



**January 2024**

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

<b>TITLE</b>	<b>DESCRIPTION</b>	<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
Stress Management	This training provides an overview of Stress Management through demonstration of a set of techniques and programs intended to help people deal more effectively with stress in their lives.	1/3/24	10:00 a.m.- 11:00 a.m.	via Zoom
Fatal Five	This training provides an overview of five major health issues: Aspiration, Constipation, Dehydration, Seizures, Infections and Sepsis including causes, risk factors, complications, treatments as well as preventative strategies.	1/4/24	10:00 a.m.- 11:00 a.m.	via Zoom
Influenza B and COVID-19	This training provides an overview of Influenza B and COVID-19 with a comparison of similarities, differences, prevention, and management of each.	1/9/24	10:00 a.m.- 11:00 a.m.	via Zoom
Nutrition and Hydration Screening	This training provides an overview of a Nutrition and Hydration Health and Wellness Screening score. Other topics include My Plate healthy food and drink choices, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

To register please email Sharon Falzone – [sf@theadvocacyalliance.org](mailto:sf@theadvocacyalliance.org)



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Cerebral Palsy	This training provides an overview of Cerebral Palsy and includes the four major types and common conditions in older adults with Cerebral Palsy.	1/10/24	10:00 a.m.- 11:00 a.m.	via Zoom
Seasonal Affective Disorder (SAD)	This training provides an overview of Seasonal Affective Disorder (SAD) a type of depression that results from seasonal change, and includes symptoms, diagnosis, and treatment.	1/11/24	10:00 a.m.- 11:00 a.m.	via Zoom
Skin Integrity	This training provides an overview of Skin Integrity including what contributes to healthy skin and risk factors associated with compromised skin.	1/16/24	10:00 a.m.- 11:00 a.m.	via Zoom
Medication Administration Screening	This training provides an overview of a Medication Administration Health and Wellness Screening score. Other topics include food and drug interactions, tips to remember to take medications, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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Long COVID- 19	This training provides an overview of Long COVID-19, and includes symptoms, risk factors, prevalence, treatment, and recovery.	1/17/24	10:00 a.m.- 11:00 a.m.	via Zoom
Down Syndrome	This training provides an overview of Down Syndrome and ways to support individuals with Downs Syndrome. This training includes causes, risk factors, complications, and management strategies.	1/18/24	10:00 a.m.- 11:00 a.m.	via Zoom
Seizures	This training provides an overview of seizures, and includes feature characteristics of different types of seizures, first aid, and emergency management.	1/23/24	10:00 a.m.- 11:00 a.m.	via Zoom
Fall Risk Assessment Screening	This training provides an overview of a Fall Risk Assessment Health and Wellness Screening score. Other topics include fall prevention, tips to be an active adult, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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Understanding Brain Injuries	This training provides an overview of Understanding Brain Injuries, and includes symptoms, major causes, and prevention of traumatic brain injury.	1/26/24	10:00 a.m.- 11:00 a.m.	via Zoom
Gastroesophageal Reflux Disease (GERD)	This training provides an overview of Gastroesophageal Reflux Disease (GERD) with special emphasis on overview, symptoms, and treatment.	1/30/24	10:00 a.m.- 11:00 a.m.	via Zoom
Aging Disorders	This training provides an overview of Aging Disorders, and includes osteoporosis, osteoarthritis, and age-related changes in vision and hearing.	1/31/24	10:00 a.m.- 11:00 a.m.	via Zoom
Depression Screening	This training provides an overview of a Depression Health and Wellness Screening score. Other topics include relaxation techniques, visual imagery, and other interactive activities.	Snow Day TBD	10:00 am – 12:00 pm	via Zoom

