



## Health Care Quality Units Web-Based Educational Programs

### **Advocacy**

This training provides an overview of advocacy, self-advocacy, and lobbying. This training features:

- Advocacy and self-advocacy definitions
- Lobbying definition
- How advocacy and lobbying efforts benefit individuals with disabilities

### **Aging and Intellectual/Developmental Disabilities**

This training provides an overview of aging in individuals with developmental disabilities. This training features:

- Medical conditions associated with aging
- Conditions associated with increased mortality in individuals with developmental disabilities
- Health promotion in aging individuals with developmental disabilities

### **Alzheimer's Disease**

This training provides an overview of Alzheimer's disease (AD). This training features:

- The ABCs of Alzheimer's disease
- Risk factors and symptoms of Alzheimer's disease
- Stages of Alzheimer's disease
- Diagnostic tools, treatment options, and caregiving strategies

### **American Red Cross Quick Reference Guide for 911 Emergency Situations**

This training provides an overview of emergency situations as outlined by the American Red Cross that are considered potentially life threatening. This training features:

- The purpose of the American Red Cross training on 911/emergency situations
- The caregiver role with access to 911
- Action steps for caregivers
- Recognition of life- threatening illnesses/injuries

### **Anaphylaxis**

This training provides an overview of anaphylaxis. This training features:

- Definition of anaphylaxis
- Causes and risk factors for anaphylaxis
- Signs and symptoms of anaphylaxis
- Treatment and prevention strategies

### **Anorexia Nervosa**

This training provides an overview of the eating disorder anorexia nervosa. This training features:

- Definition and diagnostic criteria for a diagnosis of anorexia
- Causes, symptoms, and complications of anorexia
- Treatment options and support strategies

### **Asthma Basics**

This training provides an overview of asthma. This training features:

- Definition, risk factors, and the different types of asthma
- Trigger, symptoms, and diagnostic tools
- Treatment options and prevention strategies

## **Augmentative and Alternative Communication**

This training provides an overview of Augmentative and Alternative Communication (AAC). This training features:

- Identifying the need for ACC
- Types of ACC
- Evaluations for ACC
- ACC resources by Pennsylvania's Initiative on Assistive Technology

## **Autism**

This training provides an overview of autism. This training features:

- An introduction to autism spectrum disorders
- Risk factors, causes, and theories about autism
- Diagnosis, prognosis, and caregiver strategies

## **Bed Bugs**

This training provides an overview of bed bugs. This training features:

- Definition and historical perspective of bed bugs
- Life cycle and identification of bed bugs
- Signs of infestation
- Treatment options and prevention strategies

## **Behavioral De-Escalation**

This training provides an overview of behavioral de-escalation and challenging behaviors. This training features:

- Definition of and potential causes of challenging behaviors
- Definition of and signs of a potential crisis
- Principles of de-escalation

## **Bereavement**

This training provides an overview of bereavement and the grief process. This training features:

- Definition of grief, loss, and bereavement
- The Four Tasks of Mourning
- Identifying appropriate grief responses
- Support strategies for caregivers

## **Bipolar Disorder**

This training provides an overview of bipolar disorder. This training features:

- Definition, causes, and risk factors for bipolar disorder
- Signs and symptoms of bipolar disorder
- Diagnostic criteria, treatment options, and support strategies

## **Body Mechanics and Transfer Activities**

This training provides an overview of body mechanics and safe transfer activities. This training features:

- Anatomy of the spine and the basics of good body mechanics
- Risk factors for injury and consequences of poor body mechanics
- Safe transfer activities and types of assistive devices

## **Borderline Personality Disorder**

This training provides an overview of personality disorders and specifics on borderline personality disorder. This training features:

- A general overview of personality disorders
- Facts related to borderline personality disorder
- Risk factors, causes, and symptoms of personality disorders
- Treatment options and support strategies

## **Bulimia**

This training provides an overview of the eating disorder known as bulimia. This training features:

- Definition and criteria for diagnosis of bulimia
- Risk factors, causes, and symptoms of bulimia
- Complications, treatment options, and support strategies

## **The Cardiovascular System: Function, Diseases, and Treatments**

This training provides an overview of the cardiovascular system. This training features:

- How the cardiovascular system works
- Diseases and conditions that can impact the cardiovascular system
- Risk factors and symptoms of disease
- Treatment of cardiovascular diseases

## **Caregiver Sensitivity**

This training provides an overview of abuse and caregiver sensitivity. This training feature:

- Types of abuse
- Risk factors, causes, and signs of abuse
- Strategies for caregivers to identify abuse
- Strategies to support and protect individuals from abuse

## **Celiac Disease**

This training provides an overview of celiac disease. This training features:

- Definition, causes, and risk factors for celiac disease
- Signs and symptoms of celiac disease
- Diagnostic tools, treatment options, and potential complications of celiac disease

## **Cerebral Palsy**

This training provides an overview of cerebral palsy. This training features:

- Definition, risk factors, and causes of cerebral palsy
- Different types of cerebral palsy
- Diagnostic tools and treatment options
- Support strategies and the impact of aging

## **Cholesterol**

This training provides an overview of cholesterol. This training features:

- Definition and components of cholesterol
- Screenings and guidelines for healthy cholesterol
- Treatments options and complications of high cholesterol

## **Common Chronic Health Conditions**

This training provides an overview of chronic health conditions commonly seen in individuals with developmental disabilities. This training features:

- Common types of chronic health conditions
- Causes, risk factors, and symptoms of each condition
- Treatment options and support strategies
- Preparation tips for medical appointments

## **Communicable Diseases and Preventable Immunizations**

This training provides an overview of common communicable diseases. This training features:

- Different types of communicable diseases
- Signs, symptoms, and treatment options for each disease
- The role of vaccines in prevention of communicable diseases

## **Communicating with the Nonverbal Individual**

This training provides an overview of communicating with the nonverbal individual. This training features:

- Effective interpersonal communication
- Challenges experienced with nonverbal communication
- Strategies to support individuals who are nonverbal

## **Compassion Fatigue**

This training provides an overview of compassion fatigue. This training features:

- Definition of stress, trauma, and post-traumatic stress disorder
- Differentiating burnout from compassion fatigue
- Signs and symptoms of compassion fatigue
- Strategies to reduce and prevent compassion fatigue

## **Compromised Skin Integrity**

This training provides an overview of compromised skin integrity and decubitus ulcers. This training features:

- Definition of compromised skin and decubitus ulcers
- Risk factors, common body locations, and stages of decubitus ulcers
- Treatment options and prevention strategies

## **Cultural Diversity**

This training provides an overview of cultural diversity. This training features:

- Definition of culture, cultural diversity, and cultural competence
- The value of being culturally competent
- Types of biases that may be a barrier to cultural competence

## **Deep Vein Thrombosis**

This training provides an overview of Deep Vein Thrombosis (DVT). This training features:

- A definition of DVT
- Risk factors, causes, symptoms, and diagnosis of DVT
- Treatments, complications, and prevention strategies

## **Dementia**

This training provides an overview of dementia. This training features:

- Definition, types, and causes of dementia
- Symptoms and diagnostic tools
- Stages and treatment options
- Support strategies for caregivers

## **Depression**

This training provides an overview of depression. This training features:

- Definition, causes, and risk factors for depression
- Types, symptoms, and diagnostic tools
- Treatment options and support strategies

## **Developmental Disabilities**

This training provides an overview of developmental disabilities. This training features:

- Definition and history of developmental disabilities
- Causes, signs and symptoms, and diagnostic criteria
- Strategies for supporting an individual with a disability

## **Diabetes**

This training provides an overview of diabetes. This training features:

- Definition, risk factors, and causes of diabetes

- Types, signs and symptoms, and complications of diabetes
- Diagnostic tools and treatment options
- Support and prevention strategies

