# HealthCap RMS ANCC-Approved In-service Sessions

## Administrative In-services

**Elder Justice – Direct Care Staff – All Levels of Care (Contact hours: 1)**

The Elder Justice Act is a legal requirement for all long term care communities.  The program was developed to assist caregivers in understanding what the Elder Justice Act is, who is a covered individual and how to maintain compliance with the reporting requirements.  Failure to educate staff of the Elder Justice Act is resulting in regulatory citations.  Don't wait for that knock on the door; train your staff and maintain compliance with the Act.

**Advance Care Planning – Reduce Hospitalizations - All Levels of Care (Contact hours: 1)**

This presentation was developed to assist in identifying what Advance Care Planning is and the relationship with reduced re-hospitalizations.  Although not a new concept, Advance Care Planning requires education for caregivers, residents and family members.  It is important that every individual be provided the right to make decisions regarding end of life care and this program will assist in providing guidance in the process.

**QAPI - Take Action - Improve Care - Skilled Facilities (Contact hours: 1)**

Quality Assurance Performance Improvement is a critical factor in demonstrating your home's good faith attempts to improve the quality of life for residents and problem solve effectively and QAPI is required under expanded CMS guidelines.  An effective QAPI program will improve your home's survey outcomes, can help raise star rating and can improve employee retention.  This program will provide a road map to developing a practical and efficient QAPI program.

**OSHA Inspections in Long Term Healthcare (Contact hours: 1)**

Nursing homes and residential care facilities employ approximately 2.8 million workers at 21,000 work sites.  Many nursing home tasks require considerable lifting and other strenuous physical labor.  Historically the injury rate for workers in these facilities is double the injury rate for all full time workers in other occupations.  This program was developed to assist you in managing workplace injuries, maintaining compliance with the OSHA requirements and understanding the process of onsite visits.  This program was developed for all levels of care.

**HIPAA: Privacy & Security Rules (Contact hours: 1)**

Health Information Privacy – The Office for Civil Rights enforces the HIPAA Privacy Rule which protects the privacy of individually identifiable health information; the HIPAA Security Rule which sets national standards for the security of electronic protected health information and the confidentiality provisions of the Patient Safety Rule which protect identifiable information being used to analyze patient safety events and improve patient safety.  This program was developed to provide a basic understanding to providers of long-term care services on the responsibilities of maintaining compliant with the HIPAA Privacy Rules.  This program was developed for all levels of care.

**Quality Assessment and Assurance F520 - All Levels of Care (Contact hours: 1)**

Although regulatory focused, this presentation will assist facilities in identifying the purpose of a proactive Quality Assurance program and is appropriate for all care settings. The importance of investigative protocols and compliance with regulations is discussed along with identifying the triggers that may lead to an investigation during the survey process. This program was developed for all levels of care.

**Resident Rights and Abuse Prevention - All Levels of Care (Contact hours: 1)**

What rights do residents have and how do we ensure that their rights are maintained? This program will discuss the basics of resident rights while identifying what constitutes a resident rights violation and the penalties associated with such a violation. This program was developed for all levels of care.

**Managing Risk: The Customer Service Model - All Levels of Care (Contact hours: 1)**

This program was developed to assist your management team and direct care staff in setting family expectations before, during and after the admission process. The admission process is a critical time that will set the tone; positive or negative, for the resident's stay. The focus should be one of customer service even for the "high maintenance" guest. Learn the basic elements of setting expectations, effective communication and prompt attention to identified concerns that will lead to improved customer satisfaction. This program was developed for all levels of care.

**Disasters, Pandemic and You - All Levels of Care (Contact hours: 1)**

This program was developed to assist healthcare facilities in developing and maintaining an effective disaster preparedness plan relating to pandemic situations. Although there are no cases of avian flu reported to date the prediction is that when this virulent disease does affect humans that it will spread rapidly throughout the healthcare arena. Being prepared is no small task and it is never too early to start preparing for predicted events. This program was developed for all levels of care.

