

# Professional Healthcare Continuing Education

2011

# CATALOG



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## Contact Information

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## Approvals

### WNA/ANCC

Signifies the course was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

## Professional

### Healthcare Continuing Education

#### Abuse and Neglect for Health Care Professionals

Each year, millions of adults and children in the United States are abused and neglected. Many of them are severely assaulted, and thousands are killed. Others are intimidated, isolated, humiliated, and controlled by their abuser. Recognizing the signs of abuse, neglect, and vulnerability and then knowing where and how to report it is an important step to preventing further injury.

**Contact Hours:**  
 2.0 hours based on a 50 minute contact hour

#### Cardiovascular System Review for Health Care Professionals

The cardiovascular system is vital to the health and well being of all people. The heart and blood vessels that make up the cardiovascular system deliver blood and other material within the body. Even though treatment for cardiovascular disease has improved over the years, it is still the number one cause of death in the United States. This course will help you better understand the effect of the aging process on the cardiovascular system, as well as your role in the care of older persons with cardiovascular disease.

**Contact Hours:**  
 5.0 hours based on a 50 minute contact hour

### WNA/ANCC

## Diabetes Overview for Health Care Professionals

*This course is approved by the Wisconsin Nurses Association. The Wisconsin Nurses Association (WNA) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation.*

### Course Description:

An estimated 23.6 million people in the United States have diabetes mellitus, a group of diseases characterized by hyperglycemia due to insufficient insulin action, insulin production or both. Individuals with diabetes, regardless of the type, face serious short-term and long-term complications. This course provides an overview of the different types of the disease as well as symptoms and treatments for each. Complications of the disease will also be discussed.



This is a self-paced course with knowledge check quizzes after each lesson. These non-graded quizzes allow you to check your understanding of the lesson objectives before proceeding to the next lesson. After the final lesson you will be required to take a final exam. **You must score 70% or higher to pass the course and obtain a certificate of completion.**

This continuing nursing education activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation for credit through January 10, 2013.

This program is also designed to meet the requirements of the Minnesota Board of Nursing for licensure renewal.

**Course Objectives:** Upon completion of this course the student should be able to.

- State the two primary problems caused by high glucose in the blood stream.
- Characterize each of the three types of diabetes mellitus.
- List symptoms and treatments for each type of diabetes mellitus.
- List the testing methods for diagnosing diabetes.
- State the risk factors for diabetes mellitus.
- Identify complications of diabetes mellitus.
- List the symptoms and treatments of Hypoglycemia and Hyperglycemia.
- State the critical components of basic diabetes education.
- Outline important preventive care measures to assist the patient in staying healthy and active.

### Target Audience:

This course is designed to meet the continuing education requirements of health care professionals, such as Licensed Practical Nurses and Registered Nurses. It is designed to meet the requirements of the Minnesota Board of Nursing for licensure renewal.

### Commercial Support (Conflict of Interest) Disclosure:

This course (CE activity) was developed in accordance with ANCC criteria and Commercial Support Guidelines; the planners and authors of this course have disclosed no relevant financial, personal or professional relationships with any commercial entities pertaining to this activity. Therefore, the content is free of commercial bias for or against any product or commercial entity.

### Course Planning Team:

Kathy Richie, BSN, RN, Patricia Jump, RN, PHN, MA, Ann C. Meritt RD, LD, CDE, Audrey J. Weymiller, RN, CNP, PhD, Margaret Harris, MS

### Contact Hour(s):

1.8 contact hour(s) based on 50 minute contact hour (MN Board of Nursing ONLY)  
1.5 contact hour(s) based on 60 minute contact hour (WNA/ANCC)

## Hearing for Health Care Professionals

Audition (hearing) is crucial for humans since most of the time we relate to each other through verbal communication. Hearing loss is thought by many to be the most devastating handicap of all, frequently resulting in withdrawal from interactions with society and meaningful people such as family and friends.

