



April 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Trauma Sensitive Care	This training provides an overview of trauma informed care, including the definition, signs and symptoms of trauma, and strategies to create a trauma informed system of care.	4/1/2026	10am – 11am	via Zoom
Compassion Fatigue	This training provides an overview of compassion fatigue as it is commonly experienced by workers in the human services field. The training will focus on identifying compassion fatigue in oneself and others through common signs and symptoms, suggestions for coping mechanisms for self-care, and resources for seeking further help.	4/14/2026	11am – 12noon	via Zoom
Sickle Cell Disease	This training provides an overview of sickle cell disease, including risk factors, symptoms, treatments, and strategies for caregiving.	4/16/2026	10am – 11am	via Zoom
Fatal Five	This training provides an overview of the conditions included in the fatal five (Aspiration, Constipation, Dehydration, Seizures and Sepsis), their causes, risk factors, complications, and treatments as well as preventative strategies.	4/22/2026	10am – 12noon	via Zoom
Interpreting Bloodwork	This training provides an overview of common lab tests, why they may be ordered, what abnormal results could indicate, and tips for a successful visit.	4/30/2026	10am – 11am	via Zoom

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



May 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Pica (Eating Disorder)	This training provides an overview of Pica including theories of what causes Pica, warning signs, complications, treatment and ongoing management.	5/1/2026	11am – 12noon	via Zoom
Dysphagia, GERD and Prescribed Diets	This training provides an overview of dysphagia and ways to support individuals with this swallowing disorder. An overview of GERD and the care of individuals with this disorder will also be covered. In addition, prescribed diets will be discussed.	5/6/2026	1pm – 2pm	via Zoom
Understanding Sleep	This training provides basic information about sleep, the causes and effects of fatigue, and strategies to reduce or eliminate fatigue.	5/12/2026	1pm – 2pm	via Zoom
Fatal Five	This training provides an overview of the conditions included in the fatal five (Aspiration, Constipation, Dehydration, Seizures and Sepsis), their causes, risk factors, complications, and treatments as well as preventative strategies.	5/21/2026	1pm - 3pm	via Zoom
Sexuality in Individuals with Intellectual Disabilities	This training provides information to increase awareness about issues related to sexuality in individuals with intellectual disabilities. Topics will include sexuality education, diversity, and consent.	5/26/2026	10am – 11am	via Zoom

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June 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Cholesterol and Heart Health	This training provides an overview of cholesterol and heart health. Risk factors, symptoms, treatments, and strategies for caregiving are addressed.	6/3/2026	10am – 11am	via Zoom
Fatal Five	This training provides an overview of the conditions included in the fatal five (Aspiration, Constipation, Dehydration, Seizures and Sepsis), their causes, risk factors, complications, and treatments as well as preventative strategies.	6/11/2026	10am – 12noon	via Zoom
Stroke	This training provides an overview of stroke including causes, symptoms, risk factors, treatment options and prevention strategies.	6/17/2026	1pm – 2pm	via Zoom
Trauma Informed Care	This training provides an overview of trauma informed care, including the definition, signs and symptoms of trauma, and strategies to create a trauma informed system of care.	6/23/2026	1pm – 2pm	via Zoom
Cardiovascular Disease	This training provides an overview of the cardiovascular system and common cardiovascular diseases. Causes, symptoms, risk factors, diagnostic and screening tests, treatment options, and prevention strategies will be addressed.	6/25/2026	10am – 11am	via Zoom

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