**Advanced Directives - State of Michigan - All Levels of Care (Contact hours: 1)**

Advance directives are legal documents that allow you to convey your decisions about end of life care ahead of time. They provide a way for you to communicate your wishes to family, friends and health care professionals, and to avoid confusion later on. This program was developed for Michigan based facilities and is based solely on Michigan law.

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**Past Non-Compliance – SNF (Contact hours: 1)**

Quality Assurance Performance Improvement means you might discover problems. When you proactively discover regulatory deficiencies and implement corrective action, you can take credit for it and reduce the potential for a deficiency. Learn how to formulate an effective History of Past Non-compliance.

**Visitor Incidents - SNF/ALF (Contact hours: 1)**

What are your protocols when a visitor is injured? This presentation provides an overview of addressing the event, providing good customer and follow-up when a visitor has an event on the home's property.

# Documentation/Assessment In-services

### Change in Condition – A Clinical Perspective –SNF/ALF (Contact hours: 1)

Understanding how to detect and respond to changes of condition is important for resident health. This presentation provides an overview of recognizing a resident's baseline, identifying and reporting changes, using tools such as SBAR and stop and watch (available for both ALF and SNF settings) and addressing changes of condition in a timely manner.

### Identifying Change in Condition - Direct Care Staff - All Levels of Care (Contact hours: 1)

Changes in condition disrupt residents' lives and potentially threatens their well-being. Many factors influence how quickly your team discovers the change in condition including consistent assignments and knowing what to look for and who to tell.  Establishing a baseline condition upon admission with a process for routine follow up will help keep your team recognize and address changes in condition.

### Documentation - Constipation/Impaction - Skilled & Assisted Living (Contact hours: 1)

Constipation/impaction can be a problem in the elderly and as caregivers it is our responsibility to assist our residents in the prevention and/or treatment of this common ailment. Understanding the physiology of chronic constipation and the difference between constipation and impaction is important if we are to be successful at preventing and/or treating our residents effectively. This presentation was developed to assist direct care staff in identifying the causative factors and common treatment modalities to assist in preventing these negative outcomes.

### Documentation - Dehydration - Skilled & Assisted Living (Contact hours: 1)

Dehydration occurs when the body loses more fluid than is taken in and the body doesn't have enough water and other fluids to carry out its normal functions. If fluid is not replenished there may be serious consequences. Mild to moderate dehydration may be reversed by increasing fluids however severe dehydration needs immediate medical treatment. This program was developed to assist direct care staff in identifying early symptoms of dehydration to assist in preventing negative outcomes by early intervention.

### Documentation - Diabetes - Skilled & Assisted Living (Contact hours: 1)

Diabetes is a disease in which the body does not produce or properly use insulin. The cause of diabetes continues to be a mystery although both genetics and environmental factors such as obesity and lack of exercise appear to play a role. Complications related to diabetes can be catastrophic and direct care staff should be aware of the signs and symptoms of these complications. This program was developed to serve as a resource to direct care staff who provide care to residents with a diagnosis of diabetes.

**The Ins and Outs of Documentation - All Levels of Care (Contact hours: 1)**

At the conclusion of this program participants will be able to identify who is responsible for documentation, what should be documented, when documentation should be done, where specific documentation should be located and the types of documentation that should be avoided.

**Legal Documentation - All Levels of Care (Contact hours: 1)**

This program was developed to address the universal issue of deficient documentation practices. Much litigation is not defendable due to a lack of documentation and/or poor documentation in the medical record. This program will discuss case studies and identify where improvements could be made to the documentation. This program was developed for skilled nursing facilities but may be used in all level of care settings.

**Documentation - Medical Records - All Levels of Care (Contact hours: 1)**

This program was developed to educate your direct care staff on how documenting timely and utilizing appropriate language in the medical record can decrease risk to your facility. Many claims are settled or lost due to a lack of documentation or poor documentation practices. This program was developed for skilled nursing facilities however is appropriate for all levels of care.

**Documentation for Assisted Living - Assisted Living (Contact hours: 1)**

Documentation is an interdisciplinary process that can benefit or hurt the facility depending on the quality of the documentation. If the documentation in your medical records is written in a subjective manner and contains unapproved abbreviations your facility is at higher risk and this presentation may benefit you and your team.

