

Assisted Living Course List

Abuse and Neglect

- Abuse and Neglect

Activities of Daily Living

- Empowering Residents Through ADLs

Administrative and Other

- Managing the Employee on Transitional Duty
- Professionalism in the Workplace

Compliance

- A HIPAA Primer
- Affirmative Action
- Corporate Compliance, the Deficit Reduction Act
- Corporate Compliance - What You Need to Know
- Fair Housing
- Preventing Harassment in the Workplace
- Preventing Harassment in the Workplace for Supervisors
- Residents' Rights

Dementia

- Communicating with Older Adults with Dementia
- Depression - What You Need to Know
- Providing High Quality Dementia Care
- What is Dementia?

Dietary

- Kitchen Safety
- Safe Food Handling

Falls

- Understanding Falls

Family Education Series

- A HIPAA Primer
- Advance Directives
- Communicating with Older Adults with Dementia
- Diabetes - What You Need to Know
- Hand Washing
- Introduction to End-of-Life Issues
- Understanding Falls
- What is Dementia?

Infection Control

- Bloodborne Pathogens
- Hand Washing
- HIV and AIDS - What You Need to Know
- Infection Control

Nutrition

- Nutrition and Hydration

Resident Care

- Advance Directives
- Depression - What You Need to Know
- Diabetes - What You Need to Know

Safety

- Bloodborne Pathogens
- Defensive Driving
- Emergencies & Disasters -- What You Need to Know
- Kitchen Safety
- HIV and AIDS - What You Need to Know
- Investigating Employee Accidents
- Preventing Slips, Trips & Falls
- Preventing Workplace Violence

As of March, 2010

Upstairs Solutions is constantly developing new courses — see our website for the current list.

Please see reverse side for more details.



Company Profile

**We Make
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Easy!**



Save time and money with effective online training from **Upstairs Solutions!** We provide more than **100** interactive courses for senior care staff, and an easy-to-use tracking system for training, licensing and more.

Benefits

- Lower Training Costs
- Easy Survey Readiness & Compliance
- Improved Quality of Care
- Reduced Employee Turnover
- Less Litigation & Fewer Workman's Comp Claims

Course Features

- **Exclusive Cheat-Proofing!** No skipping forward without learning!
- Most engaging and interactive available
 - Animated
 - Complimentary audio and visuals
 - Real life scenarios
 - Learning games
- 50 Nursing CEUs, 57 Administrator CEUs
- Courses for Skilled Nursing, Assisted Living, CCRCs, and Home Health
- Customized self-authored content



Learning Management System Features

- Proactive email alerts for Courses Due, Expiring Licenses, and other reports
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- Randomized exam questions
- Certificates of completion

Skilled Nursing Course List

Abuse and Neglect

- Abuse and Neglect^{1,2}
- Abuse and Neglect - Fundamentals
- Abuse and Neglect Investigation^{1,2}

Activities

- Activities – An Interdisciplinary Approach^{1,2}
- One-to-One Activities^{1,2}
- Welcome to the Activity Department¹

Assessments

- Introduction to the RAI-From MDS to Care Plan^{1,2}
- Anatomy of a Medical Record¹

Compliance

- A HIPAA Primer for Long-Term Care^{1,2}
- Affirmative Action
- Are You Survey Ready?^{1,2}
- Corporate Compliance, the Deficit Reduction Act for Managers²
- Corporate Compliance - What You Need To Know²
- Fair Housing
- Five Star Quality Rating System
- The Ins and Outs of Documentation²
- Preventing Harassment in the Workplace¹
- Preventing Harassment in the Workplace for Supervisors^{1,2}
- Residents' Rights^{1,2}

Dementia

- Communicating with Older Adults with Dementia^{1,2}
- Depression – What You Need to Know²
- Providing High Quality Dementia Care - An Overview^{1,2}
- What is Dementia?^{1,2,3}
- What is Dementia - Fundamentals

Dietary

- Kitchen Safety¹
- Kitchen Safety - Fundamentals
- Safe Food Handling¹
- Safe Food Handling - Fundamentals
- Welcome to the Dietary Department¹

Elopement

- Elopement - Do You Know Where Your Resident Is?^{1,2}

Falls

- Understanding Falls^{1,2}

Family Education Series

- Advance Directives
- Communicating with Older Adults with Dementia
- Creating A Fine Dining Experience
- Depression - What You Need to Know
- Diabetes - What You Need to Know
- Introduction to End-of-Life Issues
- Is Your Loved One at Risk for Falls?
- Medicare Overview
- Nutrition and Hydration - Your Responsibilities
- Safe Eating
- Siderails - A Hidden Danger
- What are Physical Restraints?
- What Families Should Expect from Long-Term Care
- What is Dementia?