## **Down Syndrome**

This training provides an overview of Down syndrome. This training features:

- Down syndrome by definition
- Causes, risk factors, and complications
- Management strategies and ways to support individuals with Down syndrome

## **Dysphagia**

This training provides an overview of dysphagia. This training features:

- The swallowing process and phases
- Definition, risk factors, and causes of dysphagia
- Diagnostic tools, treatment options, and complications
- Management and support strategies

## **Effective Communication**

This training provides and of effective communication. This training features:

- Definition and elements of effective communication
- Definition and elements of effective listening
- Strategies for effective communication with health care providers

## **Endocrine System**

This training provides an overview of the endocrine system. This training features:

- The glands and organs included in endocrine system
- Types of hormones and their role in the body
- Common endocrine disorders

## **Epilepsy and Seizures**

This training provides an overview of epilepsy and seizures. This training features:

- Definition of epilepsy and seizures
- Risk factors, causes, and types of seizures
- Symptoms, treatments, and first aid for seizures

## **Fall Prevention**

This training provides an overview of falls and fall prevention. This training features:

- Definition, risk factors, and causes of falls
- Complications of falls
- Prevention strategies

## **Fatal Five**

This training provides an overview of The Fatal Five. This training features:

- Definition of the Fatal Five conditions: Aspiration, Constipation, Dehydration, Seizures, and Sepsis
- Causes and risk factors
- Complications of each condition
- Treatment and prevention strategies

## **Gastrointestinal Disorders**

This training provides an overview of common gastrointestinal (GI) disorders. This training features:

- Anatomy and physiology of the digestive tract
- Causes and signs and symptoms of common GI disorders
- Treatments, complications, and prevention strategies

### **Gastroesophageal Reflux Disease (GERD)**

This training provides an overview of GERD. This training features:

- Anatomy and function of the upper gastrointestinal tract
- Causes, risk factors, symptoms, and complications of GERD
- Treatment options and prevention strategies

### **Guidelines For Emergency Room Visits or Hospitalizations**

This training provides an overview of best practices for emergency room visit and/or hospitalization. This training features:

- Preparation and admission practices
- Treatment practices
- Discharge preparation and follow up
- Sample forms that can be utilized for a visit and/or discharge

### **Head Lice**

This training provides an overview of head lice. This training features:

- Definition and identification of head lice
- Mode of transmission
- Symptoms, treatment options, and prevention strategies

### **Healthy Nutrition and Weight Management**

This training provides an overview of healthy nutrition and weight management. This training features:

- Components of healthy nutrition
- Healthy food choices
- MyPlate as a dietary guideline
- Weight management and disease prevention

### **Heart Disease**

This training provides an overview of heart disease. This training features:

- Definition of heart disease and facts about the heart
- Risk factors, causes, and signs and symptoms of heart disease
- Treatment options and prevention strategies

### **High Blood Pressure (Hypertension)**

This training provides an overview of high blood pressure. This training features:

- Definition of high blood pressure
- Risk factors, causes, and symptoms of high blood pressure
- Treatment options and prevention strategies

### **Impulse Control Disorders (ICD)**

This training provides an overview of ICD. This training features:

- Definition of impulse control disorders
- Different types of impulse control disorders
- Signs, symptoms, treatment options and support strategies

### **Intermittent Explosive Disorder**

This training provides an overview of Intermittent Explosive Disorder (IED).

This training features:

- Definition, signs and symptoms of IED
- Diagnostic criteria and treatment options
- Support strategies

## **Interpretation of Blood Work**

This training provides an overview of commonly ordered blood work. This training features:

- Purpose of blood work
- Components of different kinds of blood work
- Use of therapeutic drug monitoring

## **Lyme Disease**

This training provides an overview of Lyme Disease. This training features:

- Definition of Lyme disease
- Symptoms, causes, and risk factors
- Diagnostic and screening tests
- Treatment options and prevention strategies

## **Medical Errors: What You Don't Know**

This training provides an overview of medical errors. This training features:

