

# Assisted Living

Course Catalog

## Healthcare Academy Assisted Living Course Catalog Table of Contents

Alzheimer’s Disease and Dementia .....	3
Annual Requirements .....	3
Behavioral Health.....	4
Customer Service .....	4
Infection Control .....	4
Infection Control (Cont’d).....	5
Medication .....	5
Mental Health .....	5
Person-Centered Care Service Delivery .....	6
Professional Development.....	6
Professional Development (Cont’d).....	7
Professional Requirements, Remediation, Care Competency: Nursing .....	7
Professional Requirements, Remediation, Care Competency: Nursing (cont’d).....	8
Professional Requirements, Remediation, Care Competency: Nursing Assistant.....	8
Safety .....	8
Safety (cont’d).....	9
Skills/Competency .....	9
Continuing Education Key and Additional Information .....	10

## Alzheimer's Disease and Dementia

Course Name	Spanish	CH	Continuing Education
A Comprehensive View of Alzheimer's Disease	✓	1.0	Licensed Nurse
A Comprehensive View of Dementia		1.0	Licensed Nurse
Abuse Prevention for Persons with Dementia	✓	0.5	WA-DSHS
Alzheimer's Dementia: Creating Routines		1.0	Licensed Nurse
Alzheimer's Disease		1.0	Licensed Nurse
Alzheimer's Disease and Related Disorders 1-Hour Curriculum	✓	1.0	Licensed Nurse
Alzheimer's Disease and Related Disorders 3-Hour Curriculum	✓	3.0	Licensed Nurse
Specialized Care for Persons with ADRD		4.0	<i>Coming Soon</i>
Alzheimer's Disease: The Facts	✓	0.5	Licensed Nurse
Challenging Behaviors: Care and Interventions for Individuals Experiencing Dementia		1.0	Licensed Nurse
CMS Hand in Hand Training Series for Nursing Homes <b>(Note: courses can be assigned separately or as a curriculum)</b> <i>Module 1: Understanding the World of Dementia: The Person and The Disease</i> <i>Module 2: Being with a Person with Dementia: Listening and Speaking</i> <i>Module 3: Being with a Person with Dementia: Actions and Reactions</i> <i>Module 4: Being with a Person with Dementia: Making a Difference</i> <i>Module 5: Preventing and Responding to Abuse</i>		5.0	Licensed Nurse
Cognitive Impairment: Advanced	✓	1.0	Licensed Nurse
Lewy Body Dementia <b>NEW</b>	✓	1.0	Licensed Nurse
Living with Alzheimer's Disease	✓	1.0	Licensed Nurse
Nursing Care of the Individual with Advanced Alzheimer's Disease	✓	1.0	Licensed Nurse
Understanding Dementia		1.0	Licensed Nurse
Wandering Management and Elopement Prevention <i>formally named Elopement Prevention</i>	✓	0.5	None

## Annual Requirements

Course Name	Spanish	CH	Continuing Education
Abuse, Neglect, and Exploitation: Mandatory Reporter	✓	1.0	None
Emergency Preparedness and Environmental Safety	✓	1.0	None
Ethics for Long-Term Care	✓	1.0	Licensed Nurse
HIPAA and HITECH for Managers	✓	1.0	None
HIPAA and HITECH: Essentials for All Staff	✓	0.5	None
Residents' Rights	✓	1.0	WA-DSHS
Sexual Harassment Awareness	✓	1.0	WA-DSHS
Workplace Violence	✓	0.5	None

## Behavioral Health

Course Name	Spanish	CH	Continuing Education
Antipsychotic Medications		1.5	Licensed Nurse
Behavioral Emergencies in the Healthcare Setting	✓	1.0	Licensed Nurse
Behaviors: Medications and Interventions	✓	1.0	Licensed Nurse
De-Escalating Aggressive Behaviors in Long-Term Care	✓	0.5	None
Mental Illness: Non-Drug Alternative Interventions		1.0	Licensed Nurse

## Customer Service

Course Name	Spanish	CH	Continuing Education
Customer Service Strategies	✓	0.5	None
Telephone Etiquette	✓	0.5	WA-DSHS
Working with Families: Person-Centered Approaches	✓	0.5	WA-DSHS