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<b>TITLE</b>	<b>DESCRIPTION</b>	<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
Cardiovascular Disease	This training provides an overview of Cardiovascular Disease, and includes causes, risk factors, complications, treatment, and preventative strategies.	2/1/24	10:00 a.m.- 11:00 a.m.	via Zoom
Psychotropic Medications	This training provides an overview of Psychotropic Medications. Training features include frequently prescribed Psychotropic Medications, the purpose, common side effects, and therapeutic blood level monitoring.	2/6/24	10:00 a.m.- 11:00 a.m.	via Zoom
Influenza B and COVID-19	This training provides an overview of Influenza B and COVID-19 with a comparison of similarities, differences, prevention, and management of each.	2/7/24	10:00 a.m.- 11:00 a.m.	via Zoom
Dysphagia Screening	This training provides an overview of a Dysphagia Health and Wellness Screening score. Other topics include preparation of food textures, IDDSI pyramid, first aid for choking, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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Diabetes Mellitus	This training provides an overview of Diabetes Mellitus, a disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood and urine.	2/8/24	10:00 a.m.- 11:00 a.m.	via Zoom
Seasonal Affective Disorder (SAD)	This training provides an overview of Seasonal Affective Disorder (SAD) a type of depression that results from seasonal change, and includes symptoms, diagnosis, and treatment.	2/13/24	10:00 a.m.- 11:00 a.m.	via Zoom
Pain Management	This training provides a general overview of pain management with special emphasis on how emotional pain causes physical pain.	2/15/24	10:00 a.m.- 11:00 a.m.	via Zoom
Nutrition and Hydration Screening	This training provides an overview of a Nutrition and Hydration Health and Wellness Screening score. Other topics include My Plate healthy food and drink choices, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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Long COVID- 19	This training provides an overview of Long COVID-19, and includes symptoms, risk factors, prevalence, damage and complications, treatment, and recovery.	2/20/24	10:00 a.m.- 11:00 a.m.	via Zoom
Fatal Five	This training provides an overview of five major health issues: Aspiration, Constipation, Dehydration, Seizures, Infections and Sepsis including causes, risk factors, complications, treatments as well as preventative strategies.	2/21/24	10:00 a.m.- 11:00 a.m.	via Zoom
Bipolar Disorder	This training provides an overview of Bipolar Disorder, and includes the depressive and manic symptoms, four types of Bipolar Disorder, and medication/therapy treatment options.	2/23/24	10:00 a.m.- 11:00 a.m.	via Zoom
Medication Administration Screening	This training provides an overview of a Medication Administration Health and Wellness Screening score. Other topics include food and drug interactions, tips to remember to take medications, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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<b>TITLE</b>	<b>DESCRIPTION</b>	<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
Skin Integrity	This training provides an overview of Skin Integrity including what contributes to healthy skin and risk factors associated with compromised skin.	2/27/24	10:00 a.m.- 11:00 a.m.	via Zoom
Psychotropic Medications	This training provides an overview of Psychotropic Medications including frequently prescribed Psychotropic Medications, the purpose, common side effects, and therapeutic blood level monitoring.	2/28/24	10:00 a.m.- 11:00 a.m.	via Zoom
Seizures	This training provides an overview of Seizures including feature characteristics of different types of seizures, first aid, and emergency management.	2/29/24	10:00 a.m.- 11:00 a.m.	via Zoom
Depression Screening	This training provides an overview of a Depression Health and Wellness Screening score. Other topics include relaxation techniques, visual imagery, and other interactive activities.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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<b>TITLE</b>	<b>DESCRIPTION</b>	<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
Diabetes Treatments	This training provides an overview of long-term diabetes management including the effects of treatment with medications and diet as well as a review of healthy food choices and portion control using MyPlate	3/5/24	10:00 a.m.- 11:00 a.m.	via Zoom
Caregiver Sensitivity	This training provides information on sensitivity as it pertains to caregivers working with individuals with developmental disabilities.	3/6/24	10:00 a.m.- 11:00 a.m.	via Zoom
Anxiety Disorders	This training provides an overview of Anxiety Disorders, and includes causes, symptoms, and available treatment options. There will be discussion concerning how symptoms may present differently in an individual with developmental disabilities.	3/7/24	10:00 a.m.- 11:00 a.m.	via Zoom
Dysphagia Screening	This training provides an overview of a Dysphagia Health and Wellness Screening score. Other topics include preparation of food textures, International Dysphagia Diet Standardization Initiative pyramid, first aid for choking, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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Bowel Management	This training provides an overview of Bowel Management, the process which a person with a bowel disability uses to manage fecal incontinence or constipation.	3/12/24	10:00 a.m.- 11:00 a.m.	via Zoom
Understanding Brain Injuries	This training provides an overview of Understanding Brain Injuries, and includes symptoms, major causes, and prevention of traumatic brain injury.	3/13/24	10:00 a.m.- 11:00 a.m.	via Zoom
Asthma	This training provides an overview of Asthma, a respiratory illness. Training features include physiology of the lungs, types of Asthma, signs and symptoms, treatments, and prevention.	3/14/24	10:00 a.m.- 11:00 a.m.	via Zoom
Medication Administration Screening	This training provides an overview of a Medication Administration Health and Wellness Screening score. Other topics include food and drug interactions, tips to remember to take medications, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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Parkinson's Disease	This training provides an overview of Parkinson's Disease, and includes causes, symptoms, and environment safety for individuals with Parkinson's Disease.	3/19/24	10:00 a.m.- 11:00 a.m.	via Zoom
Fatal Five	This training provides an overview of five major health issues: Aspiration, Constipation, Dehydration, Seizures, Infections and Sepsis including causes, risk factors, complications, treatments as well as preventative strategies.	3/20/24	10:00 a.m.- 11:00 a.m.	via Zoom
Signs and Symptoms of Physical Illness	This training presents an overview of Signs and Symptoms of Physical Illness. This training features physical health concerns that are communicated behaviorally and the importance of observation.	3/21/24	10:00 a.m.- 12:00 p.m.	via Zoom
Nutrition and Hydration Screening	This training provides an overview of a Nutrition and Hydration Health and Wellness Screening score. Other topics include My Plate healthy food and drink choices, and an interactive activity.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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Autism and Communication	This training provides an overview of the different communication methods an individual with Autism may utilize including support strategies providers can use for effective communication.	3/22/24	10:00 a.m.- 11:00 a.m.	via Zoom
Metabolic Syndrome	This training provides an overview of Metabolic Syndrome, and includes causes, risk factors and diagnostic tools.	3/26/24	10:00 p.m.- 11:00 a.m.	via Zoom
Arthritis	This training provides an overview of Arthritis, and includes signs and symptoms, treatments, and prevention.	3/27/23	10:00 – 11:00 am	via Zoom
Fall Risk Assessment Screening	This training provides an overview of a Fall Risk Assessment Health and Wellness Screening score. Other topics include fall prevention, tips to be an active adult, and interactive activities.	Snow Day TBD	10:00 a.m.- 12:00 p.m.	via Zoom

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