**Effective Documentation: Defending Claims - All Levels of Care (Contact hours: 1)**

Many documentation systems can be cumbersome and ineffective so encouraging simplicity in documentation is highly recommended. This educational session will discuss how redundant documentation requirements can contribute to errors. Tried and true ideas on how to consolidate documentation tasks will be discussed to assist you in developing an effective, user friendly documentation system. This program was developed for all levels of care.

**Loss Prevention Awareness - All Levels of Care (Contact hours: 1)**

Deficient assessment practices can increase the risk of citations and liability in your facility. This presentation will assist you in understanding the importance of ongoing assessment, monitoring and documentation that will support your efforts in the event of a claim.

**What is a Care Plan - All Levels of Care (Contact hours: 1)**

Care plans are considered the back bone of a resident's medical record. The importance of accurate identification of needs, realistic goals and appropriate interventions should be the cornerstone of the care provided. This program was developed for skilled nursing facilities however is also appropriate for other levels of care where care plans are required.

**Risk Management and Regulations - Skilled (Contact hours: 1)**

This presentation is a brief overview of the relationship between risk management and regulatory requirements. The information is not exhaustive or fully comprehensive and a specific facility may require more interventions than are presented.

**Documentation 101 - Skilled (Contact hours: 1)**

This program was developed for direct care staff with a special focus on Licensed Nurses. The program discusses the importance of accurate, timely documentation and how the five steps in the nursing process relate to

documentation. The importance of documenting resident assessments, staff interventions and resident's response to treatment are also discussed. Providing quality direct care that is supported by documentation is the key to preventing claims.

### Documentation - Anticoagulant Drug Therapy - All Levels of Care (Contact hours: 1)

Residents receiving anticoagulant therapy are at a higher risk for a catastrophic outcome if vigilant monitoring and safety precautions are not initiated and followed. Many residents receive multiple medications throughout the day which increases the risk of a negative outcome related to drug interactions. This program was developed to educate your caregivers on what risks to be aware of and how to prevent negative outcomes related to anticoagulation therapy.

### Behavior Changes Documentation - All Levels of Care (Contact hours: 1)

There are many reasons that a resident may exhibit a change in behaviors both positive and negative. Medications are a leading cause of behavior changes, again, some positive and many times negative. The process of identifying the cause of a change in behavior can be as challenging as initiating interventions to address the change. This program was developed to assist caregivers in identifying the causative factors related to behavior changes, addressing the behaviors and providing appropriate documentation to support the care being provided.

### Defensive Documentation - Skilled & Assisted Living (Contact hours: 1)

Documentation continues to challenge many facilities and as such is one of the highest risk areas in the event of a claim. This program was developed to assist facilities in identifying internal and external risks and preventive interventions to address such risks. At the conclusion of this program participants shall recognize the importance of risk assessment and appropriate documentation practices.

### Witness Statements - All Levels of Care (Contact hours: 1)

One of the most important components of a thorough investigation is obtaining formal witness statements from all individuals who were involved with or witnessed an incident. This program was developed to assist in obtaining information from witnesses that have relevance to the situation being investigated and is intended for all care settings.

### Heart Failure - All Levels of Care (Contact hours: 1)

Heart failure is a long-term (chronic) condition, but it can sometimes develop suddenly.  The condition may affect only the right side or only the left side of the heart. These are called right-sided heart failure or left-sided heart failure. More often, both sides of the heart are involved.  Early identification of the signs and symptoms of heart failure is critical and this program was developed to assist you in identifying these early signs and symptoms and avoid negative outcomes.  This program was developed to assist caregivers in identifying the signs and symptoms of impending health issues related to heart failure.

### Medicare Never Events- SNF (Contact hours: 1)

Learn what you need to know to avoid costly claims and being denied payment. Medicare has categories of events that are "never events" – they should never occur in the care setting and they have determined these events will not be reimbursed. Provide patient care to reduce the likelihood of negative patient outcomes.

**Restorative Nursing – SNF (Contact hours: 1)**

SNFs are required to attain and maintain the resident's highest practicable functional level. A robust Restorative Nursing program will provide a framework for achieving these goals. Learn the basics of restorative practices for your residents.

