



Southern NH Area Health Education Center

July
2021

Upcoming Conferences, Workshops, and Programs

Given the state of the world, SNHAHEC has pivoted to live webinars and online learning. Please visit snhahec.org for other online learning opportunities. Here are just some of the many modules we have available. Stay safe and healthy!

- ***Strategies for Preventing and Managing Tickborne Illness***, Apara Dave, MD
- ***COVID-19 & Diabetes***: Della B. Flanagan, RDN, CDCES, MEd, BC-ADM, LD
- ***Community Programs: A Cure for Social Isolation***-Rachel S. Eichenbaum, RN, MSN
- ***Alzheimer's Dementia-Intro to Alzheimer's***-Carole Boutin, DNP, MS, RN, CNE
- ***Addressing Vaccine Hesitancy***-Ardis Olson, MD, Kim Bernard, MSN, RN, Elizabeth Talbot, MD, Suzanne Allison, RN, BSN
- ***Achieving Adolescent Wellness through Preventative Care***-Lyndsay Goss MSN, RN

3 COMMUNITY FORUMS

Deaf & Hard of Hearing Perspectives

What do leaders from Deaf and Hard of Hearing communities have to share with health and services providers? What can they teach providers about services during this pandemic? Join us on Zoom to hear insider information from Deaf and Hard of Hearing perspectives. Live panelists will discuss communication modalities, successful client/provider interactions, and how to best serve individuals of the Deaf Community and those with various degrees of hearing loss and communication access needs.

Presenters: Leaders in NH's Deaf and Hard of Hearing Communities, from the NH Association of the Deaf, Office of Health Equity, Northeast Deaf and Hard of Hearing Services, and Greater Nashua Mental Health. Presenter names on next page.

Session 1: July 28 is on how hearing providers and Deaf or Hard of Hearing clients can best work together.

Session 2: August 10 is on a variety of accommodations, how to find or access them, and how they help interactions and communication.

Session 3: August 19 is on the programs and agencies that support Deaf and Hard of Hearing individuals and how to help clients know about them.

Learning Objectives for Each Session:

1. List at least 3 barriers to healthcare, behavior health or other services faced by people who are Deaf or Hard of Hearing
2. Discuss languages, communication styles, and accommodations for Deaf or Hard of Hearing individuals and how they can impact the quality of care
3. Identify 3 practices on the part of providers that enhance Deaf or Hard of Hearing community members' ability to effectively utilize healthcare, behavioral health, or other services

Target Audiences: Everyone Welcome! Suitable for all members of health and behavioral health care teams. ASL and CART will be provided.

Cost: FREE courtesy of the Greater Nashua Integrated Delivery Network.

Continuing Education: Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

3.0 contact hours. Activity Number: 1393 (1.0 per session)

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 3.0 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Mental health providers can use the certificate as documentation for Category B continuing education credit.

For other professionals: 3.0 professional hours of continuing education. (1.0 per session)

JULY 28
5:30 TO 6:30 PM

And
AUGUST 10
Noon to 1:00 PM

And
AUGUST 19
Noon to 1:00 PM

Join us on Zoom

Session 1: July 28: 5:30 to 6:30 p.m.

Speakers: Michael Schock, President, NH Association of the Deaf
Bridget DeLacy, ASL Specialist

Mr. Schock and Ms. DeLacy will present on realities for Deaf individuals and discuss ways that Deaf clients and hearing providers can work well together.

Session 2: August 10: noon to 1:00

Speakers: **Marie Desrosiers**, Secretary, NH Association of the Deaf
Joan Marcoux, Hearing, Speech, and Vision Specialist, NHDHHS Office of Health Equity
Jules Good, Communication Technology Coordinator, Northeast Deaf and Hard of Hearing Services
Michelle McConaghy, Executive Director, Northeast Deaf and Hard of Hearing Services

Panelists will discuss languages, communication styles, and accommodations for Deaf or Hard of Hearing individuals and how they can impact the quality of care. Panelists will present on the accommodations they personally utilize as well as accommodations utilized by others they know.