## Infection Control

Course Name	Spanish	CH	Continuing Education
Bloodborne Pathogens	✓	0.5	WA-DSHS
Clostridioides <i>difficile</i> : For Nurses	✓	1.0	Licensed Nurse
Clostridioides <i>difficile</i> : Information for Nursing Assistants	✓	0.5	None
CMS Targeted COVID-19 Training for Frontline Nursing Home Staff		3.0	None
CMS Targeted COVID-19 Training for Nursing Home Management		4.0	None
Coronavirus Disease (COVID-19)	✓	1.0	Licensed Nurse
COVID-19: PPE Guidance for Use		1.0	WA-DSHS
Ebola Virus Disease		1.0	Licensed Nurse
Emerging Disease: Monkeypox		0.5	WA-DSHS
Hand Hygiene	✓	0.5	None
HIV and the Older Adult	✓	1.0	Licensed Nurse WA-DSHS
Housekeeping Basics	✓	0.5	None
Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS)	✓	1.5	Licensed Nurse
Human Immunodeficiency Virus (HIV): The Basics	✓	0.5	None
Infection Control Precautions	✓	1.0	Licensed Nurse
Infection Prevention and Control for All Staff	✓	1.0	Licensed Nurse
Laundry Measures to Control the Spread of Infection	✓	0.5	None
Monkeypox: The Basics		0.25	None
Multidrug Resistant Organisms (MDROs)	✓	1.0	Licensed Nurse
Multidrug Resistant Organisms (MDROs): Emerging Pathogens	✓	0.5	None
Personal Protective Equipment (PPE)	✓	1.0	Licensed Nurse

## Infection Control (Cont'd)

Course Name	Spanish	CH	Continuing Education
Safe Food Handling		1.5	WA-DSHS
Safe Food Handling for Clinical Staff <i>NEW</i>	✓	0.5	None
Seasonal Influenza	✓	1.0	Licensed Nurse
Seasonal Influenza Versus COVID-19		0.5	None
Sepsis in the Older Adult		1.0	Licensed Nurse
Tuberculosis	✓	1.0	None

## Medication

Course Name	Spanish	CH	Continuing Education
Assisting with Self-Administered Medication	✓	0.5	Licensed Nurse
Advanced Pain Management		2.0	Licensed Nurse
Cardiac Medications: Improving Heart Efficiency	✓	1.0	Licensed Nurse
Cardiac Medications: Managing Blood Pressure	✓	1.0	Licensed Nurse
Cardiac Medications: Preventing Cardiac Complications	✓	1.0	Licensed Nurse
High Alert Medications		1.0	Licensed Nurse
Medication Administration		1.0	Licensed Nurse
Medication Administration Pass	✓	1.0	Licensed Nurse
Medication Administration: Antibiotics		0.5	Licensed Nurse
Medication Administration: Basics		0.5	Licensed Nurse
Medication Administration: Controlled Substances		0.5	Licensed Nurse
Medication Assistance for Medication Aides		0.5	Licensed Nurse
Sleep Medications and the Older Adult	✓	1.0	Licensed Nurse

## Mental Health

Course Name	Spanish	CH	Continuing Education
Caregiver Stress		1.0	Licensed Nurse
Mental Health: Caring for the Older Adult in LTC	✓	1.0	Licensed Nurse
Mental Health in Older Adults: Pharmacological Treatment		1.0	Licensed Nurse
Moral Distress	✓	1.0	Licensed Nurse
Psychological Impact of COVID-19	✓	1.0	Licensed Nurse
Substance Use Disorders in the Older Adult		1.0	Licensed Nurse
Suicide Risk	✓	1.0	Licensed Nurse

## Person-Centered Care Service Delivery

Course Name	Spanish	CH	Continuing Education
Activities Programming: Person -Centered Approaches	✓	1.0	None
Addressing Spiritual Distress in Healthcare		1.0	Licensed Nurse WA-DSHS
Advanced Directives		0.5	None
Caring for the Person with Developmental Disabilities		1.0	Licensed Nurse
Cultural Competence		2.0	Licensed Nurse WA-DSHS
Cultural Competency Basics		0.5	WA-DSHS
Cultural Competence in Practice		1.0	Licensed Nurse
Death, Dying, and Postmortem Care	✓	1.0	WA-DSHS
Diets in Long-Term Care: All Staff	✓	0.5	None
Diversity and Inclusivity: Creating a Healthy Workplace	✓	1.0	Licensed Nurse
Hearing Loss and the Older Adult		0.5	WA-DSHS
LGBT Population in LTC: Understanding Needs		1.0	Licensed Nurse
Person-Centered Admission to the Long-Term Care Setting	✓	0.5	None
Person-Centered Care or Service Plans	✓	0.5	None
Person-Centered Communication	✓	1.0	Licensed Nurse
Psychosocial Needs of the Older Adult		1.0	Licensed Nurse WA-DSHS
Rituals at the End of Life		1.0	Licensed Nurse
Spiritual Care		0.5	None
Transgender Realities: What Healthcare Professionals Need to Know	✓	1.0	Licensed Nurse
Trauma-Informed Care: A Change in Perspective		1.0	Licensed Nurse
Trauma-Informed Care: Interventions for Care Providers	✓	1.0	Licensed Nurse