**Root Cause Analysis – SNF (Contact hours: 1)**

A solid investigation requires understanding the contributing factors. Root Cause Analysis is a buzzword in the industry and is an effective method to reduce accidents, incidents and events, which also saves your team valuable time. Educate your team on using Root Cause Analysis as a critical component of a comprehensive investigation.

**Documentation- Lessons Learned – SNF (Contact hours: 1)**

Case studies and real life examples of documentation errors that contributed to claims. Your team will learn about common documentation errors or omissions that increase liability risk for the facility and their professional licensure.


# Elopement In-services

**Elopement Prevention - All Levels of Care (Contact hours: 1)**

Assessment is the key to elopement prevention but the resident's physical and mental status are only one part of a thorough elopement prevention assessment. This presentation will assist you in identifying environmental risks and developing a plan through your Quality Assurance Committee to assist in maintaining a safe environment.

**Risk Management Guide – Elopement Prevention**: **All Levels of Care (Contact hours: 1)**

Assessing or evaluation resident capabilities upon admission and routinely thereafter is critical to reduce risk for elopement. Determining what changes to make in the environment provides more options to reduce while creating a resident friendly environment. Help your team understand the signs a resident may display prior to elopement and develop approaches to address the resident's needs.


# Incidents and Accidents In-services

**Falls F323 - Skilled (Contact hours: 1)**

This presentation is designed to emphasize the need for risk management as related to falls in the nursing facility. The main presentation will consist of identifying the residents at risk for falls, understanding the contributing factors, identifying and assessing the proper intervention to specifically meet the resident's needs, and effectively developing a daily falls meeting and an effective root cause analysis to reduce and prevent falls from occurring.  This topic will be structured around risk management and the prevention of nursing home litigation.

**Fall Reduction in Assisted Living – Assisted Living (Contact hours: 1)**

Performing fall risk assessments is a very important aspect of a fall prevention program however developing a preventive intervention to address each area of risk will assist you in having a successful fall reduction program.

**Fall & Elopement Prevention ALF - Assisted Living (Contact hours: 1)**

As our population ages in place we are often faced with the challenges of increased falls, elopement risk and addressing these risks. This presentation will assist you in identifying the red flags for falls, the residents at highest risk for falls and elopement and what is considered an elopement by today's definition.

**Incident & Accident Reports - All Levels of Care (Contact hours: 1)**

Although not always required, most facilities do generate some type of incident/unusual occurrence report following an unexpected incident/event involving a resident, staff member or visitor. This program was developed to assist you in identifying what elements are required on these forms, what elements are recommended and how to avoid documenting more than is necessary. Many times over documentation can be problematic and should be avoided. This program was developed for all levels of care.

**Transfer Training - All Levels of Care (Contact hours: 1)**

This presentation discusses the importance of safe transfers as part of a Restorative Nursing program and identifies who would be good candidates for this program.  The reasons for and precautions with the use of gait belts are discussed as are the causes for transfer difficulties and the importance of thorough assessments.  The role of various ancillary services and identification of types of transfers are included.  An example of the basic components for a transfer training program is presented at the conclusion.

**Incident & Accident Protocols – SNF (Contact hours: 1)**

This in-service provides an overview for responses to an unusual occurrence. How and what to assess, document and follow up to mitigate risks for negative outcome.


# Infection Control In-services

**Blood borne Pathogens - Assisted & Skilled (Contact hours: 1)**

Needle sticks and other sharps injuries are a major healthcare industry concern. In 1991, OSHA created Blood borne Pathogen Standard 29 CFR 1910.1030 which combined engineering and work practice controls, training, and other factors to minimize the transmission of blood borne pathogens in the workplace. In November of 2000, the Needle stick Safety and Prevention Act was passed by Congress and it is estimated that up to 800,000 needle stick infections occur yearly. This program is designed to assist providers and caregivers in maintaining best practices to prevent the spread of infection and is a mandatory training program for most care settings.

