



H.I.S. Cornerstone Live CEUs

1.0 Contact Hour for RNs and SWs in Houston, TX
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www.hiscornerstone.com

H.I.S. Cornerstone is an approved provider of continuing nursing education by the *Texas Nurses Association*, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. All activities meet the *Texas State Board of Social Worker Examiners* CE criteria and contain ethical content as well.

Alzheimer's Disease

- **Alzheimer's Disease 2020: What the Future Holds in Prevention, Detection, and Treatment**
An estimated 5.2 million Americans of all ages have Alzheimer's Disease, and by 2050 this disease is expected to cost the nation \$1.3 trillion a year. Explores the latest research on how to prevent Alzheimer's Disease, how to detect warning signs and symptoms, and how to assess the appropriate treatment and care for the Alzheimer's patient.
- **A Day in the Life of an Alzheimer's Patient: Enhancing Care Through Communication and Activity Modification**
Demonstrates effective communication strategies with Alzheimer's patients when providing care in both hospital and community settings and shows how creative activity modification can enhance their daily experiences.
- **End of Life Issues with Alzheimer's Disease: Ethical Family and Patient Considerations**
Explores the ethical decisions that must be made as the Alzheimer's patient approaches the end stages of the disease and encourages healthcare professionals to take a more active role in helping families make emotional care choices.
- **Snow White and the Seven Dwarfs: A Journey Through Alzheimer's Disease**
Examines Alzheimer's Disease in terms of the physical, cognitive, and psychosocial effect it has on the patient from time of diagnosis through the progression of the disease.



Discharge Planning/Rehospitalizations

- **Case Management for the Elderly: Facing Ethical Challenges in a Reforming Healthcare System**
Outlines the issues involved in discharge planning/case management including family dynamics and education, community resources, long-term care placement, documentation, physician communication, and rehospitalizations. Ethical challenges will be explored, and best case management practices contained in CMS's State Operations Manual Hospital Appendix A (Interpretive Guidelines) will be discussed.
- **Chronic Disease Management: The Case Manager's Role in Preventing Rehospitalizations**
Explores the latest research, Medicare pilot projects, and care strategies regarding chronic diseases such as stroke, COPD, diabetes, CHF, etc. and provide tools to assist patients in managing their diseases at home.
- **Health Literacy: Do Your Patients Really Understand Their Medical Treatment Plan?**
Addresses one of the most pervasive and under-recognized problem in medicine: Low levels of health literacy (the ability to obtain, understand, and use health information). Changes in the Joint Commission regulations, the Plain Writing Act, and the National Action Plan to Improve Health Literacy will be discussed along with success stories regarding reduced rehospitalizations and patient compliance.



- **Home Health vs. Hospice: Answering the "How, When and Why" Questions Regarding Patient Referrals**
Explores the age old question: Is my patient more appropriate for home health or hospice services? With the use of case studies, discusses Medicare regulations regarding each level of care as well as patient eligibility and benefits.
- **Hospital, Home Health, and Nursing Home Compare: What Exactly ARE These Websites Telling Me?**
Provides a detailed explanation as to how the quality data is derived and presented as well as how to interpret the data to be used in effective case management and discharge planning. The major overhaul of the Medicare.gov website will be discussed in terms of additional information on survey inspections, rehospitalization rates, antipsychotic medication use in nursing homes, patient satisfaction ratings, etc.
- **The Nursing Home and Hospital Partnership: Collaborative Efforts to Prevent Avoidable Hospitalizations**
Explores innovative programs that promote successful transitions of care from the acute setting to the SNF/long-term care facility.
- **Palliative and Hospice Care: Helping Patients Navigate End-of-Life Treatment Decisions**
Provides information and resources regarding palliative and hospice care so that healthcare professionals can assist their elderly patients in evaluating care options.
- **Transitions of Care for the Elderly: Providing Quality Services in the Appropriate Setting**
Describes the various healthcare delivery options for the elderly as they move from one level of care to the next and introduces various transitions of care programs whose goal is to decrease unnecessary hospitalizations.



Family Caregivers

- **The Art of Caregiving**
Creates a feeling of empathy towards an elder patient's caregiver in order to better understand his/her emotional, physical, and spiritual needs.
- **The Impact of Caregiver Stress on Hospital Readmissions: An Essential Factor in Positive Outcomes for the Elderly**
Discusses how to effectively assess the detrimental signs of stress among patients' family caregivers and ultimately enhance patient care by assisting those families in developing coping strategies that will help them manage that stress. The latest research regarding preventable hospital readmissions from home will be explored.
- **The Family Member as a Valuable Player on the Interdisciplinary Team**
Discusses various personality traits of caregivers for the elderly (i.e. resourceful, angry) and shows how the interdisciplinary team can utilize the family member's strengths in providing care for the patient.
- **Identity Crisis: From Family Member to Geriatric Caregiver**
Explores a theoretical framework in which to view the role of the family caregiver and identifies viable strategies to support the growing number of caregivers who are responsible for their aging relatives.