Session 3. August 19: noon to 1:00

Speakers: **DT Bruno**, MSW. Clinician/Community Health Worker, Greater Nashua Mental Health
Kristy Stellato, Vice President, NH Association of the Deaf
Michelle McConaghy, Executive Director, Northeast Deaf and Hard of Hearing Services
Joan Marcoux, Hearing, Speech, and Vision Specialist, NHDHHS Office of Health Equity

Panelists will discuss the programs and agencies that offer support and resources to Deaf and Hard of Hearing individuals, so that providers can refer clients to these supports. One presenter will discuss effective behavioral health services for Deaf and Hard of Hearing individuals.

Sessions will be moderated by Lynn Clowes, Cultural Effectiveness Trainer for Ascentria Care Alliance.

Registration: You can register for one, two, or all three sessions. Email Lynn Clowes for the zoom links (indicate date/s you are registering for): lclowes@ascentria.org



Funds are provided by the Greater Nashua Integrated Delivery Network (IDN), funded by the Centers for Medicare and Medicaid (CMS) through the NH DHHS. This training is part of the IDN 3 Behavioral Health Workforce Capacity Building Project.

Coping with Compassion Fatigue – Resiliency and Resourcefulness during Covid and Beyond

Faculty

**Farrah Sheehan
Deselle, MSN, RN,
IBCLC**

Continuing Education

Nursing

Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

1.5 contact hours Activity
Number: 1391

Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.5 AMA PRA category 1 Credit (s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other professionals

1.5 professional hours of continuing education.

Wednesday, August 18, 2021

Live Webinar: 12:00 to 1:30pm

It has been over a year since COVID-19 began affecting our lives, our work and our world. Much of the focus has been on how to prevent the spread and mitigate the harm specific to the disease. However, the effects of COVID-19 are far greater than the virus itself. Families who were already struggling to navigate complicated systems like health care and education struggle to get their needs met, and those providing the needs struggle to keep up. COVID-19 and its effects are not going to disappear. As service professionals, we are tasked with examining how we care for ourselves and each other during this extended crisis. We must explore the invitation that COVID-19 is giving us – to identify and build resiliency and resourcefulness and perhaps to learn more about ourselves and our world through a collective journey into the unknown.

Join Farrah Sheehan Deselle in this dynamic and inspiring workshop to reflect on the impact that living through a pandemic is having on service professionals (health care, education, social services etc). Discover the innate resources that are within your reach in each moment. Leave with strategies that can be easily used to feel more connected to your colleagues and those you serve when layers of restrictions and protocols seem to result in barriers to caring and communicating. And most importantly, be inspired to do something to bring healing and hope, even when you cannot fix everything.

Learning Objectives

After this session, participants will be able to:

- Explore the effects of COVID-19, including compassion fatigue, on service professionals
- Discuss common experiences in the collective journey of the unknown and how to identify and build resources and resiliency
- Experience a sense of peace and wellbeing through a creative, mindfulness practice
- Identify at least one new strategy to use in practice to feel a sense of peace and wellbeing to mitigate compassion fatigue

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

[Click here](#) to register!

An email with the Zoom information will be sent out prior to the webinar.

Chronic Disease Self-Management New Remote Leader Training



Tuesdays from 10:00-12:30 pm & 2:00-4:30pm

9/21, 9/28, 10/5, 10/12, 10/19, & 10/26

Virtual Training via Zoom

***There are two sessions per week on Tuesdays. Participants must attend all sessions to become a leader. Zoom information will be emailed prior to the start of the training.**

This training will prepare you to hold a 6 week remote or in-person workshop series to provide the Chronic Disease Self-Management program, known as Better Choices, Better Health. It is a great opportunity to join a supported network of other NH leaders offering this program throughout NH.

Who should attend the Leader Training?

•Do you have a chronic disease or are you a caregiver of someone with a chronic disease?

You do not need to be a health professional to lead the workshops-in fact, Stanford recommends that leaders be individuals living with a chronic condition or a caregiver for someone with a chronic condition.

•Do you have a co-leader? “Better Choices, Better Health” workshops are held in the community and are led by two trained leaders. It is beneficial to partner with an already trained leader or to attend with the leader training with a partner if possible. If you need a co-leader, let us know and we will try to help!

•Can you commit to offering at least one 6-week program within one year, preferably within three months of being trained? It is really helpful to lead a training soon after to solidify your learning. Many communities find that offering 2 or 3 trainings per year is a great way to keep the program sustainable through word-of mouth.