### Contact Hours:

1.5 hours based on a 50 minute contact hour

## HIPAA Regulations: Confidentiality and the Law

The rules have changed. Because of new regulations, every person who works with patients - from front-line bedside workers, to billing clerks and secretaries, to CEOs - will be held to a higher standard of accountability for keeping confidential information private. More than ever before it is critical for all health care workers to receive information to reduce the risk and vulnerabilities associated with patient data security and privacy. The rules are significantly more far-reaching than any



confidentiality rules to date, covering not only electronic medical records, but also paper records and oral communications. They also require patients' written consent for even routine disclosure of

information. With criminal and civil penalties for improperly using or disclosing medical information, the stakes are high. It is critical that every employee, even those with access to limited patient information, become familiar with confidentiality requirements.

Contact Hours:  
2.0 hours based on a 50 minute contact hour

### Infection Control for the Professional Clinician

The application of infection control principles and practices is important to mitigate and prevent the spread of infectious diseases. More advanced medical devices and procedures, combined with prolonged survival amidst complex medical conditions further enhance the need for meticulous prevention efforts. This session encompasses a review of various disease processes including common symptoms, and preventive practices associated with individual disease states. Additionally, bioterrorism information and its effect on health care are presented.

Contact Hours:  
2.5 hours based on a 50 minute contact hour

### Integumentary System Review for Health Care Professionals

The integumentary (skin) system is an important protective barrier. Disruption of the skin integrity may result in the need for costly (financial, emotional and physical) remedial intervention. This course is designed to review the integumentary system in its normal, healthy state and to examine some of the common health problems associated with a compromised integumentary system. Additionally, treatment protocols for skin problems are identified.

Contact Hours:  
3.2 hours based on a 50 minute contact hour

### Intergenerational Communications

We live and work in a diverse world. One aspect of diversity is communicating with people from different generations. In a single day, we may interact with someone who is 80, 60, 35 or 22. Each person is part of a unique generation – Matures, Baby Boomers, Gen X’s or Gen Y’s – with common experiences that shaped his or her values. Once we understand these attributes, we can appreciate and have better relationships with those we serve.



As caregivers and coworkers, we are more productive and satisfied when we can build bridges, not walls, between generations. This course examines issues and challenges related to intergenerational communications. Ethnicity, immigration and family dynamics are also integrated with widely-accepted research on the behaviors, perceptions and preferences of individuals from four generations. Caregivers will learn tips and techniques for connecting with others so they can be more effective in their roles.

Contact Hours:  
5.8 hours based on a 50 minute contact hour

Cost: \$87.00 (unless package is purchased)

### Medicare 101 for Home Care

Agencies participating in the Medicare Home Health Program need to educate all professional staff regarding the compliance with the federal Conditions of Participation. Failure to do so may result in survey deficiencies, loss of Medicare reimbursement, and penalties with far-reaching consequences. This program is an introductory course for professional staff working with Medicare clients in home care.

Contact Hours:  
2.0 hours based on a 50 minute contact hour

## WNA/ANCC

### Principles of Diabetes Treatment for Health Care Professionals

Many people have been or will be diagnosed with diabetes. They vary in age, culture and socio-economic background as well as the ability and motivation to treat their diabetes. Just as there are different people with diabetes, there are also different treatment options for the disease which range from simple to complex. Diabetes treatment focuses on “individualization,” requiring healthcare professionals to balance the complexity of diabetes care, individual values, preferences, and capabilities with the avoidance of harm. This course is designed to provide healthcare professionals with knowledge of current treatment options for each type of diabetes. Insulin, insulin administration methods and oral agent options will be explored. Strategies for preventing and treating complications associated with diabetes will also be discussed.

This is a self-paced course with knowledge check quizzes after each lesson. These non-graded quizzes allow you to check your understanding of the lesson objectives before proceeding to the next lesson. After the final lesson you will be required to take a final exam. **You must score 70% or higher to pass the course and obtain a certificate of completion.**

This continuing nursing education activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation for credit through February 27, 2013.