Organizational Training

- **Catch the Wave: Delivering Exceptional Customer Experiences to Improve Patient Care**
Describes how providing positive customer experiences can enhance patient satisfaction and improve care outcomes.



- **Compassion Fatigue and Professional Caregiver Burnout: The Detrimental Effect on Patient Care**
Healthcare professionals will learn how to recognize signs and symptoms of compassion fatigue and develop strategies to overcome burnout so that they can provide better care for their patients.
- **Communication, Conflict and Common Ground**
Explore and practice communication strategies and techniques designed to find common ground and work through conflicts with patients, families, co-workers, other professionals, etc. in healthcare settings.
- **Ethical Leadership: The Healthcare Professional's Duty in an Ever-Changing World**
Review ethical principles, values, and standards while discussing ethical dilemmas facing the elderly population today (i.e. end of life issues, sexuality, substance abuse, confidentiality).
- **Influential Leadership: Making a Positive Difference in the Lives of Those You Serve**
As healthcare continues to transform, professionals must also change their behavior to affect positive patient outcomes and organizational performance. Leadership characteristics such as trust, accountability, and team dynamics will be discussed in terms of the impact they have on patients, families, co-workers, and healthcare organizations.
- **Time Management for Case Management: Innovative Strategies to Improve Productivity and Patient Care**
By effectively managing time, case managers and other healthcare professionals can learn to become more efficient at work. Explore the latest research on time management as it directly correlates to improving patient outcomes and care.
- **Why Should Case Manager's Care: A Journey Through Compassion Fatigue**
Discusses compassion fatigue specifically from the hospital case manager's perspective, emphasizing the concept of caring through cooperation, collaboration, communication and coordination in patient discharge planning



Patient Care

- **Advance Care Planning for the Elderly: Going Beyond Advance Directives to Honor Wishes**
Includes thought-provoking assessments and tools designed to guide the elderly, family caregivers, and healthcare professionals as they all contemplate their future physical, psychosocial, and spiritual wishes at the end of life.
- **Ageing Well in the 21st Century: Helping Patients Make Lifestyle Choices that Count**
Addresses the number of research studies on this subject as our population is aging in overwhelming proportions. The healthcare professional's role in educating on cancer prevention strategies, maintaining the brain, heart health and more will be discussed.
- **The Art of Active Listening: Are You Listening to Your Patients and Are They Listening to You?**
Explores active listening as an art form in the delivery of healthcare by practicing evidence-based communication techniques that build rapport, enrich observation skills, and enhance patient care.
- **Baby Boomers on Medicare: Care Strategies for this Unique Population as They Age**
Discusses different care models that will meet the needs and expectations of this population which is 77 million strong. Topics include social, economical, environmental and technological factors that define the baby boom generation.



- **The Generation Gap in Healthcare: Implications for Both Patient Care and the Workforce**
Navigate the generational gap that exists among patients and healthcare professionals with the overall goal of improving patient care and exceeding expectations.
- **Hot Topics in Geriatric Care: What Healthcare Professionals Need to Know**
Meets the Texas Board of Nursing requirement for all nurses who provide care to older adults. Content includes information about elder abuse, age related memory changes and disease processes, health promotion/maintenance, and end of life issues.
- **How Patients Define Quality of Life: Little Things Make a Difference**
Focuses on quality of life issues for healthcare professionals and how that translates into providing more personalized care for their patients.
- **Keeping the Elderly on Their Feet: State-of-the-Art Programs in Fall Prevention**
Outlines the latest research and program-development on fall prevention in response to the Center for Disease Control's declaration that elderly falls have become a national epidemic.
- **The Other Drug Problem: Patient Non-Adherence in the Elderly Population**
Communicates the current statistics, implications and best practices in working with elderly population to tackle the growing concern of patient non-compliance to medication orders and treatment plans.
- **Patient-Centered Care: Implications for the Elderly Population**
Analyzes what patient centered care means for patients, their families, medical professionals and medical settings. Both the benefits of patient-centered care and potential costs will be acknowledged and debated as it relates to the elderly patient population.
- **Recognizing Cultural Diversity: Ethical Issues in Caring for the Elderly**
Discusses how healthcare professionals should adapt interventions to meet the cultural needs and preferences (ethnic and religious belief, values, and practices) of a diverse elderly population.
- **Sherlock Holmes, Watson, and the Case of the Smart Room: Using Technology to Enhance Patient Care**
Discusses the present and future use of technology in healthcare and its impact on the patient's physical and psychological well being.
- **What is the Value of An Elderly Person's Life**
Ethically contemplates the value of an elderly person as he/she ages and at the end of life and relates how this value affects the care an individual receives.