- Definition of medical errors
- Different types of medical errors
- Strategies and best practices to prevent medical errors

## **Medication Errors**

This training provides an overview of medication errors and is offered as a complement to ODP's medication administration program. This training features:

- Definition of medication errors and the medication cycle
- Safety concerns related to medication errors
- Medication administration, reporting, and documentation

## **Methicillin Resistant Staphylococcus Aureus (MRSA)**

This training provides an overview of MRSA. This training features:

- Definition of MRSA
- Signs and symptoms of MRSA
- Treatment options and prevention strategies

## **Obesity**

This training provides an overview of obesity. This training features:

- Definition and ways to measure obesity
- Consequences of obesity
- Treatment options and prevention strategies

## **Observing, Reporting, and Documentation**

This training provides an overview of observing, reporting, and documenting. This training features:

- Definition of observing, reporting, and documenting
- Importance of objective observing, reporting, and documenting
- Types of situations that should be reported and documented

## **Obsessive Compulsive Disorder (OCD)**

This training provides an overview of OCD. This training features:

- Definition of and criteria for OCD diagnosis
- Causes and types of OCD
- Treatment options and support strategies

## **Oral Care for Individuals with a Developmental Disability**

This training provides an overview of assisting individuals with developmental disabilities in maintaining good oral care. This training features:

- The challenges of assisting with oral care
- Techniques to address challenging behaviors during an oral care visit
- The use of medications to address anxiety related to an oral care visit
- Strategies for a successful oral care visit

## **Oral Hygiene**

This training provides an overview of oral hygiene. This training features:

- The importance of good oral hygiene
- Types and nature of dental diseases
- The consequences of poor oral health
- How oral health relates to overall health

## **Osteoporosis**

This training provides an overview of osteoporosis. This training features:

- Definition of osteoporosis
- Risk factors, signs and symptoms, and diagnostic tools for osteoporosis
- Treatments options and support strategies

## **Pain Management**

This training provides an overview of pain management. This training features:

- Definition of pain
- How the body feels pain and assessment tools
- Sign and symptoms of pain
- Treatment options and special considerations for the elderly

## **Pancreatitis**

This training provides an overview of pancreatitis. This training features:

- Anatomy and function of the pancreas
- Causes, risk factors, and signs and symptoms of pancreatitis
- Treatment options and support strategies

## **Pandemic Influenza and Emergency Preparedness**

This training provides an overview of pandemic influenza. This training features:

- A definition of Seasonal, Avian, and Pandemic Influenza
- History of pandemic influenza
- Characteristics and challenges of a pandemic
- How to maintain employer operations during a pandemic

## **Parkinson's Disease**

This training provides an overview of Parkinson's disease. This training features:

- Biology of Parkinson's disease
- Causes, risk factors, signs and symptoms of Parkinson's disease
- Treatment options and support strategies

## **PICA**

This training provides an overview of PICA. This training features:

- Definition and diagnostic criteria for PICA
- Risk factors, causes, and signs and symptoms of PICA
- Complications, treatment options, and support strategies

## **Pneumonia Overview**

This training provides an overview of pneumonia. This training features:

- Anatomy of the respiratory system
- Definition, causes, risk factors, signs and symptoms of pneumonia
- Complications, treatments, and support strategies

## **Pneumonia Types and Treatment**



This training provides an overview of different types of pneumonia. This training features:

- Definition and risk factors for pneumonia
- Signs and symptoms of the different types of pneumonia
- Complications, treatment options, and support strategies

### **Positive Behaviors Supports and Behavioral Intervention Plans**

This training provides an overview of positive behavior supports and behavior intervention plans. This training features:

- Definition of challenging behaviors
- Definition and components of a functional behavioral assessment
- Components of a behavioral intervention plan
- Positive behavior support strategies

### **Preparing for the Psychiatric Visit**

This training provides an overview of the psychiatric visit. This training features:

- The goal of a psychiatric visit
- Who should be involved in preparing for the visit
- How staff can prepare for the visit
- What staff can expect from the visit

