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# SELF-PACED CE TOPICS

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ALL COURSES CERTIFIED FOR RNs, LVNs, CCMs, and ACMs in ALL STATES  
ALL COURSES CERTIFIED FOR SWs and LPCs in TX  
SPECIFIED COURSES FOR PT/PTA/OT/OTA/SLP in TX  
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 the 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.*

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## WRITTEN & RECORDED FORMAT

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- **Catch the Wave: Delivering Exceptional Customer Service to Improve Patient Care\*\***  
(PT/PTA/OT/OTA Certified in TX)

*Explores how providing positive customer experiences can enhance a patient's quality of care and quality of life.*

- **Influential Leadership: Making a Difference in the Lives of Those You Serve**

*Participants will realize how to 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 the healthcare system as a whole.*

- **The Art of Active Listening: Are You Listening to Your Patients, and Are They Listening to You?\***  
(PT/PTA/OT/OTA Certified in TX)

*Recognizes active listening as an art form in the delivery of healthcare, practice evidence-based communication techniques that build rapport, enrich observation skills, and enhance patient care.*

- **Updated HIPAA Regulations: Protecting the Privacy and Security Rights of Seniors\*\***  
(PT/PTA/OT/OTA Certified in TX)

*Explores the ever-changing HIPAA laws and how they affect the elderly patient's right to privacy. Ethical issues surrounding the "spirit of the law" will be discussed to ensure protection of personal and health information.*

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## RECORDED-ONLY FORMAT

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- **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).*

- **How Patients Define Quality of Life: Little Things Make a Difference\*\***

*Understand a theoretical framework in which to view the role of the family caregiver and the viable strategies to support the growing number of caregivers who are responsible for their aging relatives.*

- **Identity Crisis: An Ethical Journey Through the Eyes of a Family Caregiver\*\***

*Understand the framework for individualized patient care by recognizing how patients perceive their own quality of life.*

- **Patient-Centered Care: Ethical Implications for the Elderly Population\*\***

*Understand what providing patient-centered care (PCC) means for elderly patients, their families, and medical professionals in terms of potential benefits, cost, and the practicality of providing this type of care.*

- **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.*

- **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.*

- **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.*

- **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 FORMAT

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### ALZHEIMER'S DISEASE

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- **A Day in the Life of an Alzheimer's Patient: Enhancing Care Through Communication and Activity Modification**

*(PT/PTA/OT/OTA/SLP Certified in TX)*

*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.*

- **Alzheimer's Disease: The Latest Research on Prevention, Detection and Treatment**

*(PT/PTA/OT/OTA Certified in TX)*

*Explores the latest findings 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.*

- **Everything I Wish I'd Known: Caring for a Loved One with Dementia (2 hours)**

*The healthcare professional will learn how to guide patients' caregivers in legal, financial, medical, and safety decisions, as well as help with strategies to improve family communication and prevent caregiver burnout.*

- **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.*

- **Take One Bite at a Time: A Multifaceted Approach to Enhance Dining with Dementia**

*(PT/PTA/OT/OTA/SLP Certified in TX)*

*Learners will gain an understanding of how dementia affects intake and discover ways to help patients increase hydration and nutrition who are suffering with dementia.*

## CARE TRANSITIONS/DISCHARGE PLANNING

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- **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).*

- **Palliative and Hospice Care: Helping Patients Navigate End-of-Life Decisions**

*(PT/PTA/OT/OTA/SLP Certified in TX)*

*This course will equip healthcare professionals to serve as a navigator to patients when exploring end-of-life decisions regarding palliative and hospice care.*

- **Transitions of Care for the Elderly: Providing Quality Services in the Appropriate Setting**

*Participants will be able to apply essential intervention categories aimed at improving care transitions and ensuring patient safety across the continuum of care.*

## ETHICAL ISSUES

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- **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\*\***

*(PT/PTA/OT/OTA Certified in TX)*

*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? \*\***

*(PT/PTA/OT/OTA Certified in TX)*

*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\*\***

*Reviews 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\*\***

*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\*\***

(PT/PTA/OT/OTA Certified in TX)

*Delivers 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.*

- **Staying on Track: Protecting Elderly Patient Rights from an Ethical Perspective\*\***

(PT/PTA/OT/OTA Certified in TX)

*This course will identify the rights of elderly hospital and long-term care patients while assessing these rights in an ethical context through the use of various case studies.*

## FAMILY CAREGIVERS

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- **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**

*Analyzes the prevalent difficulties of caregiving during the holidays and helps the professional and family caregivers develop coping strategies to 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

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

*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**

*Reviews generational values and belief systems to help the learner understand techniques for effectively communicating with each of the four generations represented within the patient population today.*

- **Health Literacy: Do Your Patients REALLY Understand Their Medical Treatment Plan?**

*This course will identify ways in which healthcare professionals and care team members can promote health literacy for all patients through various methods while also pursuing the goal of health equity. Cultural values, socioeconomic factors, age, religious beliefs and gender will be discussed in relation to a patient's level of health literacy.*

- **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.*

- **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

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- **Behind the Wheel with the Elderly: To Drive or Not to Drive?**

*(PT/PTA/OT/OTA Certified in TX)*

*Understand how to assist elderly patients and their families when assessing driving capabilities and provide tangible solutions when driving is no longer safe.*

- **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**

*(PT/PTA/OT/OTA Certified in TX)*

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

## PSYCHO-SOCIAL CARE

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- **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.*

## WELLNESS

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- **Chronic Disease Management: The Case Manager's Role in Preventing Rehospitalizations**

*(PT/PTA/OT/OTA Certified in TX; Certified for SWs in all states)*

*This course will help healthcare professionals become familiar with various forms of Chronic Disease and provide tools to assist patients in managing their diseases at home.*

- **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.*