This program is also designed to meet the requirements of the Minnesota Board of Nursing for licensure renewal.

**Course Objectives:** Upon completion of this course, the participant should be able to:

- Compare and contrast the different classifications of diabetes.
- Identify criteria for diagnosis of diabetes.
- Describe the main goals of diabetes care and treatment.

- Identify the effect of insulin on glucose levels and factors affecting the body's insulin needs.
- Compare and contrast the different insulin types, regimens and administration methods.
- Demonstrate the proper method for drawing up and mixing insulin.
- Describe the need for and different types of oral anti-diabetic medications.
- Explain the different types of blood glucose monitoring methods and target ranges for each type.
- Outline the general principals and recommendations for healthy diet and exercise with diabetes.
- Identify important general health considerations and microvascular complications for people with diabetes.

**Target Audience:**

This course is designed to meet the continuing education requirements of health care professionals, such as Licensed Practical Nurses and Registered Nurses

**Commercial Support (Conflict of Interest) Disclosure:**

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**Course Planning Team:**

Kathy Richie, BSN, RN,, Patricia Jump, RN, PHN, MA, Audrey J. Weymiller, RN, CNP, PhD, Margaret Harris, MS

**Contact Hours:**

3.0 hours based on a 50 minute contact hour (MN Board of Nursing ONLY)

2.5 hours based on a 60 minute contact hour (WNA/ANCC)

The estimated time for completion for this activity is 2. ½ hours.

**Respiratory System Review for Health Care Professionals**

According to the American College of Allergy, Asthma, and Immunology, we breathe nearly 25,000 times and inhale more than 10,000 liters of air during a normal day. The



The importance of a properly functioning respiratory system is apparent. So also is the need to recognize atypical functioning of the respiratory system. This course is designed to inform the professional caregiver of the normal and abnormal symptoms and diseases associated with the respiratory system. Methods of

treatment are discussed, and specific medications are outlined for the professional clinician.

**Contact Hours:**

8.0 hours based on a 50 minute contact hour

**WNA/ANCC**

**SBAR Communication for Health Care Professionals**

Though communication can be complicated, learning to effectively communicate with patients and peers is important. This course is designed to review communication style differences and other factors affecting communication. In addition, the course will introduce the SBAR communication model and explore strategies to apply it in home health and assisted living settings.

This is a self-paced course with knowledge check quizzes after each lesson. These non-graded quizzes allow you to check your understanding of the lesson objectives before proceeding to the next lesson. After the final lesson you will be required to take a final exam. You must score 70% or higher to pass the course and obtain a certificate of completion.

This continuing nursing education activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation for credit through February 27, 2013.

This program is also designed to meet the requirements of the Minnesota Board of Nursing for licensure renewal.

**Course Objectives:** Upon completion of this course, the participant should be able to:

- Describe factors affecting communication
- Identify differences among team members' communication styles.
- Describe the SBAR communication model.
- Describe strategies for applying the SBAR model in home health and assisted living settings.

**Target Audience:**

This continuing education course is of interest for all healthcare professionals that communicate with patients and peers, such as: licensed practical nurses, registered nurse, physical therapists, dietitians, and social workers.

**Commercial Support (Conflict of Interest) Disclosure:**

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**Course Planning Team:**

Kathy Richie, BSN, RN, Patricia Jump, RN, PHN, MA, Margaret Harris, MS

**Contact hours:**

1.2 contact hours based on a 50-minute contact hour (MN Board of Nursing ONLY)

1.0 contact hours based on a 60-minute contact hour (WNA/ANCC)

The estimated time for completion for this activity is 1 hour.

**Vision for Health Care Professionals**

In this course, you will gain a better understanding of the problems that affect vision, as well as learn things you can do to provide good care to persons with vision problems.

