

ESTIMATED 4.75 HOURS OF CONTINUING EDUCATION INCLUDING 4.25 hrs PRESENTATIONS, 15m handouts & 15m QUIZZES

RESIDENT CARE

- 1. C. DIFF (RESIDENT CARE)** 9m 10s - Define clostridium difficile and its prevalence. Identify those most at risk. Explain the basics of how someone can become infected and how the bacteria can be transferred. List the signs and symptoms of C. diff. including mild to severe infection. Understand that alcohol-based hand hygiene products are not effective in killing the C. diff bacteria. Explore treatments and how to prevent spread. (Two Handouts: 15m)
- 2. URINARY INCONTINENCE (RESIDENT CARE)** 12m 52s– Define urinary incontinence. Review causes and types of incontinence. Understand that incontinence is not a normal part of aging. Identify the negative effects that urinary incontinence can have on older adults. Recognize factors that can lead to urinary incontinence. Describe interventions to treat urinary incontinence.
- 3. OSTEOPOROSIS (RESIDENT CARE)** 10m 38s– Define osteoporosis and those at risk. Explore symptoms and causes of osteoporosis including impact of hormone levels, thyroid problems and long-term use of certain medications. Explore lifestyle factors that can contribute to osteoporosis. List complications of and tests for osteoporosis. Explore calcium & vitamin D intake & exercise needs.
- 4. AGING & NUTRITION (RESIDENT CARE)** 14m 13s - Review factors that affect the rate of aging. Describe physical and physiological changes that occur during aging, that affect nutrition. Identify current nutrition recommendations for elderly adults. Identify nutrition-related health issues of aging adults, and their prevention and treatment. List potential benefits and risks of complementary and alternative medicine practices.
- 5. DINING ASSISTANCE (RESIDENT CARE)** 24m 17s– Identify Maslow’s Hierarchy of Needs. Review basic nutrition and hydration needs of the elderly. Examine important elements of dining assistance. Relate importance of oral care. Review abdominal thrust.
- 6. ORAL CARE (RESIDENT CARE)** 7m 16s - Review why good dental health promotes overall health and quality of life. Describe potential benefits to the person when daily dental care is maintained. Discuss bacteria in the mouth and how prevention of plaque buildup can prevent infection. Identify visible dental problems that should be reported to the nurse or supervisor.
- 7. COMMUNICATION EXCHANGES (RESIDENT CARE)** 15m 41s- Discuss communication exchanges while entering and exiting residents’ rooms. Describe best practices in properly & consistently introducing yourself and in safely identifying the correct person. Extend genuine & gentle kindness, professionalism, infection prevention, timely explanations, promotion of privacy & comfort, & application of safety considerations with each interaction. Build & increase trust with residents, families and colleagues.
- 8. PROMOTING SKIN INTEGRITY & PREVENTING PRESSURE INJURIES (RESIDENT CARE)** 9m 19s– Review purposes of the skin or integumentary system. Explore why skin infections occur. Review how to help prevent pressure injuries. Define pressure injury, high risk pressure points, shearing, and friction. Define who is at high risk for pressure injuries. Activity demonstrating effects of slouched posture for 3 minutes.
- 9. PROPER POSITIONING—A TEAM EFFORT (RESIDENT CARE)** 15m 18s - Define the complications of bedrest. Review the goals of position and proper positioning techniques. Discuss body mechanics and related safety to prevent injury.
- 10. HAND HYGIENE (RESIDENT CARE)** 11m 56s– Review why hand hygiene is absolutely, ultimately the key to prevention of infection. A visit with Gwen Maag, registered nurse and CNA educator.



CareGIVER



CONTINUING EDUCATION

Copyright © 2022-2024

PAGE 2 WORKPLACE

11. 3 PILLARS OF RESPONSIBILITY (CAREGIVER WELLBEING) 10m 43s– Review the three pillars of responsibility: attitude, thinking and behavior. Explore attitude and accepting responsibility. Understand that your emotional state can be infectious. Explore mental resiliency. Explore how to change your thinking. Explore how to change your behavior.

12. CATCHING A GOOD ATTITUDE (WORKPLACE) 12m 42s - Discuss cycle of negativity and types of negative thinking. How to identify negative attitudes and how to address negative attitudes. Explore how to break the negativity cycle.

13. TRUST CRITICAL IN THE WORKPLACE (WORKPLACE) 16m 46s - Associate an algorithm of TRUST, and the two types of trust. List the five levels of trust. Discuss how to foster trust. Review the idea, professionalism as a caregiver. Identify STOP as a method to communicate a challenging situation. Review “I Am” as a reminder of self-care.

HEALTH CONDITIONS

14. COMMON AGE-RELATED VISION PROBLEMS (HEALTH CONDITIONS) 14m 16s- Define vision loss. List types of vision correction tools. Explore types of vision loss and who it affects. Review common age-related vision problems. Explore risk factors associated with vision loss.

15. ANGINA (HEALTH CONDITIONS) 18m 4s- Define angina and different types. List angina symptoms. Understand angina symptoms in women. Explore causes of angina and risk factors. Review warning signs of a heart attack. List lifestyle changes that may help prevent angina. Explore treatments and medications.

16. ANXIETY DISORDERS (HEALTH CONDITIONS) 16m 31s– Define an anxiety disorder and differences with temporary worry. Explore statistics related to anxiety disorders. Understand symptoms related to generalized anxiety disorder. Understand symptoms related to panic disorder. Define phobia-related disorder, social anxiety disorder and other anxiety disorders. Explore risk factors. List complications that can occur with anxiety. Explore treatments.

17. EATING DISORDERS (HEALTH CONDITIONS) 14m 3s– Define and list eating disorders, explore statistics and understand that the serious disorder can harm the heart, digestive system, bones, teeth and mouth and lead to other diseases. Understand what may signal an eating disorder and how to get help. Understand that eating disorders can cause complications, some life-threatening.

18. HERPES ZOSTER SHINGLES (HEALTH CONDITIONS) 8m 5s– Define shingles and describe its appearance. List symptoms and risk factors. Explore statistics and complications. List treatments and prevention measures.

19. REVIEW OF DIABETES (HEALTH CONDITIONS) 12m 50s- Define diabetes. Explore diabetes statistics, including its expected increases. Explore types of diabetes, including Type 1, Type 2, prediabetes and gestational diabetes. Explore risk factors and symptoms of diabetes.

20. RHEUMATOID ARTHRITIS VERSUS OSTEOARTHRITIS (HEALTH CONDITIONS) 8m 38s- Define rheumatoid arthritis and osteoarthritis. Review autoimmune disease. Explore who is affected and risk factors. Signs and symptoms of rheumatoid arthritis and osteoarthritis. List primary treatment goals.