Psychosocial Issues

- **Ageism & Ethics: Rhyme or Reason?**
Explore the concept of ageism as it relates to quality of care and quality of life for the elderly patient.
- **The Benefits of Reminiscence in the Delivery of Healthcare for Older Adults**
This interactional activity will view the research on the benefits of reminiscing and explore strategies to operationalize the concepts into healthcare practice with seniors.



- **The Benefits of Humor in Healthcare: Laughter IS Good Medicine**
Explores the scientific research concerning laughter's affect on the body and translates this into practical ways the patient can utilize humor to improve physical and emotional care outcomes.
- **Can You Teach an Old Dog New Tricks? Helping the Elderly Change to Enhance Patient Compliance**
Analyzes the complex nature of change in the elderly and describes evidence-based techniques and strategies towards helping motivate geriatric patient behavioral change.
- **Discovering Your Patient's Love Language: Ethical Considerations in Providing Care to the Elderly**
Encourages healthcare professionals to provide patient-centered care and to educate family caregivers to do the same using the concept of Love Languages.
- **Emotional Competence: Treating the Patient's Emotions in Healthcare**
Discusses the importance of patient emotions as it relates to healthcare and describes best practices and skill sets to provide emotionally-competent patient care.
- **Mental Health and the Aging Population: A Structured Healthcare Team Approach**
According to the Center for Disease Control, older adults are less likely than younger persons to both report having mental health problems and seek specialty mental health services. Recognizes the importance of mental healthcare (i.e. depression, delirium) and its effect on the elderly patient's well-being. Care options and ethical considerations will be explored.
- **The Power of Positive Thinking for Healthcare Professionals: What Effect Does This Have on You and Your Patients?**
Illustrates the powerful effect that the healthcare professionals' positive outlook can have on patient, caregivers, co-workers, and themselves.
- **Senior Suicidal Risk: Assessment, Warning Signs, and Prevention**
Presents the typical warning signs of an elderly patient in the suicidal danger zone and explores strategies to appropriately respond as a healthcare provider.
- **Spirituality in Healthcare: An Ethical Approach to Caring for Patients**
Explores the latest research connecting spirituality and patient care outcomes. Professional and ethical issues will be addressed.



Regulatory

- **Confronting the Growing Problem of Elder Abuse: The Healthcare Professional's Role**
According to the World Health Organization, "Elder abuse is a violation of human rights, and a significant cause of illness, injury, loss of productivity, isolation and despair," yet approximately six million elders were abused last year (9.5% of the population). Defines elder abuse and neglect and outlines the professional's responsibility in preventing, detecting, and reporting.
- **Ethical Considerations in Healthcare Provision: Patient Referrals, Medicare Fraud, and Excessive Spending**
Addresses the growing concern regarding unethical patient referrals, "kickback" activities, fraudulent billing practices, and waste of healthcare dollars on unnecessary and/or duplicate diagnostic procedures.



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- **Scams and Shams: The Top 10 Financial Fraud Schemes Targeting Seniors**
Reviews the epidemic in society today - taking advantage of vulnerable seniors. Prevention programs designed by AARP, the FBI, and the National Council on Aging will be discussed.
- **Staying on Track: Protecting the Rights of Elderly Patients from an Ethical Perspective**
Assists the healthcare professional in the decision-making process when ethical issues related to the rights of elderly patients arise.
- **Superheroes in Healthcare: Fighting for Justice with Jurisprudence and Medical Ethics**
Discusses principles of professional ethics and boundaries with the use of case studies and group participation. Meets the Texas Board of Nursing requirement for 1.0 contact hour in ethics and includes information on the Nursing Practice Act and Texas BON Position statements. Can be presented as a 2.0 hour CEU as well.
- **Updated HIPAA Regulations 2020: Protecting the Privacy and Security Rights of Seniors**
Presents a detailed look at the "sweeping changes" in the rules regarding the protection of identifiable health information, electronic health records, the rights granted to the elderly patient including federal enforcement of those rights, and the ethical impact the law has on healthcare delivery.

"Quality Education is the Cornerstone for Quality Care"