For more information on the Chronic Disease Self-Management Program (CDSMP), please refer to <https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/>

This leader training is grant funded and, therefore, there is **no cost to attend the training** itself for NH residents (usually \$450-\$500). You will also receive a Leader manual, a participant book, and a participant CD at no charge.

***By completing this training, you will be able to offer CDSMP workshops AND will position yourself to be eligible to take Crossover Trainings such as Chronic Pain and/or Diabetes Self-Management.**

How do I apply? Please [click here](#) to register online. Contact Brianna Ferraro at bferraro@snhahec.org with questions.



Southern NH AHEC Community Health Worker Course

7 day-8 hour class ■ Virtual

October 4, 18, 25 and November 1, 8, 15, 22, 2021

9:00am-3:00pm

**Registration
Deadline:**
September 20, 2021

As a nation and a state, we are struggling to address the transformation of the health care system as we move to a model of team based care. One strategy that other states have used to engage communities and assist with navigating services is to promote the Community Health Worker (CHW) model. Train to become a CHW in New Hampshire and incorporate your new knowledge into team based care opportunities offered in hospitals, medical practices, community health centers and social service settings.

Target Audience

There are a variety of roles and numerous titles that fall under the CHW umbrella: Outreach Worker, Lay Health Advisor, Health Promoter, Patient Advocate, community health advisor, family advocate, liaison, peer counselor, patient navigator, health interpreter and public health aide. Those listed and more are welcome to attend!

Cost: \$1,200.00-includes curriculum, lunch, and training materials. A limited number of scholarships are available. Payment is by check only. Checks can be made out and mailed to: Southern NH AHEC, 128 State Route 27, Raymond, NH 03077

Curriculum

DAY 1:

Outreach, Service Coordination Skills and Professionalism

Learn about outreach methods and strategies, care coordination, system navigation, and explore dimensions of professional skills and conduct.

DAY 2:

Navigate Insurance Options, CHW Code of Ethics, Culture and Cultural Effectiveness

Discuss options for people who are uninsured and underinsured and identify resources to get them the information they need to navigate the health care system. This includes access to the Health Care Marketplace, Medicaid Managed Care, and Children's Health Insurance Program (CHIP). Apply ethical considerations while working as a CHW. Respond to clients in culturally effective ways.



DAY 3:

Education and Facilitation Skills & Communication and Interviewing Skills

Gain the necessary skills to provide information to members of your community in the form of formal and semi-formal presentations. You will be able to educate, inform, persuade and motivate your audience. Communicate effectively with diverse individuals and groups in a variety of community and service provider settings while gaining interpersonal skills.

DAY 4:

Assessment, Advocacy, Leadership and Care Coordination Skills

Demonstrate individual, client, and community assessment skills. You will learn how to educate and promote health behavior changes and offer concepts and approaches to living a healthy life. Learn to advocate, lead, and build capacity as a Community Health worker. Explore strategies for coordinating patient care.

DAY 5:

Chronic Disease Management and Oral Health

Gain knowledge in diabetes management, asthma, heart disease and cancer to effectively assist your community in identifying risk factors as well as managing current conditions. Describe the importance of oral health and discuss ways of keeping teeth healthy.

DAY 6:

Mental Health, Substance Abuse, Domestic Violence, and Research and Evaluation

Identify basic symptoms and signs of mental health conditions, such as depression, anxiety, substance abuse and mood disorders. Explain the process of addiction, screening methods, and resources for recovery. Review types and cycle of domestic violence abuse and discuss related resources. Identify the importance of research, evaluation and collecting data to inform CHW programs.

DAY 7:

The Environment and Prevention and Wellness

Discuss how the outside environment, and the environment in the home, school, and work affects your community. Describe the importance of oral health and discuss ways of keeping teeth healthy. Recognize the importance of self-care and how wellness strategies you can help your clients prevent and reduce current health conditions.

A graduation ceremony will be held upon the completion of the 7 day training

To register online please [click here](#).