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Skilled Nursing Course List

Infection Control

- Bloodborne Pathogens^{1,2}
- Bloodborne Pathogens - Fundamentals
- Hand Washing¹
- HIV and AIDS - What You Need to Know⁵
- Infection Control^{1,2}
- Infection Control – Fundamentals
- Personal Protective Equipment^{1,2}
- Tuberculosis - What You Need to Know²

Medicare

- Medicare Overview^{1,2}

Medications

- Medication Administration: Avoiding Common Errors^{1,2}

Nutrition

- Alternative Feeding Methods^{1,2}
- Creating a Fine Dining Experience^{1,2}
- Nutrition and Hydration - Your Responsibilities^{1,2}
- Nutrition and Hydration: Your Responsibilities - Fundamentals
- Safe Eating^{1,2}

Pressure Ulcers

- Pressure Ulcer Prevention - "T-N-T"^{1,2}

Pressure Ulcers—Advanced (*Wound Care 101*)

- Back to Basics of Wound Healing⁴
- Nutrition & Wound Healing⁴
- Wound Assessment & Documentation⁴
- Selecting a Dressing⁴
- Chronic Wound Management⁴
- Interventions to Manage Tissue Loads & Incontinence⁴
- Differentiating Various Types of Ulcers⁴
- How to Perform an Ankle Brachial Index & Applying a Multilayer Compression Wrap⁴

- Reducing Your Risk of a Lawsuit⁴

Resident Care

- Advance Directives^{1,2}
- Aggressive Residents^{1,2}
- Catheter Care¹
- Depression – What You Need to Know²
- Diabetes-What You Need to Know^{1,2}
- The Ins and Outs of Documentation²
- Introduction to End of Life Issues
- Pain: The 5th Vital Sign - Assessment^{1,2}
- Pain: The 5th Vital Sign - Treatment Options^{1,2}
- Perineal Care¹
- Postmortem Care¹
- Pressure Ulcer Prevention - "T-N-T"^{1,2}
- Preventing Constipation and Fecal Impaction^{1,2}
- Transferring, Repositioning and Lifting Residents Safely^{1,2}
- Urinary Incontinence^{1,2}
- Weighing and Measuring Residents¹

Restorative Nursing and ADLs

- Communicating with Older Adults with Dementia^{1,2}
- Empowering Residents Through ADLs^{1,2}
- Empowering Residents Through ADLs - Fundamentals
- Nutrition and Hydration - Your Responsibilities^{1,2}
- Perineal Care¹
- Pressure Ulcer Prevention - "T-N-T"^{1,2}
- Safe Eating^{1,2}
- Transferring, Repositioning and Lifting Residents Safely^{1,2}
- Understanding Falls^{1,2}
- Urinary Incontinence^{1,2}

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Skilled Nursing Course List

Restraints

- Creating a Restraint-Free Environment^{1,2}
- Siderails - A Hidden Danger^{1,2}
- What are Physical Restraints?^{1, 2}

Other

- Managing the Employee on Transitional Duty¹
- Professionalism in the Workplace^{1,2}
- What Families Should Expect from Long-Term Care

Safety

- Aggressive Residents^{1,2}
- Bloodborne Pathogens^{1,2}
- Bloodborne Pathogens - Fundamentals
- Defensive Driving
- Emergencies & Disasters -- What You Need to Know²
- Ergonomics - Lifting and Moving^{1,2}
- Fire Safety^{1,2}
- Hazard Communication – MSDS¹
- HIV and AIDS - What You Need to Know⁵
- Kitchen Safety
- Investigating Employee Accidents^{1,2}
- Lockout / Tagout Procedures¹
- Personal Protective Equipment^{1,2}
- Preventing Slips, Trips and Falls^{1,2}
- Preventing Workplace Violence^{1,2}
- Transferring, Repositioning and Lifting

¹ Module has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Boards of Examiners for Nursing Home Administrators (NAB) and approved for 1 clock hour and 1 participant hour.

² Module co-provided by Rush University College of Nursing, an approved provider of continuing nursing education by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This CNE activity is offered for 1 contact hour. This program is offered without bias and without commercial support.

³ Approved Florida Nursing Home Alzheimer's Disease or Related Disorders 1-Hour Curriculum.

⁴ WoundCare 101 Course. Provider approved by the California Board of Registered Nursing, Provider # 15041, for 1.0 contact hours. Provider approved as a Physical Therapy Continuing Education Sponsor, License # 216.000186 by the Illinois Department of Financial and Professional Regulation.

⁵ Meets HIV/AIDS training requirement in Florida.

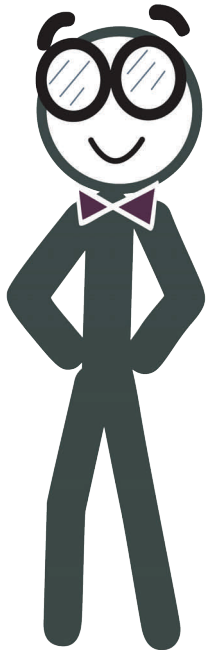
Upstairs Solutions is licensed as a Continuing Education Provider by the California Board of Registered Nursing and is approved as a CNA Continuing Education On-Line Provider by the California Department of Public Health.

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