



October 2024

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Health Disparities	This training provides an overview of health disparities including definitions, populations which are most at risk, causes, and possible solutions.	10/1/24	1:00 p.m.- 2:00 p.m. (ET)	via Zoom
The Urinary System	This training provides an overview of the urinary system, including how the system functions, common problems that may arise, and treatment options.	10/10/24	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
Communicating with the Nonverbal Individual	This training provides an overview of effective interpersonal communication, challenges experienced with nonverbal communication, and strategies to support individuals who are nonverbal.	10/15/24	2:00 p.m.- 3:00 p.m. (ET)	via Zoom
Depression with Seasonal Pattern	This training provides an overview of depression with seasonal pattern including causes, symptoms, treatments, and strategies for caregiving.	10/23/24	10:00 a.m.- 11:00 a.m. (ET)	via Zoom

To register please email Katie Freeman-- kf1@theadvocacyalliance.org



November 2024

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Stress Management	This training provides an overview of Stress Management including ways to cope with and manage stress. This training features Stress Management by definition, acute versus chronic stress, psychological and physical effects of stress, and coping strategies.	11/4/24	1:00 p.m.- 2:00 p.m. (ET)	via Zoom
Down Syndrome	This training provides an overview of Down Syndrome and ways to support individuals with Down Syndrome. This training features causes, risk factors, complications, and management strategies.	11/14/24	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
Grief and Bereavement	This training provides an overview of bereavement and the grief process. This training features the stages of accepting death, how to break the bad news and ideas that can be used to assist adults with developmental disabilities experiencing the grief process.	11/19/24	2:00 p.m.- 3:00 p.m. (ET)	via Zoom
Delusional Disorder	This training provides an overview of delusional disorder, including signs, treatments, and support strategies.	11/25/24	10:00 a.m.- 11:00 a.m. (ET)	via Zoom

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December 2024

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Emotional Intelligence	This training provides an overview of emotional intelligence including its components and skills to improve your own emotional intelligence.	12/2/24	1:00 p.m.- 2:30 p.m. (ET)	via Zoom
Healthy Nutrition and Weight Management	This training provides information on the importance of healthy nutrition and weight management in disease prevention. The training includes components of healthy nutrition and healthy food choices.	12/12/24	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
Universal Precautions	This training provides an overview of universal precautions, including elements needed to spread infections, routes of transmission, and prevention techniques.	12/17/24	2:00 p.m.- 3:00 p.m. (ET)	via Zoom
Trauma Informed Care	This training provides an overview of trauma informed care, including the definition, signs and symptoms of trauma, and strategies to create a trauma informed system of care.	12/30/24	10:00 a.m.- 11:30 a.m. (ET)	via Zoom

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