

Trainer Information: *Disclaimer & Permission To Use Materials*

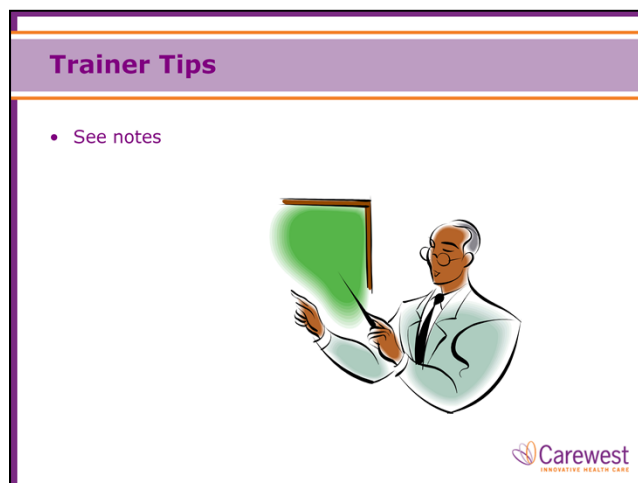
Carewest is committed to putting into practice the most up-to-date information available in the area of dementia care. The Supportive Pathways training program strives to reflect this organizational standard.

This is an ***ever-evolving document***, likely to change with the best practices of the day.

The Supportive Pathways training program is to be used for the purpose of training frontline health care workers in quality care for persons with dementia. For teaching purposes, it is a document that works best in its entirety. If material is added, the source must be clearly identified. Material can only be altered by Carewest designated principal facilitators, using standardized footnotes and references. Permission must be requested and granted to make any changes, additions or deletions.

These materials are for **non-profit staff training only and all information is copyright**. With these stipulations instructors that have attended "Train the Trainer" education sessions are granted teaching and attendance certification for those attending participants. The program must be taught sequentially encompassing all seven modules. Participant certification can only be granted if all 7 modules have been completed in full.

Please Note: Upon completion, trainers can complete a Certificate Request Form with the names of participants and send it to Carewest via email at supportive.pathways@albertahealthservices.ca. Certificates are generally processed within to two weeks of the request. Carewest sends all certificates in 26.35 cm x 37.46 cm padded envelopes by Canada Post regular mail. If you need a Certificate Request Form, please use the above email to request a copy.



Trainer Tips

- Prior to the session ensure that participants know: the times and location, where to park, safety rules, lunch and coffee break arrangements
- Encourage Management to attend, and if they do, ask them to be participants rather than observe. Having them there as observers is often a deterrent to the group dynamics but if they join in as one of the participants it usually has a positive effect on the learning process
- Have sign in sheets and handouts ready
- Gather and bring materials needed ahead of time especially on Day 2 for module 6
- For module 3 re :disease process learning exercise - print the most up-to- date articles available – from web sites such as the Alzheimer's Society
- Make sure all your equipment works prior to starting e.g. projector, videos
- **Have the note pages available so you have easy access to the information you need related to activities and extra notes**
- When presenting follow the slides on your computer rather than turning to see them on the screen. This way your voice is always projected forward toward your audience.
- Put thought into your classroom set – up so that everyone can see and hear you as well as see the PowerPoint screen. Think about how you will arrange the group discussions without a lot of rearranging each time
- You will need to start on time in the AM and after breaks to get through the course material - you will also need to stay on topic and within the allotted times

Trainer Tips Continued:

- Notes are meant to support the trainer and may be for reference and information only
- Suggestion: go through the notes and hi-lite what you would like to include in your presentation – please do not read the note pages verbatim
- If you have one participant who likes to dominate the conversation, directly inquire of quieter participants to hear their stories.
- If not sure of a response to a question – let them know you will look into it and get back to them (it is okay to say you don't know)
- All modules can be taught by a person who has attended the Carewest train the trainer sessions. i.e. Module 3 does not require an RN
- Individuals who have not attended a Train the Trainer sessions are not permitted to use or teach this material
- All material with the exception of the optional components must be covered but try do all optional activities if you can fit them in
- Use some of the slides as posters for added learning.


Certificate Request Form

- See notes for an example

To request or submit a form contact:

supportive.pathways@albertahealthservices.ca



 Carewest Supportive Pathways Certificate Request Form							
Care Centre / Organization:							
Mailing Address:							
FIRST NAME	LAST NAME	DISCIPLINE	DATE	FACILITY CATEGORY	GEOGRAPHIC LOCATION OF PARTICIPANT	TRAINER	TYPE OF CERTIFICATE
Example: John	Smith	HCA	January 10, 2006		Calgary	Marlene Collins	



Day 1

0800 - 0830 : Intros and pretest

0830 - 0930: Module 1

0930 - 0945: Break

0945 -1130: Module 2

(Offer a 5 min stretch break between individualized care/family)

1130 - 1200: Lunch

(Can be increased by 15 min if need be but day will end at 1615)

1200 - 1445: Module 3 (include a couple 5 min stretch break PRN)



1445 -1500: Break

1500 -1600: Module 4 (let them leave early to get brownie points!)

Remind the participants that you will be asking them to share their 'ah-ha' moments (something significant that they learned) the next day when they arrive. Also remind them to bring back their pretest.