**Indwelling Urinary Catheters - Risks and Benefits - Skilled (Contact hours: 1)**

Urinary tract infection is one of the most commonly seen infections affecting geriatric residents in long-term care settings. The current standard of practice requires that prior to inserting an indwelling urinary catheter a primary diagnosis must be identified and documented. Overuse of these devices can lead to sepsis and death and should be avoided. This program was developed to assist you, the caregiver, in meeting the individual needs of each resident.

**Preventing the Spread of the H1N1 Virus - All Levels of Care (Contact hours: 1)**

There are interventions that should be incorporated into a facility pandemic protocol. This presentation addresses that topic and discusses practices to reduce the spread of infection from the H1N1 virus. Symptoms of the H1N1 virus are however the most important means of preventing the spread of infection is hand washing. Tips on hand washing technique and other infection control practices in this program which is intended for all levels of care.

**Protect- Don't Infect – SNF/ALF (Contact hours: 1)**

Infection Control is a daily priority and protecting the residents and ourselves reduces risk for transmission of illness. Learn about different approaches to infection control and best practices to keep your residents – and your staff – healthy.

## Medication Management In-services

**Black Box Warning - Skilled (Contact hours: 1)**

The primary purpose of prescription drug labeling is to give patients information they need to take medications properly. The Black Box warning is actually a black box drawn around prescription drug warnings. This format was developed to bring more attention to the dangers/warnings related to each of these medication(s). This program was developed for licensed nurses who are responsible for maintaining resident safety while raising awareness to the risks associated with medication administration.

**Medication Administration: Not Just for Nurses Anymore - Assisted Living (Contact hours: 1)**

Medication administration in assisted living facilities is often performed by non-licensed med techs. This program was developed to assist in reducing the risk of medication errors while educating the direct care staff on how to safely transcribe and read a physician order and assessing for adverse drug reactions. This program was developed for assisted living facilities.

**Unnecessary Medications F425 - All Levels of Care (Contact hours: 1)**

The federal regulations are very clear on what medications and how many are considered "acceptable" for use in the frail elderly. There are many resources available to caregivers including pharmacy providers however there is evidence that we as providers do not take advantage of these resources. This program is intended to outline the newly defined federal regulation (F425) however is not intended to be used exclusively in the skilled care setting. Any healthcare setting where medications are prescribed and/or administered will benefit from this education based on best practices.

**Medication Administration – SNF (Credit hours: 1)**

The basics of medication administration are the foundation of a solid practice model. Refresh your team's medication administration knowledge and educate them on the best standards of practice to reduce risk for medication error.

## Quality of Life In-services

**Wouldn't You Be Depressed? - All Levels of Care (Contact hours: 2)**

Depression is very common in seniors with the severity of the condition strongly correlating to poor health and decreased functioning, both traits frequently seen in elderly nursing home residents. Senior depression is also associated with cognitive decline even when dementia is not present. Depression in the elderly is particularly hard to diagnose as many seniors are less inclined than younger adults to report their symptoms. This presentation was developed to assist you, the caregiver, in identifying residents at risk for depression and assist in maintaining a therapeutic environment for those suffering with depression.

**Pain Management – Assisted Living (Contact hours: 1)**

Pain management is often inadequate for elderly residents in long-term care settings. Persistent pain can interfere with physiological functions, increase suffering and decrease quality of life. Assessment and treatment of chronic pain can optimize the care that is provided to the elderly resident. This program was developed to assist direct care staff in the assessment and treatment of pain in an effort to improve the quality of life for your residents.

**Stress Management - All Levels of Care (Contact hours: 1)**

Stress can have a negative impact on employee's personal life as well as affect work performance. This program was developed to help staff recognize the causes and signs of stress in themselves and others and identifies interventions designed to reduce personal stressors. This program was developed for all levels of care.

**Dementia Care - Preventing Catastrophic Reactions - All Levels of Care (Contact hours: 1)**

In general, people with dementia will respond best to a stable familiar environment and an established routine. Their activities should emphasize remaining abilities and strengths. Allowing a person with dementia to participate in normal activities will help to maximize the person's functioning and will help preserve self-esteem. Despite these precautions, difficult or frustrating situations will occasionally arise for the person with dementia and their caregivers. This educational session was developed to give you, the caregiver, a better understanding of this disease process and assist in preventing difficult situations from arising.

