

**Northeastern PA Health Care Quality Unit
Training Syllabus
Spring 2019**

To register for a program or for more information please contact Sharon Falzone toll free at (877) 315-6855,
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Title	Audience	Description/Overview	Length	Date	Time	Location
Body Mechanics and Transfer Activities	25	This training emphasizes the importance of understanding lifting techniques and how the body preforms 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 	1 hour	3-19-19	10:00 am—11:00 am	Forest City
Code of Ethics, Core Competencies and Empowerment Strategies for Direct Support Professionals	25	This training educates the Direct Support Professionals to the Code of Ethics, Core Competencies and Empowerment Strategies. This training features: <ul style="list-style-type: none"> • Understand the Code of Ethics from The National Alliance for Direct Support Professionals • Develop an understanding of the difference between Caregiver and Direct Support Professional • Identify empowerment strategies • Provide an orientation to Direct Support Professional Core Competencies • Understand the credentialing process through the National Alliance for Direct Support Professionals 	2 hours	5-7-19	10:30 am—12:30 pm	Scranton 2

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Title	Audience	Description/Overview	Length	Date	Time	Location
Common Medications and Side Effects Official ODP Dual Diagnosis Curriculum for Direct Support Professionals	25	This session is one of the courses in the Official ODP Dual Diagnosis Curriculum for Direct Support Professions. People with an intellectual disability are more likely to be prescribed multiple medications. This training features: <ul style="list-style-type: none"> • What the Direct Support Professional needs to know as the reason for medications, side effects and what needs to be observed, documented and reported • The importance for the attendant to realize that the session is not intended to replace medical advice or information received in the Department of Public Welfares Medication Administration Training 	1 hour	3-21-19	10:00 am—11:00 am	Wilkes-Barre 1
Communicating with the Nonverbal Individual	25 (closed)	This training provides a general overview of Communicating with the Nonverbal Individual. This training features: <ul style="list-style-type: none"> • Effective interpersonal communication • Challenges experienced with nonverbal communication • Strategies to support individuals who are nonverbal 	1 hour	3-27-19	12:00 pm—1:00 pm	Wilkes-Barre 1

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Communicating with the PCP and other Medical Specialists Official ODP Dual Diagnosis Curriculum for Direct Support Professionals	25	This training provides Direct Support Professionals awareness of valuable information about the individual's health, likes/dislikes, wants/needs and behaviors. This training features: <ul style="list-style-type: none"> • The DSP as the first person to be aware of any changes in the individual, whether physical or behavioral • When an individual has an appointment to see a physician, it is important that caregivers not only effectively report the necessary information to the physician, but also document the outcome of the appointment to ensure that all of the doctor's orders are followed • All aspects of communicating along with the PCP, specialists, and others through helpful tools 	1 hour	3-21-19	11:00 am—12:00 pm	Wilkes-Barre 1
Communicating with the Psychiatrist Official ODP Dual Diagnosis Curriculum for Direct Support Professionals	25	This training provides a discussion, from the psychiatrists perspective, on the information that the psychiatrist needs from the team and the person receiving psychiatric care in order to optimize psychiatric outcomes. This training features: <ul style="list-style-type: none"> • The role of the psychiatrist as an active team member 	1 hour	5-16-19	10:00 am—11:00 am	Wilkes-Barre 1

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Crisis Supports and Debriefing	25	This training provides the Direct Support Professional with the information necessary to recognize what constitutes a crisis situation. This training features: <ul style="list-style-type: none"> • Utilize positive crisis prevention techniques • Identify positive de-escalation techniques • Having a working knowledge of how to manage a crisis situation including what to do if a person supported has to go to a crisis center and knowing what debriefing is and how it is conducted • Knowing the benefits of the debriefing procedures 	1 hour	3-7-19	12:30 pm—1:30 pm	Towanda
	25		1 hour	5-16-19	11:00 am—12:00 pm	Wilkes-Barre 1
Dementia	25 (closed)	This training offers an overview of Dementia, treatment options, and support strategies. This training features: <ul style="list-style-type: none"> • Dementia by definition and common causes • Observable signs of Dementia • How to develop a care plan to provide care for individuals with Dementia • Ways to adapt the environment to assure safety • Differentiating between Alzheimer's and Dementia 	1 hour	3-27-19	9:00 am—10:00 am	Wilkes-Barre 1

