

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 Spring 2023 training schedule list:

Training Title	Description	Date and Time	Registration Link
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. Learn how to recognize the physical signs and symptoms of each of these conditions, when to seek medical treatment, and when emergency medical care is needed.	Tuesday April 11, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltdO2sqTMsE9EWVZzMsPje6GxWeudZxHM
Vital Signs	The training will review what are vital signs, why taking a set of vital signs is important, who needs orders for taking vital signs, protocols, and parameters of vital signs. The training thoroughly explains blood pressure, pulse, temperature, respirations, and oxygen levels, how to develop the skill of taking vital signs, what are normal ranges, and when is seek help is vital sign ranges are outside of normal.	Thursday April 13, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlSdOmqQDksH1p7yTt-kd1JO_c6-ZIsQSM
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 April 18, 2023, 10:00 a.m. – 12:30 p.m.	https://us06web.zoom.us/meeting/register/tZUqfu6urzljEtXliBPQmjWVaG9ltCZrKzO
Urinary tract Infections (UTI's)	The training will review the prevalence of UTI in the DD population, the different types UTI's, the risk factors associated with UTI, signs & symptoms of UTI, treatment, care considerations and possible complications related to a urinary tract infection. When to seek medical health, how to get a clean catch urine sample, and how to handle urine specimens, and how UTI can lead to sepsis.	Thursday April 20, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlscyhqzwoH9dBvkqhIx7p5b9v_yx4V8
SEPSIS	This training will cover factors which can result in sepsis, how to recognize the signs and symptoms of sepsis, and how vital signs can indicate there is a problem. What role the direct care staff play in reducing the seriousness of sepsis, and recognizing the need to get help immediately if sepsis is suspected in an individual with DD.	Tuesday May 9, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlscO-tpiwuGZbCDLvCqQmOXvzbEUWMuzE



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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, May 16, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlscumuqzMvHHyhev7_qEqqK8w9RHcGbaY
Transfers Training	Define transfers, common pieces of durable medical equipment (DME), prepare to perform a transfer, how to lower the risk of injury to self 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.	Tuesday May 23, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlrfuuhqjgrHJMkZqVFPfJUodWef0EZPZM
My Care Passport & Advocacy Tip Sheets	Training will review the background of the Passport concept, how to complete the Microsoft fillable file, types of information to include in each section, and how the My Care Passport along with the Advocacy Tip Sheets can be used to bridge the communication gap between the community caregiver and the staff in acute care settings to improve care and outcomes for the individual with DD.	Thursday May 25, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlsduorz0tHrMjzFyGI53CRdm-rk0dfFM
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 June 6, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltdO-upzsjG_Wee_rUTphyvcjs1UrroMc
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 June 15, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlscumpqjotHhg1ShfFXBq_JelP766nMAQ
Fire Emergency Planning	This training will review how individuals with disabilities are at great risk for injury and death during a fire emergency. This training will provide an overview of fire emergencies and help develop a well thought out plan to lower risk of injury for individual's with IDD and their caregivers during a fire emergency situation. Preparation and planning are key when faced with a fire emergency.	Tuesday June 20, 2023, 10:00 a.m. – 12:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltduGtpjwuGQm4XMvh8PUyU3zmY_clv2k
Dysphagia & Modified Diets	Become familiar with the signs, symptoms, and risks related to dysphagia. How it affects an individual's quality of life. The connection to aspiration pneumonia and choking. Identify how mealtime behaviors, medications, and some foods increase risk dysphagia. Learn how dysphagia is diagnosed, the tests and the physicians involved. Understand how different food and liquid textures affect an individual's ability to swallow.	Thursday June 29, 2023, 1:00 p.m. – 3:00 p.m.	https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlsdeiqgTwpGXk5thOEYGBMvMNp8gZ3m-w