*For more information or a scholarship form, please contact
Nitanga Jean De Dieu
at 603-244-7360 or nitanga@snhahec.org*

October 20th, 2021, 9:00 am – 1:00 pm
EST

Epilepsy & Self-Management



Dartmouth-
Hitchcock



GEISEL
SCHOOL OF
MEDICINE
AT DARTMOUTH

This training delivers learning modules that address,

- Overview of Epilepsy & Seizures
- Treatment Considerations in Epilepsy
- Seizure First Aid
- Comorbidities in Epilepsy
- Lifestyle Management
- Self-Management Programs
- Case Studies in Epilepsy

Target Audience: Nurses, NPs, nurse educators, CHW's, social workers, counselors, PCPs, psychologists, PAs, neurologists



To register: <https://www.eventbrite.com/e/epilepsy-self-management-virtual-training-tickets-162442992363>

Learning Objectives:

1. Describe seizures, epilepsy and 3 ways epilepsy may be treated
2. Discuss physical, mental and psychosocial challenges associated with living with epilepsy
3. Discover how to assist people with epilepsy control their seizures, prevent injuries, make healthy lifestyle choices, and improve quality of life
4. Identify 3 common comorbidities in epilepsy
5. Increase knowledge and confidence in their ability to provide seizure first-aid
6. Develop confidence in their ability to provide epilepsy management support
7. Explain the benefits of epilepsy self-management and at least 2 pathways for referral to a self-management program
8. List the resources and types of assistance available to people living with epilepsy

Learning Outcome: Participants will report a change in practice related to treating epilepsy.

Continuing Education:

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

3.75 contact hours. Activity Number: 1343

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 3.75 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been approved for 3.5 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CEU #3749

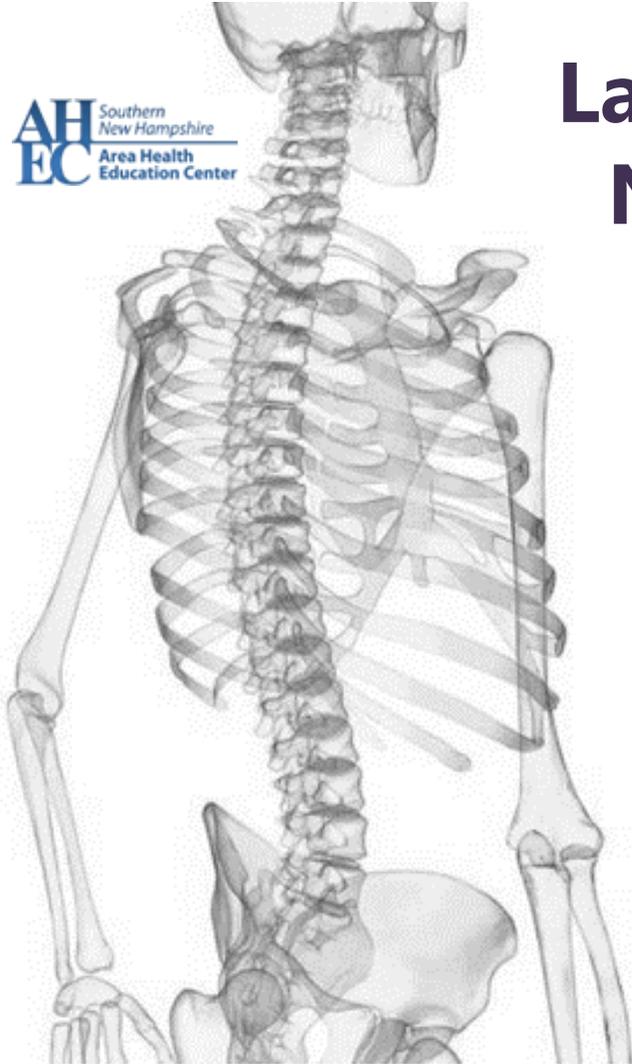
For other professionals: 3.75 professional hours of continuing education.

SAVE THE DATE!

October 21-22, 2021 | Virtual Conference



AH
EC Southern
New Hampshire
Area Health
Education Center



Lawrence Raisz Memorial New England Bone Club

**Submit your abstract for review!
Showcase your success story, a
challenging case or a research
project.**

The meeting program delivers:

- Updates on recent developments and cutting-edge research in metabolic bone diseases
- Guidance for challenging cases
- Clinical updates on rare bone disorders

Early Bird Rate: \$60.00

Free for fellows, trainees, speakers/case presenters (please email Brianna at bferraro@snhahec.org to register)

[Click here](#) to register today! A detailed brochure will be coming soon.