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Title	Audience	Description/Overview	Length	Date	Time	Location
Diabetes for the Consumer	25 (closed)	This training provides the consumer with a basic understanding of Diabetes. This training features: <ul style="list-style-type: none"> • Risk factors for Diabetes • Signs and symptoms of Diabetes • Treatment options 	1 1/2 hours	3-7-19	11:00 am—12:30 pm	Wilkes-Barre 7
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 	1 hour	3-20-19	2:30 pm—3:30 pm	Hazleton

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Title	Audience	Description/Overview	Length	Date	Time	Location
Dysphagia Diet and Food Preparation	25	This kinesthetic training will provide the participant with and overview of Dysphagia Diets and Food Preparation. This training will focus on: <ul style="list-style-type: none"> Recognizing the signs and symptoms of Dysphagia The obstacles to successful food preparation Educational information and stations set up to assist the participant to modify the food into the texture that is ordered 	1 hour	4-18-19	11:00 pm—12:00 pm	Honesdale 2
	25		1 hour	4-18-19	12:30 pm—1:30 pm	Honesdale 2
Effective Communication	25	This training discusses the elements of Effective Communication. This training features: <ul style="list-style-type: none"> Effective listening by definition Comprehensive preparation for health care appointments Effective Communication with health care providers 	1 hour	3-7-19	11:15 am—12:15 pm	Towanda
	25		1 hour	4-17-19	11:00 am—12:00 pm	Wilkes-Barre 1
	25		1 hour	4-17-19	1:00 pm—2:00 pm	Wilkes-Barre 3

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Title	Audience	Description/Overview	Length	Date	Time	Location
Essential Tremors	25	This training provides an overview of Essential Tremor (ET). This training features: <ul style="list-style-type: none"> • Essential tremor by definition • The diagnosis and types of tremor • Symptoms and causes of ET • Available medical treatment for ET 	1 hour	3-29-19	9:00 am—10:00 am	Scranton 1
Fall Prevention	25	This training provides an overview on Slips, Trips, and Falls specific to individuals with developmental disabilities and conditions that contribute to their increased risk of falls. This training features: <ul style="list-style-type: none"> • Fall risk factors and assessments • Causes of falls and effective ways to prevent falls • The potential complications of a fall • The types of interventions and appropriate documentation if falls occur 	1 hour	3-29-19	10:00 am—11:00 am	Scranton 1

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Title	Audience	Description/Overview	Length	Date	Time	Location
Head Lice	25	This training provides a general overview of Head Lice. This training features: <ul style="list-style-type: none"> • Signs and symptoms of Head Lice • Treatment measures to prevent the spread of Head Lice 	1 hour	3-29-19	11:00 am—12:00 pm	Scranton 1
Healthy Nutrition and Weight Management	25	This training discusses the importance of Healthy Nutrition and Weight Management in disease prevention. This training features: <ul style="list-style-type: none"> • Components of Healthy Nutrition • MyPyramid@, Steps To A Healthy You • Healthy food choices • Weight management 	1 hour	3-6-19	11:00 am—12:00 pm	Wilkes-Barre 6
	25		1 hour	3-6-19	1:00 pm—2:00 pm	Wilkes-Barre 3
	25		1 hour	3-22-19	12:00 pm—1:00 pm	Wilkes-Barre 4
			2 hours	4-4-19	10:00 am—12:00 pm	Honesdale 1
			2 hours	4-4-19	1:00 pm—3:00 pm	Honesdale 1
			2 hours	4-16-19	10:00 am—12:00 pm	Hawley
			2 hours	4-16-19	1:00 pm—3:00 pm	Hawley