**Behavioral Management From the Inside Out** - **All Levels of Care (Contact hours: 2)**

Understanding what influences behaviors and behavioral symptoms is complex. Learning about communication and personality types with an emphasis on culture and person-centered care can improve behavioral interventions. This session focuses on the team member's ability to establish a calm tone and supportive environment to reduce the likelihood of negative behaviors.

**Restorative Bathing and Hygiene – SNF (Contact hours: 1)**

 Have you ever noticed how much a "bad hair day" can impact your mood? What if you needed to ask to have your hair combed? A strong Restorative Bathing and Hygiene program will assist residents with physical status while maintaining dignity and preferences. Learn how to creatively support your residents' needs through more user friendly bathing and grooming opportunities.

**Restorative Dining – Eating, Drinking and Hydration** - **SNF (Contact hours: 1)**

Dining can be the best part of the day. Helping your residents maintain the highest practicable function related to both independent dining and nutritional balance improves health outcomes as well as the sense of dignity. Learn how to design a Restorative Dining program to support your residents' needs.

**Restorative Program – Range of Motion** - **SNF (Contact hours: 1)**

A Restorative Range of Motion program can be the cornerstone of maintaining strong resident independence to the highest level possible. Evaluating resident needs, designing range of motion activities and exploring methods to increase range of motion opportunities will be discussed with your team.

**Restorative Program: Bowel and Bladder - All Levels of Care (Contact hours: 1)**

Contrary to popular belief, incontinence is not a normal part of the aging process. As we age there are ADLs that we may experience a decline in however "late loss ADLs" include continence. This program was developed to assist caregivers in identifying interventions that will assist your residents in maintaining continence throughout their stay. Although the process of identifying causes and interventions may take time, it is time well spent. Remember, continent residents require less hands-on time than incontinent residents.

**Behavioral Intervention – Symptom Reduction – SNF/ALF (Contact hours: 1)**

Learn to identify the signs and symptoms of escalating behavioral symptoms and how to redirect and reduce these distressing symptoms. Managing behavioral symptoms calmly and effectively can be the difference between a good day and a great – teach your team these valuable techniques.

**Mental Illness and Dementia – SNF/ALF (Contact hours: 1)**

There are changes in the long-term arena and we are admitting more residents with mental health diagnoses and dementia. Equip your team with a framework to create a calm milieu and provide care for residents in a supportive manner.

**Senior Depression** - **All Levels of Care (Contact hours: 1)**

Depression is not a normal part of aging. Understanding there are different types of depression can help the team members approach residents with more empathy. Effective interventions based on type of depression will improve resident outcomes.

# Resident Safety In-services

**Alarm Free for Me - All Levels of Care (Contact hours: 1)**

The term "alarm appropriate" may be an alternative to "alarm free." Although the goal is to decrease or eliminate the use of alarms as it is vogue today, we need to take baby steps, have a process and be sure that we first do no harm. This presentation will walk you through the process of assessing risk factors utilizing the process of root cause analysis. Then we will discuss some suggested alternatives to alarm use.

**Safe Lifting and Movement of Residents - Assisted & Skilled (Contact hours: 1)**

Research has shown that safe resident lifting programs reduce resident-handling worker's compensation injury rates by 61%, lost work day injury rates by 66%, restricted work days by 38% and the number of workers suffering from repeat injuries. This program defines what a safe lifting and movement of residents program entails and how your facility may be on the way to achieving this goal.

**Abuse Prevention Program - All Levels of Care (Contact hours: 1)**

Abuse occurs when people mistreat or misuse other people, showing no concern for their integrity or innate worth as individuals and in a manner that degrades their wellbeing. Abusers are frequently interested in controlling their victims and may use abusive behaviors to manipulate their victims into submission or compliance with their will. Abuse prevention training is a federal requirement for many healthcare settings and this program was designed to provide educational opportunities to meet these requirements.