Case abstracts are being accepted through August 13, 2021. Submit your case abstract to:

Brianna Ferraro, Program Coordinator
bferraro@snhahec.org

A Program of

Maine Medical Center Research Institute • Southern NH Area Health
Education Center • Exeter Hospital

Center for Cultural Effectiveness

Southern NH AHEC is committed to supporting health professionals, organizations and communities to be more culturally effective. For more than twenty years we have provided training opportunities that contribute to enhancing the communication skills of health professionals and diversifying the health care workforce.

[Click here](#) to check out the Center for Cultural Effectiveness on our new website!

Resources:

[Click here](#) for the Diversity, Equity, and Inclusion (DEI) Organizational Assessment Tools: A Resource Guide.



Chronic Pain Self-Management Coming Soon -September 2021

DO YOU WORK WITH INDIVIDUALS WITH CHRONIC PAIN?

Join us for six, 1-hour ECHO sessions
September 2021 - March 2022
2nd Tuesday of the month from 12pm-1pm

You will learn how to:

- ◆ Utilize low-risk, self-management strategies
- ◆ Improve patient-provider relationships
- ◆ Develop techniques for supporting sustained motivation



[SIGN UP HERE IF YOU WORK WITH INDIVIDUALS WITH CHRONIC PAIN!](#)

CONTACT UNH.PROJECTECHO@UNH.EDU WITH QUESTIONS

PROJECT ECHO® USES A TELEMENTORING APPROACH TO CASE-BASED LEARNING

"All Teach, All Learn"

[Click here to find out more!](#)





Optimizing employment outcomes among rural cancer survivors: Beginning a community-engaged research program

We are looking for ways to help people undergoing cancer treatment maintain their ability to work. We'd like to talk with employers and supervisors to understand the barriers to and facilitators of supporting employment of cancer survivors within various settings.

Who can participate?

- Employers and supervisors throughout New Hampshire and Vermont who can speak on the challenges employers face when an employee is being treated for cancer or comes back to work after cancer treatment.
- We would like to hear from employers of different sizes, ownership models and industries.

Time or other commitments required of participants:

A one-time, 30 to 60 minute interview via telephone

or internet (based on preference). After a few months, participants will be invited to participate in a 75 minute discussion group with 4 to 10 other participants. We will discuss our findings and possible programs that could help cancer survivors.

Is compensation provided?

Yes. Participants will receive \$50.00 for completion of the individual interview and \$50.00 for completion of the discussion group.

To participate, please contact:

Kali Morrissette
Clinical Research Coordinator
Department of Psychiatry
Email: kali.j.morrissette@hitchcock.org
Phone: (603) 653-9901

Strategies for Preventing and Managing Tickborne Illness

Online Module



Be prepared
for Tick
Season!!

Learning Objectives:

- Identify different types of ticks and the prevalence of tick borne illness in NH
- Discuss strategies for testing and diagnosis of tick-borne illness
- Describe treatment options for tick borne disease
- Address prevention strategies to share with patients

Faculty:

Dr. Aparna Dave is an Infectious Disease specialist with CORE Physicians in Exeter, NH. Dr. Dave is board certified in Internal Medicine & Infectious Disease. She is also the medical director for the Seacoast Travel Clinic.

To view the module, click here:

<https://www.snhahec.org/strategies-for-preventing-and-managing-tickborne-illness.html>

Nurses

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours. Activity Number: 1382

Physicians

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Recognizing and Responding to Human Trafficking in a Healthcare Context

Faculty

Donna Plourde, Executive Director, Real Life Giving, Training Committee Chair, NH Human Trafficking Task Force,

Continuing Education

Nursing

Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

1.5 contact hours Activity Number: 1389

Physicians

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Other professionals

1.5 professional hours of continuing education.

Online Module

Human trafficking is defined as “the recruitment, harboring, transportation, provision or obtaining of a person for exploitation through labor, services or a commercial sex act by force, fraud or coercion.” Human Trafficking happens in New Hampshire. Join us to learn what to look for and how to best provide care and services to your patients and/or clients.

Learning Objectives

After this session, participants will be able to:

- Discuss the dynamics of human trafficking and the scope of the issue in NH
- Identify indicators of human trafficking
- Describe best practices for responding and reporting

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

[Click here](#) to view the module.