**Contact Hours:**

1.5 hours based on a 50 minute contact hour

**End of Life Care**

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**Difficult Decisions: Managing Communication Challenges**

This lesson is designed for professionals supporting patients who have recently learned that they have a terminal illness. It is the physician’s role to discuss a new diagnosis and the expected course of the disease (prognosis) with the patient. However, it is the role of the healthcare professional to reinforce, educate, support and empower the patient and the patient’s family to understand and accept the illness.

**Contact Hours:**

3.0 hours based on a 50 minute contact hour

**Healthy Boundaries and Healing Hearts**

Health care boundaries are the limits within which health care services are to be delivered. Health care boundaries are important for the protection of both the patient and the health care provider. Maintaining healthy boundaries can be difficult when faced with the challenge of end-of-life care. Health care providers and volunteers need to demonstrate a healthy balance between care and compassion without becoming overly involved in their patient’s lives. This course is designed to assist the learner in understanding boundaries in health care, identify boundary issues and methods to avoid or address those issues.

**Contact Hours:**

3.0 hours based on a 50 minute contact hour

**Overview of Hospice: Care Beyond Cure**

A team of professionals, paraprofessionals, and volunteers comprise the unique team of support available to the hospice patient and their families. It is important for all team members to have a clear understanding of hospice care. This course is an entry-level module for those interested in learning more about hospice, defining the roles of the team members, and

understanding the services available to the hospice patient and family.

**Contact Hours:**

1.0 hours based on a 50 minute contact hour

**The Faces of Grief: Addressing Spiritual and Bereavement Needs**

Grief manifests itself in many ways to the patient and to the family. A broader understanding of spirituality and bereavement enables the care team to provide help to those they serve as well as take care of themselves. This course will assist the participant in identifying methods to comfortably assess and address the spiritual and bereavement needs of the patient and family with education, resources, and information.

**Contact Hours:**

2.5 hours based on a 50 minute contact hour

**What Do I Do? Managing Physical and Emotional Symptoms of Dying**



Dying is much more than a medical “event”. It is a time of emotions that may include fear, grief, joy, anger, reconciliation, forgiveness, and transformation for all involved. Fear of the unknown for the patient and family is only natural. One of the fears the professional might face is the observation of the emotional and

bodily changes of the patient as death approaches. The professional may not be prepared to provide the appropriate assessments and education that is expected by the patient and family. In the journey between living and dying, this is an emotional time during which the professional is needed for support, encouragement, and direction. This course is designed for professionals with a desire to learn more about the physical and emotional signs of the terminally ill patient, including the expected sequence of changes. Included are teaching aids for communication with the patient and family as symptoms occur.

**Contact Hours:**

4.5 hours based on a 50 minute contact hour

## Help Desk Information

<b>Phone</b>	<b>1-877-396-6261</b>
<b>Date</b>	<b>Monday – Friday</b>
	7:30 a.m. - 4:30 p.m. (Central Time)
Please leave your name and phone number and your call will be returned on the next business day.	
If you are having issues with logging on or printing your certificate please provide your username also.	

## Testimonials

"We applaud RCTCLEARN.NET for their programs and technical expertise."  
 Jan Costello, Executive Director Illinois Home Care Council

"RCTCLEARN.NET is a valuable tool for providing our staff with learning opportunities across our care providers. Course content is part of our professional orientation program and annual training requirements and will soon be implemented for our Hospice Volunteers."  
 Mary F. Kelly, RN, MS Director of Education  
 Visiting Nurse Service of Rochester and Monroe County, Inc.

"The system was easy to use and I could do it on my own time table."  
 Anonymous Student

"These courses are very important before starting to take care of patients in the field."  
 Anonymous Nurse Educator

"The course, What to Expect: Physical and Emotional Symptoms of Dying increased my knowledge about caring effectively for terminal patients."  
 Anonymous Student

## Affiliations



Rochester Community and Technical College (RCTC)  
 851 30<sup>th</sup> Ave SE  
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Minnesota Home Care Association (MHCA)  
 1711 W County Rd B  
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Minnesota State Colleges & Universities - Wells Fargo Place  
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