### **Prescribed Diets**

This training provides an overview of prescribed diets. This training features:

- The importance of limiting sodium
- The importance of limiting carbohydrates
- The importance of limiting fat
- The importance of encouraging fiber

### **Professionalism**

This training provides an overview of professionalism. This training features:

- Definition of professionalism
- Key elements of professionalism
- Guidelines for Professional Conduct by the American Association on Intellectual and Developmental Disabilities (AAIDD)
- Code of Ethics by the National Alliance for Direct Support Professionals (NADSP)

### **Psychotropic Drugs an Overview**

This training provides an overview of psychotropic medications. This training features:

- Anatomy of the brain
- Categories and function of psychotropic medication
- Common side effects of psychotropic medications

### **Relationships and Boundaries**

This training provides an overview of relationships and boundaries. This training features:

- Definition of relationships and boundaries
- Importance of healthy relationships
- Healthy vs unhealthy boundaries
- Overview of assertiveness training

### **Renal Failure and Hemodialysis**

This training provides an overview of renal failure and hemodialysis. This training features:

- Definition, types, and stages of renal failure
- Causes, risk factors, and symptoms of renal failure
- Hemodialysis treatment
- Special considerations for individuals on hemodialysis

## **Reportable Non-Emergency Situations**

This training provides an overview of reportable, non-emergency situations. This training features:

- Function of major body systems
- Signs and symptoms of non-emergency situations of each body system
- Reporting of non-emergency situations

## **Respiratory Complications**

This training provides an overview of common respiratory diseases. This training features:

- Anatomy and function of the respiratory system
- Different types of respiratory diseases
- Signs, symptoms, and treatments of each respiratory disease

## **Scabies**

This training provides an overview of scabies. This training features:

- How to recognize scabies
- Biology of scabies
- Symptoms and diagnosis
- Treatments and prevention strategies

## **Sexuality and Sexual Expressions in Individuals with Developmental Disabilities**

This training provides an overview of sexuality and sexual expression. This training features:

- Definition of sexuality
- Goals and benefits of sexuality education and expression
- Individual rights, health benefits, and misconceptions about sexuality and sexual expression
- Overview of a sexuality curriculum

## **Stress Management**

This training provides an overview of stress management. This training features:

- Definition and types of stress
- Common internal and external stressors
- Body's response to stress
- Strategies for reducing stress

## **Summer Safety**

This training provides an overview of summer safety. This training features:

- Definition of different types of heat related illnesses
- Signs, symptoms, and treatment for heat related illnesses
- Stinging insects and related complications, including anaphylaxis
- Prevention and safety strategies

## **Traumatic Brain Injury (TBI)**

This training provides an overview of TBI. This training features:

- Definition, facts, and statistics of TBI
- Causes, risk factors, and symptoms of TBI
- Diagnostic tools, treatments, and complications of TBI
- Support strategies for caregivers

## **Tube Feedings**

This training provides an overview of tube feedings. This training features:

- Purpose of and indications for tube feedings
- Different types of tube feedings
- Best practices and potential complications of tube feedings

## **Tuberculosis**

This training provides an overview of tuberculosis. This training features:

- Definition and types of tuberculosis
- Signs, symptoms, and treatment options
- Prevention and support strategies

## **Understanding Sleep**

This training provides an overview of sleep. This training features:

- Definition and stages of sleep
- Importance of sleep and impact of lack of sleep
- Common sleep disorders
- Strategies for healthy sleep

## **Universal Precautions**

This training provides an overview of universal precautions. This training features:

- Definition of and reason for universal precautions
- Sources of infections
- Transmission routes of infections
- Exposure and prevention strategies

## **Urinary System and Catheter Care**

This training provides an overview of the urinary system and urinary catheters. This training features:

- Anatomy and function of the urinary system
- Causes and risk factors for needing a urinary catheter
- Types of urinary catheters and good catheter care
- Potential complications of urinary catheters