## Professional Development

Course Name	Spanish	CH	Continuing Education
Change Management		1.5	Licensed Nurse
Coaching		1.0	Licensed Nurse
Communication Basics	✓	1.0	Licensed Nurse
Conflict Management		1.0	Licensed Nurse
Diversity, Equity, and Inclusion (DEI) (Supervisors)		2.0	None
Effective Communication for Leaders		1.0	Licensed Nurse
Emotional Intelligence		1.0	Licensed Nurse
Employee Retention		1.0	Licensed Nurse
Employee Turnover: Identifying the Reasons		1.0	Licensed Nurse
Interviewing for Success		1.0	Licensed Nurse
Leadership Behaviors that Foster Employee Well-Being (Webinar) <i>NEW</i>		1.0	Licensed Nurse
Leadership Principles and Models		1.0	Licensed Nurse
Performance Management		1.0	Licensed Nurse
Problem Solving for the Interdisciplinary Team	✓	1.0	Licensed Nurse

## Professional Development (Cont'd)

Course Name	Spanish	CH	Continuing Education
Professional Development Certificate Program	✓	1.5	Licensed Nurse
Sexual Harassment Recognition and Prevention (Managers)		2.0	None
Team Building		1.0	Licensed Nurse
The Fundamentals of Delegation		1.0	Licensed Nurse
The Roles and Responsibilities of Supervision	✓	1.0	Licensed Nurse
Time Management		1.0	Licensed Nurse

## Professional Requirements, Remediation, Care Competency: Nursing

Course Name	Spanish	CH	Continuing Education
Acute and Chronic Wounds	✓	1.5	Licensed Nurse
Ageism	✓	0.5	Licensed Nurse
Anatomy and Physiology of the Cardiovascular System		1.0	Licensed Nurse
Chronic Kidney Disease		1.0	Licensed Nurse
Chronic Obstructive Pulmonary Disease (COPD)		1.0	Licensed Nurse
Clinical Hospice: Concepts of Care	✓	0.5	Licensed Nurse
Clinical Hospice: Cultural and Spiritual Considerations	✓	1.0	Licensed Nurse
Clinical Hospice: Death, Dying, and Bereavement	✓	1.0	Licensed Nurse
Clinical Hospice: Definition, Referral, and Reimbursement	✓	1.0	Licensed Nurse
Clinical Hospice: Documentation for Capturing Eligibility	✓	1.0	Licensed Nurse
Clinical Hospice: Effective Communication Skills for End-of-Life Care	✓	1.0	Licensed Nurse
Clinical Hospice: Ethical Issues at End-of-Life	✓	1.0	Licensed Nurse
Clinical Hospice: Management of Pain and Other Symptoms	✓	1.0	Licensed Nurse
Clinical Hospice: Overview	✓	1.0	Licensed Nurse
Clinical Hospice: The Interdisciplinary Group's Role	✓	1.0	Licensed Nurse
Compassion Fatigue		1.0	Licensed Nurse
Congestive Heart Failure (CHF)		1.0	Licensed Nurse
Diabetes Basics		1.0	Licensed Nurse
Diabetes Care		1.5	Licensed Nurse
Domestic Violence: Advanced		2.0	Licensed Nurse
Fecal and Urinary Incontinence Overview		1.0	Licensed Nurse
Gastroesophageal Reflux Disease (GERD)		1.0	Licensed Nurse
Hospice Delivery of Care: Regulation and Compliance		1.0	Licensed Nurse
Human Trafficking		2.0	Licensed Nurse
Nursing Documentation Principles		1.0	Licensed Nurse
Oral Health: Best Practices		1.0	Licensed Nurse

## Professional Requirements, Remediation, Care Competency: Nursing (cont'd)

Course Name	Spanish	CH	Continuing Education
Parkinson's Disease	✓	1.0	Licensed Nurse
Pathophysiology with a Focus on Coronary Artery Disease		1.0	Licensed Nurse
Pneumonia		1.0	Licensed Nurse
Pressure Injury Assessment, Prevention, and Management		1.5	Licensed Nurse
Recognizing and Reporting Changes in a Person's Condition: Nurses	✓	1.0	Licensed Nurse
Understanding Stroke		1.0	Licensed Nurse