Addressing Vaccine Hesitancy

Online Module

Faculty

-Ardis Olson, MD
-Kim Bernard, MSN, RN
-Elizabeth Talbot, MD
-Suzanne Allison, RN,
BSN

Continuing Education

Nursing

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity
Number: 1392

Physicians

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Other professionals

1.0 professional hours of continuing education.

This session applies to:

- Childhood and Adolescent Vaccines
 - COVID-19 Vaccine
 - Flu Vaccine

Strategies discussed:

- Motivational interviewing for addressing vaccine hesitancy

Learning Objectives

After this session, participants will be able to:

- Describe vaccine hesitancy and underlying factors
- Recall at least three practices clinicians can use to build confidence in vaccines among patients
- Apply lessons learned to COVID, early childhood, and adolescent vaccinations.
- Identify at least one action they can take to support a culture of vaccine confidence in their practice setting

Learning Outcome: Participants will report a change in practice related to communicating about vaccines.

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, behavioral health and public health professionals.

[Click here](#) to view the module.



Preceptor Development Modules



A series of educational modules for community based clinical teachers

Dealing With the Difficult Learning Situation: Prevention

Narrated by: Elizabeth Harrison, BSN, MSN, FNP-BC

<https://www.sنهاec.org/preceptor-development-dealing-with-the-difficult-learning-situation-prevention.html>

Dealing With the Difficult Learning Situation: Management

Narrated by: Elizabeth Harrison, BSN, MSN, FNP-BC

<https://www.sنهاec.org/preceptor-development-dealing-with-the-difficult-learning-situation-management.html>

The Effective Preceptor

Narrated by: Justine Nims-Largy, APRN

<https://www.sنهاec.org/preceptor-development-effective-preceptor.html>

Evaluation: Making it Work

Narrated by: Kim O'Mahoney, APRN, FNP-BC

<https://www.sنهاec.org/preceptor-development-evaluation-making-it-work.html>

Feedback

Narrated by: Ruth James, MD, MPH

<https://www.sنهاec.org/preceptor-development-feedback.html>

Integrating the Learner Into the Busy Practice

Narrated by: Rajae Raji, APRN

<https://www.sنهاec.org/preceptor-development-integrating-the-learner-into-the-busy-practice.html>

Learner Engagement in Community Rotations

Narrated by: Paula Smith, MBA, EdD

<https://www.sنهاec.org/preceptor-development-learner-engagement-in-community-rotations.html>

The One-Minute Preceptor

Narrated by: Jonathan Gott, PA-C

<https://www.sنهاec.org/preceptor-development-one-minute-preceptor.html>

Setting Expectations

Narrated by: Ruth James, MD, MPH

<https://www.sنهاec.org/preceptor-development-setting-expectations.html>

Community Programs: A Cure for Social Isolation Online Module

Want to learn more about Community Programs?

This 45 minute narrated PowerPoint presentation, available online, provides introductory information about various community programs. It touches upon social isolation and loneliness, social capital, and more!

Learning Objectives:

- Describe self-management programs and their value in the community
- Identify strategies to engage patients in managing their chronic disease
- Discuss the nursing role in chronic disease management

Presented by Rachel S. Eichenbaum, RN, MSN

Rachel has been a nurse for over 20 years working in primary care, patient education and community health programming. For the last 4 years, she's worked in healthcare quality improvement. She lends technical assistance to primary care practices, helping providers to make changes that will enhance their practice and their patient.

[Click here](#) to learn more!

Alzheimer's Dementia-Introduction to Alzheimer's-Online Module

Want to learn more about Alzheimer's Dementia?

This 45 minute narrated PowerPoint presentation, available online, provides introductory information about Alzheimer's Dementia, the cost burden, the stages of Alzheimer's and more.

Learning Objectives:

- Distinguish Alzheimer's as one of the Dementias
- Discuss the prevalence of dementia/Alzheimer's in NH and globally
- Explain the projected scope of the epidemic
- Discuss the cost burden of Alzheimer's for federal/state governments and individuals/caregivers
- Identify health disparities related to Alzheimer's and other dementias
- List the stages and signs/symptoms of each stage of Alzheimer's Disease.
- Relate changes in the brain to signs/symptoms at each stage of Alzheimer's Disease

Presented by: Carole Boutin, DNP, MS, RN, CNE

[Click here](#) to learn more!

