergency situations. This training features:

- Function of major body systems
- Signs and symptoms of non-emergency situations of each body system
- Reporting of non-emergency situations

Respiratory Complications

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

- Anatomy and function of the respiratory system
- Different types of respiratory diseases
- Signs, symptoms, and treatments of each respiratory disease

Scabies

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

- How to recognize scabies
- Biology of scabies
- Symptoms and diagnosis
- Treatments and prevention strategies

Sexuality and Sexual Expressions in Individuals with Developmental Disabilities

This training provides an overview of sexuality and sexual expression. This training features:

- Definition of sexuality
- Goals and benefits of sexuality education and expression
- Individual rights, health benefits, and misconceptions about sexuality and sexual expression
- Overview of a sexuality curriculum

Stress Management

This training provides an overview of stress management. This training features:

- Definition and types of stress
- Common internal and external stressors
- Body's response to stress
- Strategies for reducing stress

Summer Safety

This training provides an overview of summer safety. This training features:

- Definition of different types of heat related illnesses
- Signs, symptoms, and treatment for heat related illnesses
- Stinging insects and related complications, including anaphylaxis
- Prevention and safety strategies

Traumatic Brain Injury (TBI)

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

- Definition, facts, and statistics of TBI
- Causes, risk factors, and symptoms of TBI
- Diagnostic tools, treatments, and complications of TBI
- Support strategies for caregivers

Tube Feedings

This training provides an overview of tube feedings. This training features:

- Purpose of and indications for tube feedings
- Different types of tube feedings
- Best practices and potential complications of tube feedings

Tuberculosis

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

- Definition and types of tuberculosis
- Signs, symptoms, and treatment options
- Prevention and support strategies

Understanding Sleep

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

- Definition and stages of sleep
- Importance of sleep and impact of lack of sleep
- Common sleep disorders
- Strategies for healthy sleep

Universal Precautions

This training provides an overview of universal precautions. This training features:

- Definition of and reason for universal precautions
- Sources of infections
- Transmission routes of infections
- Exposure and prevention strategies

Urinary System and Catheter Care

This training provides an overview of the urinary system and urinary catheters. This training features:

- Anatomy and function of the urinary system
- Causes and risk factors for needing a urinary catheter
- Types of urinary catheters and good catheter care
- Potential complications of urinary catheters