## Professional Requirements, Remediation, Care Competency: Nursing Assistant

Course Name	Spanish	CH	Continuing Education
Activities of Daily Living (ADLs): Providing Personal Care Services	✓	0.5	None
Arthritis and the Older Adult (Nursing Assistants)	✓	0.5	WA-DSHS
Body Positioning Basics		0.5	None
Common Disorders in the Older Adult		0.5	WA-DSHS
Dehydration Prevention	✓	0.5	None
Domestic Violence Information for Healthcare Workers	✓	1.0	None
Expected Changes with Aging		0.5	WA-DSHS
Fecal and Urinary Incontinence Basics: CNAs	✓	0.5	WA-DSHS
Introduction to Healthcare for New Nursing Assistants	✓	0.5	None
Nutritional Promotion in the Older Adult	✓	0.5	None
Oral Health Basics <i>NEW</i>	✓	0.5	None
Pain Recognition for Non-Nursing Staff	✓	0.5	WA-DSHS
Parkinson's Disease: The Basics	✓	0.25	None
Prevention of Medical Errors for Nursing Assistants	✓	0.5	None
Principles in the Healthcare Setting		0.25	None
Recognizing and Reporting Changes in Condition: Healthcare Worker	✓	1.0	WA-DSHS
Role of the Nursing Assistant	✓	0.25	WA-DSHS
Skin Care Basics for Long-Term Care Workers	✓	0.5	WA-DSHS
Sleep Disorders and the Older Adult		0.5	WA-DSHS
Urinary Care Basics (Nursing Assistants)	✓	0.5	None

## Safety

Course Name	Spanish	CH	Continuing Education
Active Shooter Incident Planning	✓	1.0	None
Back Safety for All Staff	✓	0.5	None
Code Response	✓	0.5	WA-DSHS
Fall Management		1.0	Licensed Nurse
Feeding and Eating Assistance	✓	0.5	None
Fire Safety	✓	0.5	WA-DSHS



## Safety (cont'd)

Course Name	Spanish	CH	Continuing Education
Heimlich Maneuver		1.0	WA-DSHS
Medical Emergencies in the Long-Term Care Setting	✓	0.5	None
Medical Errors: Prevention of Harm Events	✓	2.0	Licensed Nurse
Oxygen Use Basics	✓	0.5	None
Safety in the Healthcare Setting	✓	0.5	None
Safety Training		3.0	None
Safe Resident Handling: The Basics	✓	0.5	Licensed Nurse
Substance Use Disorders in the Workplace		2.0	Licensed Nurse

## Skills/Competency

Course Name	Spanish	CH	Continuing Education
Cardiac Assessment: Nurses		1.0	Licensed Nurse
Nursing Assessment and Care: Heart Failure		1.0	Licensed Nurse
Nursing Assessment of the Older Adult	✓	1.5	Licensed Nurse
Principles of Menu Planning		0.5	WA-DSHS
Pulmonary Assessment		1.0	Licensed Nurse
Vital Sign Competence	✓	1.0	Licensed Nurse

## Continuing Education Key and Additional Information

### CH (contact hour)

1 contact hour = 60 minutes

1 contact hour = .1 CEU

### Licensed Nurses (RN, LPN, and Advanced Practice Nursing)

Healthcare Academy is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Continuing Education (ANCC).

### WA-DSHS

This course is approved through the Washington State Department of Social and Health Service (DSHS). Long Term Care Workers must complete 12 hours of CE every year for the **annual** renewal. Up to five of those hours may be "repeat" courses on topics outlined in [WAC 388-112A-0600](#) (2).

**Course assignments:** The approved DSHS courses for the long-term care worker are located in the Washington State Specific Training category.

### Additional Information

Please refer to the comprehensive course list (Surveyors Guide) on the administrator menu for a complete outline of each course. The learner will be required to view the education document (promotional) within each course for continuing education information about their discipline. Approval in specific states can be found within the promotional. Contact hours and continuing education are subject to change at the time of review. If there are changes to contact hours or continuing education, a notification will be sent by newsletter. Courses are reviewed regularly. If there are regulation changes, courses will be updated at that time.

### Disclaimer

This list of HCA courses has been designed to help organizations meet orientation and annual training requirements. Please note that all courses may not apply to your individual organization. Every organization is responsible for understanding their state requirements and assigning course(s) to staff appropriately.