



February 2026

Northeastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Cardiovascular Disease	This training provides an overview of Cardiovascular Disease including cardiovascular function, risk factors, diseases, and treatments.	2/3/26	10:00 a.m.- 11:00 a.m.	Virtual
Trauma Informed Care	This training provides an overview of Trauma Informed Care including trauma theory, signs and symptoms of trauma stress exposure, treatment and management approaches.	2/4/26	10:00 a.m. – 11:00 a.m.	Virtual
Winter Safety	This training provides an overview of Winter Safety tips and includes protecting yourself from winter chill, cold stress, and carbon monoxide poisoning.	2/5/26	10:00 a.m.- 11:00 a.m.	Virtual
Long COVID-19	This training provides an overview of Long COVID-19 and includes evolution from COVID-19, signs and symptoms, treatment, and long-term effects.	2/6/26	10:00 a.m.- 11:00 a.m.	Virtual

To register please email Colleen Rafferty-- cmr@theadvocacyalliance.org



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TITLE	DESCRIPTION	DATE	TIME	LOCATION
Well Child Visits	This training provides an overview of Well Child Visits with the pediatrician and includes visit expectations for children from early and middle childhood to early and late adolescence.	2/10/26	10:00 a.m.- 11:00 a.m.	Virtual
Seasonal Affective Disorder	This training provides an overview of Seasonal Affective Disorder and includes signs and symptoms, treatment, and the latest research on prevention interventions.	2/11/26	10:00 a.m.- 11:00 a.m.	Virtual
Seizures Update	This training provides an Update of Seizures including causes, signs and symptoms, prevention, treatment, and latest updates.	2/12/26	10:00 a.m.- 11:00 a.m.	Virtual
Medication Side Effects	This training provides an overview of Medication Side Effects including adverse reactions, side effects trackers, most common systems affected as gastrointestinal, central nervous system, and skin reactions.	2/13/26	10:00 a.m.- 11:00 a.m.	Virtual

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TITLE	DESCRIPTION	DATE	TIME	LOCATION
<p>Environmental Safety Awareness</p>	<p>This training provides a general overview of Environmental Safety Awareness including burns, head, neck, and spinal injuries, heat stroke, hypothermia, and poison exposure..</p>	<p>2/17/26</p>	<p>10:00 a.m.- 11:00 a.m.</p>	<p>Virtual</p>
<p>Benefits of Physical Activity</p>	<p>This training provides an overview of the benefits of physical activity, an initiative supported by ODP, developed by the Office of Disease Prevention and Health Promotion (ODPHP), and US Department of Health and Human Services (HHS).</p>	<p>2/18/26</p>	<p>10:00 a.m.- 11:00 a.m.</p>	<p>Virtual</p>
<p>Fatal Five</p>	<p>This training provides an overview of Fatal Five: Aspiration; Constipation; Dehydration; Seizures; and Sepsis. It also covers causes, risk factors, complications, treatments as well as preventative strategies.</p>	<p>2/19/26</p>	<p>10:00 a.m.- 11:00 a.m.</p>	<p>Virtual</p>
<p>Interpretation of Blood Work</p>	<p>This training provides an overview of Interpretation of Blood Work and includes how to prepare for blood tests, read and understand your blood tests results.</p>	<p>2/20/26</p>	<p>10:00 a.m.- 11:00 a.m.</p>	<p>Virtual</p>

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TITLE	DESCRIPTION	DATE	TIME	LOCATION
Major Mental Health Disorders	This training provides an overview of Major Mental Disorders including Anxiety, Depression, Eating Disorders, Personality Disorders, PTSD, and Psychotic Disorders.	2/24/26	10:00 a.m.- 11:00 a.m.	Virtual
Health, Nutrition, and Wellness	This training provides an overview of Health, Nutrition, and Wellness including MyPlate, food labels, portion control, fiber rich eating, and food shopping.	2/25/26	10:00 a.m. – 11:00 a.m.	Virtual
Safe Swallowing	This training provides an overview of Safe Swallowing and choking prevention including signs and symptoms of choking and a demonstration techniques to relieve an obstructed airway.	2/26/26	10:00 a.m.- 11:00 a.m.	Virtual
Responding to a Crisis and Behavioral De-escalation	This training provides an overview of Responding to a Crisis and Behavioral De-escalation including stage of a crisis, crisis management and de-escalation of resultant behaviors.	2/27/26	10:00 a.m.- 11:00 a.m.	Virtual

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