Transitions of Care: The Role of a Nurse

Want to learn more about Transitions of Care?

This narrated PowerPoint presentation, available online, provides introductory information about what transitional care is, the elements of transitions, and some evidence-based models of transitional care.

Learning Objectives:

- Discuss the definitions of transitional care, including the elements involved in management of transitions.
- Identify evidence based models and tools to improve transitional care.
- Recognize the roles nurses can play in transitional care.

Presented by: Lyndsay Goss, MSN, RN, CNE

[Click here](#) to learn more!

Compassionate Boundaries

Want to learn more about Compassionate Boundaries?

This narrated PowerPoint presentation, available online, provides introductory information about compassionate boundaries. Learn more about how to set compassionate boundaries to avoid saying yes when we really mean no. As caregivers, we can learn to consider our own needs, while we are helping others to get their needs met. Learning to set boundaries with compassion can reduce compassion fatigue and role model positive behavior for our clients.

Learning Objectives:

- Discuss definitions and concepts of compassion and its place in health care settings
- Describe definitions of professional boundaries.
- Identify common challenges to creating and maintaining compassionate and professional boundaries.

Presented by: Jen Stout, LICSW, MLADC

[Click here](#) to learn more!

Motivational Interviewing

Want to learn more about Motivational Interviewing?

This narrated PowerPoint presentation, available online, provides introductory information about what Motivational Interviewing is, the elements that make up the mindset of MI, and more!

Learning Objectives:

- Describe the four elements of the mindset/spirit of MI
- Explain the four processes that guide MI conversations
- Describe 1 example of the core interviewing skills of MI
- Describe how to effectively provide information and suggestions

Presented by: Lisa Stockwell, MEd

Experienced trainer, educator and coach working with organizations, groups and individuals in topics related to positive behavior change, effective communication skills, mindfulness, compassion fatigue and motivational interviewing (member of MINT).

[Click here](#) to learn more!

COVID-19 and Diabetes

Want to learn more about the connection between COVID-19 and Diabetes?

This narrated PowerPoint presentation, available online, provides introductory information about the relation between COVID-19 and Diabetes and how to protect and prepare patients should they become ill.

Learning Objectives:

- Describe why diabetes poses an increased risk for illness with COVID-19
- List ways to protect and prepare patients with diabetes should they get sick
- State importance of monitoring and treating acute complications
- Describe how to boost the immune system with nutrition
- Explain how to reduce the chance of severe illness

Presented by: Della B. Flanagan, RDN, CDCES, MEd, BC-ADM, LD

[Click here](#) to learn more!

Community Health Workers: A Patient Centered Model of Care

Want to learn more about CHW's?

This narrated PowerPoint presentation, available online, provides introductory information about what CHW's do, the elements of collaboration, and more!

Learning Objectives:

- Describe history of CHW movement
- Examine CHW core competencies and skills
- Discuss the Interprofessional Collaboration Framework
- Review payment models
- Reflect on the roles CHWs play to improve the community's health

Presented by: Paula Smith, MBA, EdD

[Click here](#) to learn more!

Trauma Informed Care Online Module

Faculty

**Jen Stout, LICSW,
MLADC**, The Doorway in
Dover

Continuing Education

Nursing

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity
Number: 1251

Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other professionals

1.0 professional hours of
continuing education.

Learn how to incorporate trauma-informed care as a strengths-based approach to caring for your patients and clients. Trauma informed care incorporates a person-centered approach to working with people that incorporates the biological, neurological, psychological and social impact of trauma on an individual.

Learning Objectives

After this session, participants will be able to:

- Describe basics of brain function and development
- Discuss components of Trauma Informed Care
- Apply strategies to address challenging behaviors

Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

[Click here](#) to access the module!

Enhancing Provider Skills in Serving People who Actively Use Substances

Free Online Module

[Click here
to watch!](#)

Target Audience

All members of the practice team including physicians, nurse practitioners, physician assistants, nurses, medical assistants and patient service representatives.



