



Winter 2023 OIH-HSN

Caregiver Training Schedule

The Office of Integrated Health - Health Supports Network (OIH-HSN) at the Department of Behavioral Health and Developmental Services (DBHDS) offers training for caregivers of individuals with intellectual and developmental disabilities (IDD).

- ★ Pre-registration is required for all training sessions.
- ★ After registering a link will be sent which should be added to your calendar to show the alphabetical passcode needed to enter the training.
- ★ Attendees of each OIH-HSN training sessions will receive a certificate of participation, and a .pdf copy of the PowerPoint presentation along with any other educational materials where applicable.

Please find below the Winter 2023 training schedule list:

Training Title	Description	Date and Time	Registration Link
VDH Special Needs Oral Health	Learn strategies to support individuals to improve oral care and prevent diseases of the mouth. Participants will have the information and tools to share with other staff in their agencies and improve overall staff training. Receive a certificate, the PowerPoint presentation, and additional educational materials.	Tuesday January 10, 2023, 10:00 a.m. – 12:30 p.m.	https://us06web.zoom.us/j/9121212121?pwd=Corz4jGNA3B13KGDIVRgCfrYfHS_rl
The Fatal Seven	Learn about the seven highest risk health conditions which can lead to a fatal outcomes within the DD population. Review the signs and symptoms of dehydration, constipation, pressure injuries, falls, aspiration pneumonia, seizures, and sepsis. How to recognize the physical effects of each of these conditions, when to seek medical treatment, and when the condition requires emergency medical care.	Thursday January 12, 2023, 10:00 a.m. – 12:30 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlsdOGhrjwuGK8Z2P_h6EFhHr166YZDrHc
Choking & Nut Butters	Review the reasons why an individuals with DD might choke while eating or drinking, how to recognize the signs and symptoms of dysphagia, and aspiration. Review of food textures, and the dangers of nut butters related to choking death. When to seek an assessment by a Speech Language Pathologist (SLP), and what individuals may need mealtime protocols to ensure safety and reduce risk of choking.	Tuesday January 17, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltf-Cgrz4iGLDFhAFIFnezA3pkFdDntMg
Nutrition Part 1	Discover basic nutrition by learning about how food=calories=energy, the 6 essential nutrients to include in every diet, the USDA nutritional guidelines, 5 food groups, and myplate.gov. Review how nutrition effects the individual with DD, long-term health conditions, and how caregivers play a part in encouraging healthy food choices.	Thursday January 19, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltceuggjosExZi660b3FZI52eC3xiTVxA
Diabetes Part 1	Diabetes is defined, Pre-diabetes, Type 1, and Type 2. A review of risk factors which contribute to diabetes, hyperglycemia, hypoglycemia. Learn how to identify carbohydrates and the role they play, medical complications, who is at higher risk for developing diabetes and interventions to promote self-management of diabetes.	Tuesday February 7, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltduyugzkrGI3KYo4J8sDF69U8a5amN9k



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Skin Integrity & Pressure Injuries	Learn about the factors which can cause skin breakdown, how to provide good skin care while bathing, positioning, and changing individuals with high personal care needs. Learn about the healthcare professionals who are involved in the treatment, how caregivers can help to prevent pressure injury, an understanding of how to properly document pressure injury with skin breakdown, and when to report.	Thursday, February 9, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltf-mprTkoGUGDCRshXNQ7W-nnrmHLDVc
Nutrition Part 2	The training reviews food shopping, food safety and reading food labels. Learn how to prepare before going grocery shopping, how to select foods at the store, how to properly store foods at home. Review serving sizes, sodium, sugar, fat content, and special diet symbols found on food labels.	Tuesday February 21, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlfsu-upz4qHL5xAeO1FVw4KEd3QqWi99M
Transfers Training	Define transfers, common pieces of equipment used, how to prepare to preform a transfer, how to lower the risk of injury to yourself or the individual during a transfer and the different methods which can be used to perform a transfer. Review the steps involved in a safe transfer and become familiar with resources involved in repairing durable medical equipment.	Thursday February 23, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlsc-mhpszMrGCRwMLCDyL3HD C2ZX-ollo8
Wheelchair Transitioning Training	This training will cover wheelchair safety guidelines, the WC-19 wheelchair safety label and requirements, and how to avoid injury to self or an individual during wheelchair transfers. How to operate vehicle wheelchair left systems, wheelchair tie-downs systems for safe vehicle transportation and safe versus unsafe loading procedures.	Thursday March 7, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJldeivpjoigHkUtJyJr68VgTZRUtwrADM
Skilled Nursing - Private Duty Nursing	Learn the difference in waiver nursing and home health nursing. Covers DD waiver nursing; allowable activities, initial documentation to be submitted to initiate nursing services, supporting documentation necessary for the continuation of nursing services, service limitations, the implementation process, and helpful hints to support providers and case managers.	Thursday March 9, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltdu2qqj8jH6KMCefGoOJyCdo9V3BZMb8
Diabetes Part 2	This training will review Diabetes management and complications. It will cover dietary strategies for managing diabetes, super foods, and treatments. Types of physical activities best for diabetics, and barrier to physical activity for individuals with IDD. It will discuss the healthcare professional on the care team, foot care tips, skin care tips, and eye care tip.	Thursday March 16, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlfc-2hpi8sHIOiJ8jOpLs0Ng2DXBeUiml
Dysphagia & Modified Diets	Become familiar with the signs, symptoms, and risk factors of dysphagia, how it affects an individual with DD's quality of life. Discover how dysphagia is connected to aspiration which can lead to pneumonia. Identify how mealtime behaviors, medications and some foods are connected to increased dysphagia. Learn how different food and liquid textures impact an individual's ability to swallow.	Tuesday March 21, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltdO-hpiMpGooOxI88FW9PAklfPyldfRc