ONLINE CE TOPICS

CERTIFIED FOR RNs, SWs, CCMs, ACMs and LPCs
1.0 CE CREDIT EACH
** = ETHICS FOR SW

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H.I.S. Cornerstone is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. All activities meet the Texas Behavioral Health Executive Council (SWs, LPCs), Commission for Case Manager Certification, and American Case Manager Association CE criteria.

RECORDED CE WEBINARS

- **Advance Care Planning for the Elderly: Going Beyond Advance Directives to Honor Wishes ****

  Examines assessments and tools designed to guide the elderly as they contemplate their future physical, psychosocial, and spiritual wishes at the end of life.

- **Alzheimer's Disease Present and Future: Ethical Strategies for 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.

- **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.

- **Ethical Issues with Alzheimer's Disease: Exploring End-of-Life Considerations for Patients and Families ****

  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.

- **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).

- **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.

- **How Healthcare Professionals Lead During a Pandemic: The Power of Positivity**

  Illustrates the powerful effect that the healthcare professionals' positive outlook can have on patient, caregivers, co-workers, and themselves.

- **Providing Person-Centered Care Through the Use of Love Languages: An Ethical Approach ****

  Encourages healthcare professionals to provide patient-centered care and to educate family caregivers to do the same through the use of Love Languages.

- **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.

- **Resiliency During a Pandemic: Learning from the Past, Living in the Present, and Hopeful for the Future ****

  In the midst of a pandemic and beyond, encourages healthcare professionals to adopt research-based resiliency strategies proven to enhance their own quality of life as well as that of their patients.

- **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.

- **Superheroes in Healthcare: Fighting for Justice with Jurisprudence and Medical Ethics ****

  Explores principles of ethics, jurisprudence, and professional boundaries in order to provide the highest quality patient care. Meets the Texas Board of Nursing requirement for 1.0 contact hour in ethics and jurisprudence.

- **Superheroes in Healthcare THE SEQUEL: Fighting for Justice with Jurisprudence and Medical Ethics ****

  Explores principles of ethics, jurisprudence, professional boundaries, and standards of minimum practice in order to provide the highest quality of care for their patients. Meets the Texas Board of Nursing requirement for 1.0 contact hour in ethics and jurisprudence.

- **The Benefits of Humor in Healthcare: Laughter is Good for the Heart**

  Explores the scientific research concerning laughter's effect on the body and translates this into practical ways the patient can utilize humor to improve physical and emotional care outcomes.

- **Treating Patient Emotions: What is the Healthcare Professional's Ethical Responsibility? ****

  Discusses the importance of patient emotions as it relates to healthcare and describes best practices and skill sets to provide emotionally - competent patient care.

WRITTEN ONLINE CE COURSES

ALZHEIMER'S DISEASE

- **Music, Memory, and Dementia: The Beat Goes On**

  Emphasizes the healing benefits of music therapy with the elderly population, particularly with the dementia patient. The use of "personalized music" will be discussed in terms of tapping into long-term memory and altering negative behaviors.

CARE TRANSITIONS/DISCHARGE PLANNING

- **Aging in Place: "There's No Place Like Home"**

  Recognizes the desire of many seniors to remain at home as they age and discover resources and strategies to assist in honoring their wishes when feasible.

- **From Hospital to Home: Effective Strategies for a Successful Transition**

  Discusses discharge planning tools and strategies designed to assist the elderly when returning home after hospitalization. Topics include medication management, monitoring of chronic conditions, and home safety.

- **Long-Term Care Insurance: To Have or Have Not**

  Explains the pros and cons of long-term care insurance, what it typically covers, and what to look out for when helping patients make care decisions based on their long-term care coverage (or lack thereof).

- **Advance Care Planning and Ethical End-of-Life Issues ****

  Explores the findings resulting from research funded by the Agency for Healthcare Research and Quality (AHRQ) and includes assessments and tools designed to guide the elderly as they contemplate their future physical, psychosocial, and spiritual wishes at the end of life.

- **Caring for the Elderly: Ethical Considerations During a Pandemic and Beyond ****

  Discusses how the elderly have been affected by the pandemic and the ethical issues that have surfaced as a result. With the use of case studies, topics will include substance abuse, depression/isolation, financial impact/scams, changes in care provision, family caregiver stress and emotions, hospitalization, end of life issues, etc.

- **Elder Abuse and Self-Neglect: The Ethical Aspects of Caring ****

  Defines elder abuse and neglect and outlines the professional's responsibility in preventing, detecting, and reporting.

- **Ethics in Caring for the Elderly: Do You Know Their Love Language? ****

  Reiterates the ethical duty that healthcare professionals have to provide person-centered care and introduces the love language concept as a way of delivering that care to elderly patients.

- **Good Grief: Helping Families Cope After the Loss of an Elderly Loved One ****

  Review key components of healthy grieving in order to assist families after a patient's death. Ethical issues related to dying, death, and grief will be discussed.

- **Mental Health and the Elderly: An Ethical Team Approach (1.5 CE credits) ****

  According to a recent CDC report, over 20% of adults ages 65 or older have a mental health concern, but only about two-thirds receive treatment. Emphasizes the need to address the mental health of our elderly population by reviewing assessment strategies and specific treatment options.

