



October 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	Description	DATE	TIME	LOCATION
The Fatal Five	This training provides an overview of the conditions included in the fatal five, their causes, risk factors, complications, and treatments as well as preventative strategies.	10/1/2026	1pm – 3pm	via Zoom
Smoking Cessation	This training provides an overview of the process of smoking cessation. Smoking facts, readiness and motivational tools are discussed.	10/9/2026	10am – 11am	via Zoom
Stroke	This training provides an overview of stroke and equips healthcare professionals with the knowledge and confidence to recognize and manage individuals after a stroke across the continuum of care — from prevention to recovery.	10/14/2026	10am – 11am	via Zoom
Choking/Aspiration	This training provides an overview of choking and aspiration. Causes, recognition of symptoms and treatment are addressed.	10/20/2026	1pm – 2pm	via Zoom
Psychotropic Drugs	This training provides an overview of psychotropic drugs. The purpose and most reported side effects of commonly used drugs will be discussed, as well as the importance of therapeutic blood level monitoring.	10/23/2026	10am – 11am	via Zoom
Down Syndrome	This training provides an overview of Down Syndrome and ways to support individuals with Down Syndrome. This training features causes, risk factors, complications, and management strategies.	10/27/2026	1pm – 2pm	via Zoom

To register please email Colleen Rafferty-- cmr@theadvocacyalliance.org



November 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Pain Management	This training provides an overview of pain management including how to recognize pain in individuals with limited communication skills.	11/3/2026	10am – 11am	via Zoom
Behavior De-escalation	This training equips staff with skills to safely manage, prevent and reduce challenging behaviors using verbal and scenario-driven techniques.	11/4/2026	10am - 11am	via Zoom
Supporting Individual Rights	This training provides an overview of Person Centered Planning, including a discussion of self-determination, choice and individualized support.	11/10/2026	11am – 12pm	via Zoom
The Fatal Five	This training provides an overview of the conditions included in the fatal five, their causes, risk factors, complications, and treatments as well as preventative strategies.	11/12/2026	1pm – 3pm	via Zoom
Understanding Cholesterol	This training providers an overview of cardiovascular health and cholesterol. Causes, symptoms and treatment of high cholesterol are addressed.	11/16/2026	2pm - 3pm	via Zoom
Diabetes	This training provides a comprehensive learning experience on the causes of Diabetes, health complications, prevention, and treatment options	11/23/2026	10am - 11am	via Zoom

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December 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Dysphagia	This training provides an overview of dysphagia and ways to support individuals with this swallowing disorder.	12/2/2026	11am – 12pm	via Zoom
The Fatal Five	This training provides an overview of the conditions included in the fatal five, their causes, risk factors, complications, and treatments as well as preventative strategies.	12/3/2026	1pm – 3pm	via Zoom
Tourette’s Syndrome	This training provides an overview of the various symptoms of Tourette’s Syndrome. Causes, management strategies, medication and education/support are also addressed.	12/15/2026	10am - 11am	via Zoom
Epilepsy and Seizures	This training provides an overview of Epilepsy and Seizures. This training features characteristics of different types of seizures, first aid, and emergency management.	12/17/2026	11am – 12pm	via Zoom
Healthy Nutrition	This training provides information on the importance of healthy nutrition and weight management in disease prevention. The training includes components of healthy nutrition and healthy food choices.	12/18/2026	10am - 11am	via Zoom
Interpretation of Blood Work	This training provides information on the interpretation of blood work. Special emphasis includes components of various tests and the ramifications of the results.	12/29/2026	1pm – 2pm	via Zoom

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