**Splints and Braces - All Levels of Care (Contact hours: 1)**

There are two distinct Restorative Nursing programs designed for managing the use of splints and braces. There are also many different types of devices used by our residents, each with precautions for safe use. This program was developed to assist your restorative nursing team in identifying the differences and ensuring that the appropriate program and device is used for each resident.

**A Comprehensive Approach To Reducing Falls and Negative Outcomes – SNF (Contact hours: 2)**

Many homes are implementing similar interventions to reducing falls and negative outcomes but continue to struggle with both. A comprehensive approach to reducing falls encompasses strengthening the investigative process to analyze patterns and trends and develop a person centered care plan.

## Side Rails and Assistive Devices In-services

**Dangers of Side Rails: Families & Friends - All Levels of Care (Contact hours: 1)**

We have all had the challenging family members who insist on placing side rails on their loved ones bed. This presentation is intended to educate your family members on the risks associated with the use of side rails and includes guidance from the Center for Medicare Services (CMS). This program was developed to be used as a resource for residents and families during the admission process, at resident/family council meetings and quarterly care conferences. This program was developed for all levels of care.

**Side Rails - Risks & Benefits: Direct Care Staff - All Levels of Care (Contact hours: 1)**

This program was developed to be used in educating direct care staff on the risks and benefits of using side rails on resident beds. Although any type of device that attaches to a resident bed increases risk of injury/death, side rail events are most generally catastrophic. This program will assist you in ensuring that your direct care staff is educated on the risks involved with assistive device usage. This program was developed for all levels of care.

## Wound, Skin, and Nutrition In-services

**Pressure Injury Prevention - Nursing Assistants - All Levels of Care (Contact hours: 1)**

This program was developed to assist your caregivers in identifying the differences between healthy skin and skin that is at risk for breakdown. Once risk is identified, interventions to successfully prevent skin breakdown and decrease risk of future problems will be discussed in an open dialogue format. This program was developed for all levels of care.

**Skin Management - Extrinsic Factors - All Levels of Care (Contact hours: 1)**

There are many components to a successful skin management program including identifying all of the environmental/external forces that can increase a resident's risk for skin breakdown. This presentation will provide your direct care staff with the information necessary to implement an effective program by decreasing the external factors that increase risk. This program was developed for all levels of care.

**Skin and Wound Management: Nutritional Support for Healthy Skin - All Levels of Care (Contact hours: 1)**

This program was developed to be a basic, direct care staff presentation that focuses on the anatomy of skin, identifying key nutritional elements necessary to maintain skin integrity and stresses the importance of managing resident's weight changes to prevent impaired skin integrity. This program was developed for all levels of care.

**Wound Care - F314 - All Levels of Care (Contact hours: 1)**

This program was developed utilizing the Federal regulatory tag F314 and focuses on assessment skills and key areas that are critical in reducing the risk of skin breakdown. Best practices are universal in ensuring quality of care for our elderly residents and this program was developed for all levels of care.

**Skin and Wound Management – The Big Picture All Levels of Care (Contact hours: 1)**

There are many components to a successful skin management program including identifying all of the environmental/external forces that can increase a resident's risk for skin breakdown. This presentation will provide your direct care staff with the information necessary to implement an effective prevention program.

**Nutrition, Hydration, and Dementia - All Levels of Care (Contact hours: 1)**

There are many reasons elderly residents may suffer with unintended weight loss however due to the aging process, our residents are at higher risk for a negative outcome related to weight loss. This program was developed to assist you in identifying strategies to improve the nutritional parameters of your residents and assist in identifying signs and symptoms of impaired nutrition/hydration. This program was developed for all levels of care.

**Nutrition Therapy - Pressure Injury Treatment - All Levels of Care (Contact hours: 1)**

This program will educate your team on how to adequately screen for pressure injury risk and assess nutritional needs related to prevention and treatment. The importance of following accepted standards of practice related to prevention and treatment of pressure injuries will also be discussed.

**Wound Care: Nutrition, and Hydration – SNF (Contact hours: 1)**

Strong Nutrition and hydration improve overall skin integrity and health. Wound care based on the best standards of practice is essential. Refresh your staff on the needs of a compromised resident including interventions to reduce likelihood of developing a wound, and if present, contribute to progressive healing.