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Title	Audience	Description/Overview	Length	Date	Time	Location
Interpretation of Blood Work	25	This training provides an understanding of why certain blood tests are performed and how often an individual should have blood levels drawn. This training features: <ul style="list-style-type: none"> • White and red blood cells by definition • Hemoglobin, hematocrit, and platelets discussion • Various chemistry screens 	2 hours	3-7-19	10:00 am—12:00 pm	Towanda
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	3-29-19	1:00 pm—2:00 pm	Scranton 1

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Title	Audience	Description/Overview	Length	Date	Time	Location
Obesity	25	<p>This training discusses the causes, health risks, co-morbidities, and current treatment options for Obesity in adults. The role of prevention is also discussed. This training features:</p> <ul style="list-style-type: none"> • Obesity by definition • Common classifications of Obesity and means of determining Obesity • Causes of Obesity in adulthood • Co-morbidities associated with Obesity • Current treatment/management options for Obesity 	1 hour	3-29-19	2:00 pm –3:00 pm	Scranton 1
Osteoporosis	25	<p>This training discusses an overview of Osteoporosis and the impact of positive lifestyle changes. This training features:</p> <ul style="list-style-type: none"> • Osteoporosis and Osteopenia by definition • Risk factors related to Osteoporosis • Interventions and lifestyles changes that may help prevent Osteoporosis • Treatments for Osteoporosis • Factors that increase the risk of Osteoporosis in individuals with developmental disabilities 	1 hour	4-26-19	9:00 am—10:00 am	Scranton 1

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Title	Audience	Description/Overview	Length	Date	Time	Location
Pancreatitis	25	This training provides an overview of acute and chronic Pancreatitis. This training features: <ul style="list-style-type: none"> • Anatomy and physiology of the pancreas • Risk factors, prevention, causes, treatment, and complications • Ways to support an individual with Pancreatitis 	1 hour	4-26-19	10:00 am—11:00 am	Scranton 1
Pandemic Influenza and Preparedness	25	This training discusses a history of pandemic Influenza, characteristics, challenges, and employer optional guidelines during a pandemic. Levels of emergency preparedness are included. This training features: <ul style="list-style-type: none"> • A definition of Seasonal, Avian, and Pandemic Influenza • History of Pandemic Influenza • Characteristics and challenges of Pandemic • How to maintain employer operations during a Pandemic 	1 hour	4-26-19	11:00 am—12:00 pm	Scranton 1

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Parkinson's Disease	25	<p>This training provides an overview of Parkinson's Disease, and explores the means to promote safety. This training features:</p> <ul style="list-style-type: none"> • Basic knowledge of the physiological causes of Parkinson's Disease • Primary and secondary symptoms of Parkinson's Disease • Ways to assist individuals with Parkinson's Disease in activities of daily living • Ways to promote a safe and healthy environment for individuals with Parkinson's Disease 	1 hour	4-26-19	1:00 pm—2:00 pm	Scranton 1
PICA	25	<p>This training provides an overview of PICA, an eating disorder characterized by eating non-food items. This training features:</p> <ul style="list-style-type: none"> • PICA by definition • The different theories of what causes PICA • Warning signs of and medical harm from PICA • What can be done to manage and control PICA 	1 hour	4-26-19	2:00 pm—3:00 pm	Scranton 1

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Title	Audience	Description/Overview	Length	Date	Time	Location
Pneumonia Overview	25	This training provides a general overview of Pneumonia.	1 hour	3-5-19	10:30 am—11:30 am	Scranton 2
	25	This training features:	1 hour	3-13-19	8:00 am—9:00 am	Mansfield 2
	25	<ul style="list-style-type: none"> • Development of Pneumonia • Prevention of an individual from developing Pneumonia • Signs and symptoms of Pneumonia • Risk factors for developing Pneumonia • Treatment of Pneumonia 	1 hour	3-13-19	9:30 am—10:30 am	Mansfield 1
Pressure Injuries	25	This training provides an overview of Pressure Injuries. This training features: <ul style="list-style-type: none"> • Definition and stages of Pressure Injuries • Vulnerable locations on the body where Pressure Injuries are common • Risk factors for developing Pressure Injuries • Prevention and Treatment of Pressure Injuries 	1 hour	3-5-19	11:30 am—12:30 pm	Scranton 2

