

December 2025

Office of Integrated Health Supports Network

The Office of Integrated Health Supports Network Regional Community Nursing Meetings

"A safe space for nurses to discuss challenges, experiences, and ask questions."

Goals

- To ensure individuals with intellectual and developmental disabilities are receiving needed services.
- To provide a forum in which nurses (and others) can discuss ideas, challenges, policy needs (e.g. health policies, which affect individuals with IDD, to bring policy needs forward).
- To provide a forum for caregivers to interact with state agency representatives, to express concerns, develop educational tools and resources, and further enhance train-the-trainer models.

Region 1: December 3, 2025

10am - 12:00pm

Cancelled Due to the Holidays

Community Nurse Leader:

Kevyn Burn- kburn@wallresidences.com

Region 2: December 17, 2025

10am - 12:00pm

Cancelled Due to the Holidays

Community Nurse Leader:

Vacant

Meeting Dates

Region 3: December 19, 2025

10am - 12:00pm

In-Person

Smyth-Wythe room at Mount Rogers
CSB, 770 W Ridge Road, Wytheville
VA 24382

Community Nurse Leader:

Vacant

Region 4: December 8, 2025

11am - 1:00pm

Cancelled Due to the Holidays

Community Nurse Leader:

Jeannette Gholson- jgholson.thc@gmail.com

Region 5: December 22, 2025

10am - 12:00pm

Cancelled Due to the Holidays

Community Nurse Leader:

Crystal Parker- cparker@uecares.com

Virtual Meeting Platform:

- The Regional Nursing Meetings will be conducted in the Microsoft Office TEAMS Webinar virtual platform. Registration will continue to be required to receive the meeting URL link, and phone access to each meeting. Registering using the URL link prior to the meeting date is recommended to avoid technical issues the day of the meeting. Some regions are beginning to meet in-person and/or hold hybrid meetings.

Presentation:

- The Region 3 meeting will be holding an in-person meeting in southwest Virginia. The other four regions have opted to cancel due to the holidays. The next scheduled nursing meetings will be held in January 2026.

Issues and Concerns Relevant to each Region:

- Open Group Discussion. Please feel free to share general issues or concerns you may be having, to obtain suggestions, resources and feedback from others. The meeting is a safe and supportive place for those providing care to individuals with IDD. Please do not share any personal health information about any individual.

Monthly CNE Opportunity: OIHSN Health & Safety Alert Review and Discussion:

- This month there will be no health & safety alert topic or CNE topic. The opportunity to receive **1 FREE CNE** will continue in January 2026. You must attend the meeting and return the quiz/evaluation by email, fax, or text. Just scan or take a picture of your completed quiz with your smart phone, and text or email it to your regional RNCC, with your name and email address clearly displayed. Your CNE certificate will be emailed back to you at the address on your quiz.

NOTE: You don't have to be a nurse to attend. Anyone can attend the Regional Nurses Meeting of their choice. You do not have to attend the Regional Nursing Meeting where you work or reside. Simply register with the link provided to attend.

The Office of Integrated Health Supports Network Registered Nurse Care Consultants
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Office of Integrated Health Supports Network



2025
CPR
& ECC
GUIDELINES

2025 GUIDELINES

NEWS FROM THE AMERICAN HEART ASSOCIATION

NEW

American Heart Association (AHA) Cardiopulmonary resuscitation (CPR) Guidelines 2025

The American Heart Association (AHA) has released its 2025 CPR and Emergency Cardiovascular Care (ECC) guidelines, and there are some important updates.

Whether you're a medical professional or a concerned citizen, staying current with these changes ensures you're prepared to provide the most effective care in a life-threatening emergency.

Why Do CPR Guidelines Change?

CPR guidelines are updated every five years based on the latest research in resuscitation science. These updates reflect what has been proven to work best in real-life cardiac arrest situations. The goal is to save more lives.

Key Updates in the 2025 AHA CPR Guidelines

Here are the most important changes introduced in the 2025 AHA update:

1. New compression-to-ventilation emphasis.
2. Updated compression depth for children.
3. Infant CPR technique adjustment.
4. AED use for children now more flexible.
5. Opioid emergency response expanded.

How to Stay Updated

To ensure you're prepared:

- Renew your certification every two years.
- Take a refresher course if your last CPR training was based on pre-2020 guidelines. To find the course you need near you click [here](https://cpr.heart.org/en/course-catalog-search).
- Download the official AHA 2025 Guidelines or review the AHA's official update summary [here](https://cpr.heart.org/en/).

The 2025 AHA CPR guidelines reflect the latest science in saving lives. Don't rely on outdated techniques when every second counts.

Stay Current. Stay Confident. Stay Certified.

Reference:

1. American Heart Association (AHA). (2025). 2025 guidelines for CPR and ECC are here. [Internet].
2. Drennan, I.R., Schexnayder, S.M., Bartos, J., Del Rios, M., Mahgoub, M., Panchal, A.R., Rodriguez, A.J., Sell, J., Sasson, C., Wright, J., & the AHA Guidelines Highlights Project Team. (2025). Highlights of the 2025 American Heart Association guidelines for cardiopulmonary resuscitation and emergency cardiovascular care. 1-23.
3. Pulse - CPR and First Aid. (2025). Blog: New AHA CPR guidelines 2025. [Internet].

OIHSN January Training Schedule

Fatal Seven Part 1 – Dehydration, Constipation, Pressure Injuries, and Falls.

Tuesday, January 13, 2026, between 11:00 a.m. – 12:30 p.m.

Registration:

<https://events.gcc.teams.microsoft.com/event/9abe151d-1235-41cf-a129-397daac24f4e@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Fatal Seven Part 2 – Aspiration Pneumonia, Seizures, Sepsis and Advocacy.

Thursday, January 22, 2026, between 11:00 a.m. – 12:30 p.m.

Registration:

<https://events.gcc.teams.microsoft.com/event/30ace94a-945d-44c6-807b-fec5fb0907bf@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Nutrition Part 1 – The 6 essential nutrients to include in every diet, the USDA nutritional guidelines, 5 food groups, and myplate.gov.

Tuesday, January 27, 2026, between 11:00 a.m. – 12:30 p.m.

Registration:

<https://events.gcc.teams.microsoft.com/event/281e694d-2a9f-49a9-8b28-38dd85faa442@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

FREE !!! Training is available to all agency providers in Virginia on the Commonwealth of Virginia's Learning Center (COVLC) 24 hours a day – 7 days a week.

<https://covlc.virginia.gov/default.aspx?state=21f1c0bf-822b-4f33-872d-7ae5f6153c7b>

To set up an account send an email to:
dbhdscovlchelpdesk@dbhds.virginia.gov

Current OIH-HSN Trainings available on the COVLC include:

- Division Overview
- The Importance of Calling 911
- Falls and Individuals with Intellectual and Developmental Disabilities
- Vital Signs Training
- The My Care Passport & Advocacy Tip Sheets Training
- Sepsis Training
- Choking and Airway Obstruction
- REVIVE! Training
- UTI Training
- Recognizing Changing or Declining Health & Medical Emergencies Among Individuals with DD