- **No News Isn't Always Good News: The Ethics of Communicating Bad News Through Crucial Conversations ****

  Explores communication techniques that are proven to be effective when delivering negative news to patients, families, and others. Ethical issues of withholding crucial information will be discussed.

- **Substance Abuse in the Elderly Population: An Ethical Approach to This Hidden Epidemic ****

  Gain understanding into the assessment and treatment options for older adults who are struggling with substance abuse and explore ethical situations that may arise when approaching this delicate subject.

- **Suicide in the Aging Population: An Ethical Perspective ****

  Identifies the prevalence of late life suicide, provides warning signs, risk factors, and addresses assessment methods and responses to enable the healthcare professional to better predict the individual risk for elderly patients.

FAMILY CAREGIVERS

- **Caregiver Guilt: Resisting This Destructive Emotion**

  Assists healthcare professionals as they guide and help caregivers combat feelings of guilt associated with caring for their elderly loved ones.

- **Caregiver Personality Types: Strategies to Enhance Patient Care**

  Discusses various personality traits of caregivers for the elderly and shows how the healthcare professional can utilize the family member's strengths in providing care for the patient.

- **Holiday Stress and Caregiving: The Search for Comfort and Joy**

  Analyze the prevalent difficulties of caregiving during the holidays and develop coping strategies that will help professional and family caregivers manage holiday stress.

- **Spousal Caregiving: Does Love Outweigh the Risks?**

  Discusses special considerations regarding spousal caregivers, including physical and emotional health risks, and provides coping strategies for this unique group of caregivers.

ORGANIZATIONAL TRAINING

- **Conflict Management in Healthcare: Finding Common Ground**

  Explores communication strategies and techniques designed to find common ground and work through conflicts in healthcare settings with elder patients and their families.

- **Generational Differences in Healthcare: Bridging the Gap**

  Gain insight into generational values and belief systems and learn techniques to effectively communicate with each of the four generations represented within the patient population today.

- **Human Trafficking: The Healthcare Professional's Role in Identification and Response**

  Healthcare professionals will understand the types of trafficking and vulnerability factors; the health impact of human trafficking; the identification and assessment of a human trafficking situation; and the healthcare professional's role in response and follow-up.

- **Improving Emotional Intelligence for Better Outcomes: Self Awareness & Self-Management**

  Teaches how to utilize the emotional intelligence skills of self-awareness and self-management when providing patient care to improve communication and outcomes. (Part 1)

- **Mindfulness in Medicine: How Intentional Awareness Helps Your Patients**

  Recognizes the value of utilizing mindfulness in medicine to not only help healthcare professionals combat stress but to enhance their elderly patients' physical and emotional well-being.

- **Positivity in Healthcare: Improving Quality of Care**

  Illustrates the powerful effect that the healthcare professionals' positive outlook can have on patient, caregivers, co-workers, and themselves.

- **Putting Emotional Intelligence to Work: Social Awareness & Relationship Management**

  Teaches how to utilize the emotional intelligence skills of social awareness and relationship management when providing patient care to improve communication and outcomes. (Part 2 or can be taken separately)

- **Shams, Scams, and Seniors: The Vulnerable Elder**

  Recognizes the growing problem of elder fraud and abuse and explores the healthcare professional's role in terms of prevention and advocacy.

PATIENT SAFETY

- **Promoting Senior Independence: Let Freedom Ring!**

  Outlines various ways in which the senior population can remain independent for as long as possible. Topics such as home safety evaluation, fall prevention, telemonitoring, federal "Independence at Home" pilot project, and wellness will be discussed.

- **Senior Falls: More Than a Rising Financial Cost**

  Explores the latest research, program-development, and strategies on fall prevention with the elderly population.

PSYCHO-SOCIAL CARE

- **Four Patients You Should Know: The Benefits of Understanding Temperament Behaviors**

  By understanding the Four Temperament Model of Behavior, healthcare professionals are better equipped to utilize individualized communication approaches with patients, families, and co-workers.

- **Reminiscence Therapy and Life Review: Empowering Older Adults**

  Defines reminiscence and life review, examines benefits, and explores strategies to operationalize the concepts into healthcare practice with older adults.

- **Theories on Aging: How Do We Measure Success?**

  Examines the older age group from a psychosocial developmental perspective exploring aging theories that guide and inform care for this patient group.

- **Hydration and the Elderly: "Let's Drink to That!"**

  Recognizes the signs, symptoms, risk factors, and complications of dehydration with the elderly population and provides the latest intervention and health-promotion strategies.

- **Sleeping Well as We Age: Putting to Bed the Myth of Insomnia**

  Discusses the risk factors/causes for insomnia and other sleep disorders late in life, the detrimental effect sleep deprivation can have on an elderly person, and the research-supported strategies for getting a good night's sleep.

- **Taking Care of the Elderly: The Benefits of Pet Therapy Across All Settings**

  Describes various types of pet therapy programs and provides the research that supports emotional, social, and physical benefits to the elderly when provided in hospitals, rehab facilities, adult day care, assisted living, SNFs, and at home.