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Title	Audience	Description/Overview	Length	Date	Time	Location
Sexuality and Sexual Expressions in Persons with Developmental Disabilities	25	This training provides a general overview on the goals and benefits of Sexuality Education. This training features: <ul style="list-style-type: none"> Physical Sex, Emotional Issues, and Sexual Expression Rights and Health Benefits of Sexual Expression Sexual Pharmacology A Sexuality Curriculum for Persons with Developmental Disabilities 	TBA	TBA	TBA	TBA
The Fatal Four	25	This training discusses the four major health issues that are common among individuals with intellectual and developmental disabilities (IDD) residing in congregate care settings or in community-based residential settings. These health issues, commonly referred to as “The Fatal Four” because they are linked to preventable deaths in persons with IDD. This training features: <ul style="list-style-type: none"> Specific information related to the Fatal Four: Aspiration, Dehydration, Seizures and Constipation 	2 hours	3-5-19	10:00 am—12:00 pm	Wilkes-Barre 5
	25		2 hours	4-2-19	10:30 am—12:30 pm	Wilkes-Barre 2
	25		2 hours	5-14-19	10:00 am—12:00 pm	Honesdale 1
	25		2 hours	5-14-19	1:00 pm—3:00 pm	Honesdale 1
			2 hour	5-16-19	10:00 am—12:00 pm	Hawley
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Title	Audience	Description/Overview	Length	Date	Time	Location
Tube Feedings	25	This training provides an overview of Tube Feedings. This training features: <ul style="list-style-type: none"> • Purpose of Tube Feedings • Short term and long term Tube Feedings • Processes related to conditions requiring Tube Feeding • Complications of Tube Feedings 	1 hour	4-10-19	2:30 pm—3:30 pm	Hazleton
Universal Precautions	25	This training provides an overview of Universal Precautions. This training features: <ul style="list-style-type: none"> • Routes of transmission by infected agents • Elements required for the spread of infection • Protective barriers to prevent transmission of infected agents 	1 hour	5-15-19	2:30 pm—3:30 pm	Hazleton

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Location Key:

Forest City—Human Resource Center—Private Home, Hawley, PA
Hawley—Human Resource Center—117 Pike County Blvd., Hawley, PA
Hazleton—Avenues of Hazleton—600 South Poplar St., Hazleton, PA
Honesdale 1 —Human Resource Center—294 Bethel School Rd., Honesdale, PA
Honesdale 2—Wayne County Behavioral and Developmental Programs—648 Parks St., Honesdale, PA
Mansfield 1—Martha Lloyd Community Services—Westgate Rd., Mansfield, PA
Mansfield 2—Martha Lloyd Community services—127 Main St., Mansfield, PA
Scranton 1—United Cerebral Palsy—425 Wyoming Ave., Scranton, PA
Scranton 2—Goodwill Industries—925 Prospect Ave., Scranton, PA
Towanda—Futures—23 Main St., Towanda, PA
Wilkes-Barre 1—Step By Step—744 Kidder St., Wilkes-Barre, PA
Wilkes-Barre 2—Goodwill Industries—243 South Washington Ave., Wilkes-Barre, PA
Wilkes-Barre 3—Pathways –744 Kidder St., Wilkes-Barre, PA
Wilkes-Barre 4—Independent Living—269 South Washington St., Wilkes-Barre, PA
Wilkes-Barre 5—Creating Unlimited Possibilities—159 Simpson St., Wilkes-Barre, PA
Wilkes-Barre 6—Compass—744 Kidder St., Wilkes-Barre, PA
Wilkes-Barre 7—Luzerne-Wyoming County MH/DS—111 N. Pennsylvania Ave., Wilkes-Barre, PA