

## TAKE HOME CE TOPICS

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### ALL STATES:

**Accredited for RNs, LVNs, SWs\*, LPCs, CCMs, and ACMs**

\*Not accredited for SWs in New York

Specified courses for PT/PTA/OT/OTA/SLP/AUD in TX  
(Contact us for individual state approvals)

1.0 CE Credit each

\*\* = ethics for SW



**Nurses** – HIS Cornerstone is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

**Social Workers** – HIS Cornerstone, provider #2082, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 03/25/2025–03/25/2026.

## READING-BASED ASYNCHRONOUS DISTANCE LEARNING

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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**

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*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**

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

*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 and care partner 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.*

- **Keep the Ball Going: Ensuring Effective Communication Along the Journey of Dementia**

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

*Explore tips and strategies for how to effectively communicate with a dementia patient while using all five senses through each stage of the patient'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.*

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

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*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**

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*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.*

- **Catch the Wave: Delivering Exceptional Customer Service to Improve Patient Care\*\***

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

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

- **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?\*\*\***

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*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.*

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

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*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.*

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

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*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.*

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

*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.*

## 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.*

- **Caregiver Stress on Hospital Readmissions: An Essential Factor for Positive Outcomes**  
(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*Assesses a caregiver's stress level to determine appropriate stress management strategies and resources that will ultimately help improve patient outcomes.*

- **Caregiving for Seniors During the Holidays: From Stress to Success**

*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**  
(Certified in TX for PT/PTA/SLP/AUD)

*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.*

- **Holiday Time Management: Strategies to Improve Productivity and Patient Care**

*Participants will learn strategies on how to effectively manage their time in the healthcare setting, especially during the holiday season.*

## PATIENT SAFETY

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

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

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

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

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*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.*

- **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**

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

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

- **Updated HIPAA Regulations: Protecting the Privacy and Security Rights of Seniors**

(Certified in TX for PT/PTA/OT/OTA/SLP/AUD)

*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.*

## PSYCHO-SOCIAL CARE

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- **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.*

- **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**

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

*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.*