Continuing Education

Nurses

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

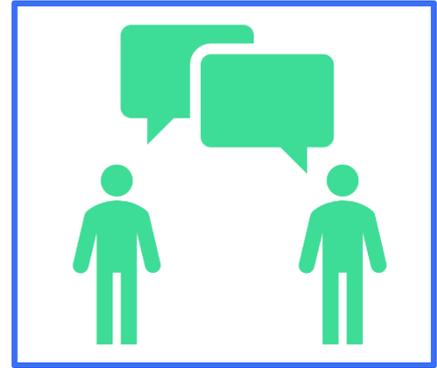
Activity Number: 1340

Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 0.5 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For other professionals: 0.5 professional hours of continuing education.

Health care providers have opportunities to engage and support clients who use drugs in setting and attaining health related goals. This session will engage attendees in collaborative learning, conversation, and case discussion to identify opportunities to engage clients in setting goals.



This one-hour module will focus on provider acceptance of 'where a person is at' as a precursor to supporting client-driven goal setting. Cases shared within this session will highlight exemplars of engaged approaches as well as opportunities for improvement.

Evidence related to harm reduction approaches and goal setting will be discussed and harm reduction best practices, evidence, and current local and national resources will be provided.

Participants will consider how goal attainment can be supported with syringe service programs, overdose prevention and treatment, medications prescribed to mitigate withdrawal symptoms, and referrals across health care and community services including peer recovery supports.

Learning Objectives

After this session, participants will be able to:

- Relate the concepts of humility and curiosity to learn about substance use disorders as precursors to have supportive and pragmatic conversations with clients.
- Identify opportunities in varied practice settings to engage clients who use drugs in setting and achieving goals.
- Conduct collaborative goal setting for overdose and infection prevention with people who use drugs to augment substance disorder screening, treatment, referral, and recovery.
- Apply harm reduction principles to supporting patient experience drug withdrawal symptoms.

Learning Outcome

Participants will report a change in practice 6 months after the educational intervention.

Enhancing Provider Skills in Serving People who Actively Use Substances

Scheduling

This program can be offered at a day and time that best suits your organization. Contact Nitanga Jean De Dieu, Nitanga@snhahec.org, to schedule a program.

Target Audience

All members of the practice team including physicians, nurse practitioners, physician assistants, nurses, medical assistants and patient service representatives.

Faculty

Kerry Nolte, PhD, FNP-C

Continuing Education

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours.

Activity Number: 1250

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For all other health professionals: 1.0 hours

Health care providers have opportunities to engage and support clients who use drugs in setting and attaining health related goals. This session will engage attendees in collaborative learning, conversation, and case discussion to identify opportunities to engage clients in setting goals.

This one-hour session will first focus on provider acceptance of 'where a person is at' as a precursor to supporting client driven goal setting. Cases shared within this session will highlight exemplars of engaged approaches as well as opportunities for improvement.

Evidence related to harm reduction approaches and goal setting will be discussed and harm reduction best practices, evidence, and current local and national resources will be provided.

Participants will consider how goal attainment can be supported with syringe service programs, overdose prevention and treatment, medications prescribed to mitigate withdrawal symptoms, and referrals across health care and community services including peer recovery supports.

Learning Objectives

After this session, participants will be able to:

- Relate the concepts of humility and curiosity to learn about substance use disorders as precursors to have supportive and pragmatic conversations with clients.
- Identify opportunities in varied practice settings to engage clients who use drugs in setting and achieving goals
- Conduct collaborative goal setting for overdose and infection prevention with people who use drugs to augment substance disorder screening, treatment, referral, and recovery.
- Apply harm reduction principles to supporting patient experience drug withdrawal symptoms.

Learning Outcome

Participants will report a change in practice 6 months after the educational intervention

Stanford's Chronic Disease Self-Management Program: Better Choices, Better Health

Do you have patients with a chronic disease? Are you looking for resources to help them take better care of themselves?

The NH CDSMP Network is offering Stanford's Chronic Disease Self-Management Program: Better Choices, Better Health as a resource to providers and residents of New Hampshire. The program gives patients with chronic diseases and the people who care for them an opportunity to learn how to put life back into their lives.



***For more information please
contact
Brianna Ferraro at
bferraro@snhahec.org
603-895-1514x2***

As a series of workshops:
Classes are offered in community centers across NH. Upcoming trainings can be found at [SNHAHEC](#), under the "BCBH" tab

"Lunch" and Learn
An introductory one-hour session can be brought to your practice by SNHAHEC to help your staff understand what can be done to help patients with chronic diseases manage their lives.