Possible Agenda for Day 2 of 2 Training

- Possible Agenda for the 2 Day Training
(based on 7 and 3/4 hour day)
- See notes



Day 2

0800 - 0830 : Sharing Ah-Ha moments

Complete any of Module 4 that didn't get covered on Day 1

0830 - 0930: Module 5 (finish module after their break)

0930 - 0945: Break

0945 -1145: Module 5 Continued

(Offer a 5 min stretch breaks PRN))

1145 - 1215: Lunch

(Can be increased by 15 min if need be but day will end at 1615)

1215 - 1415: Module 6 (include a couple 5 min stretch breaks PRN)

1415 -1430: Break



1430 -1530 Module 7

1530 – 1600 Wrap up (Evaluation and Post Test)

Pre/Post Test and Answer Key

Pre/Post Test is located:
- in the Module 1 Participant Manual

Answer Key is located:
- in Module 7 of the Train the Trainer Binder
and as a hidden slide in the Module 7
PowerPoint slides at the point when you
review the answers with the participants



Pre / Post Participant Test Supportive Pathways

Name: _____

*Total Score out of 25

Date: _____

1. Which of the following would be considered normal changes of aging? Mark T for True and F for False or “?” if unsure.

_____ Bladder incontinence
_____ Slower reaction time
_____ Need for more light
_____ Less able to hear low pitch sounds
_____ Decrease in the amount the bladder holds
_____ Older people are less sensitive to medications so you need higher doses

2. Which of the following changes are seen in the brain of people with Alzheimer Disease?

_____ Decrease in dopamine
_____ Overgrowth of tissue
_____ Amyloid plaques
_____ Pick bodies

3. Which of the following is a reversible cause of Dementia?

_____ Picks Disease
_____ Depression
_____ Alzheimer Disease
_____ Lewy Body Dementia

Pre / Post Participant Test Supportive Pathways Continued

4. Please indicate "T" for true, "F" for false or "?" if you are unsure for the following statements.

- _____ Reminiscing should be avoided with clients as it increases their depression
- _____ It is normal for the older people to want to die so we should ignore these statements
- _____ Aggression and resistance to care can be caused by fear
- _____ When dealing with a resident who is looking for their mother it is best to tell them in a kind manner that their mother is dead
- _____ Restraints keep clients safe
- _____ Medication can be considered a restraint
- _____ Clients with very late stage dementia are prone to choking and aspiration
- _____ Aricept is a drug to treat depression
- _____ Difficulty dressing may be caused by damage to the frontal lobe of the brain
- _____ Delirium usually has a quick onset

5. Which type of dementia is caused by small strokes?

- _____ Pick's Disease
- _____ Lewy Body Dementia
- _____ Alzheimer Disease
- _____ Multi-infarct Dementia

6. Which of the following could be signs of pain in non-verbal clients?

- _____ calling out for help
- _____ aggression
- _____ fast breathing
- _____ furrowed brow
- _____ all of the above

Pre / Post Participant Test Supportive Pathways

7. To keep yourself safe when dealing with aggressive older persons it is best to:

- ☐ Approach from behind so they can't hit you
- ☐ Use only non-verbal communication
- ☐ Limit eye contact so they aren't challenged
- ☐ Enter their space slowly

8. Which of the following activities would be best for a very late stage dementia client?

- ☐ Craft group
- ☐ Playing favorite music
- ☐ Setting the table
- ☐ Exercise group

9. Mr. Jones is pacing and has a stressed look on his face. Which would you do?

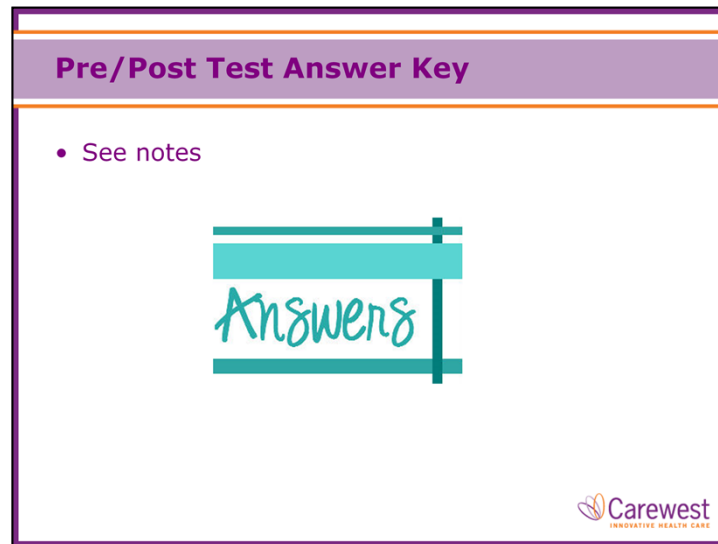
- ☐ Leave him alone
- ☐ Try to find out what was wrong
- ☐ Take him to the bathroom

10. Mr. Marshall's daughter stops you in the hall and asks why her father has a big bruise on his arm. You aren't his nurse today and are really busy. Which of the following would be the best response.

- ☐ "I don't know, I'm not his nurse. I think Jane is down the hall somewhere".
- ☐ "His nurse is at lunch right now. I'll get her to see you when she gets back."
- ☐ "They all have fragile skin so bruise easily."
- ☐ "Come with me and I'll check the chart and find someone who can help you".

11. Clients with dementia have altered touch sensation so don't want to be touched.

- ☐ True
- ☐ False



Pre / Post Participant Test Supportive Pathways **ANSWER KEY**

1. Which of the following would be considered normal changes of aging? Mark T for True and F for False or “?” if unsure.

FALSE Bladder incontinence

TRUE Slower reaction time

TRUE Need for more light

FALSE Less able to hear low pitch sounds

TRUE Decrease in the amount the bladder holds

FALSE Older people are less sensitive to medications so you need higher doses

2. Which of the following changes are seen in the brain of people with Alzheimer Disease?

FALSE Decrease in dopamine

FALSE Overgrowth of tissue

TRUE Amyloid plaques

FLASE Pick bodies

3. Which of the following is a reversible cause of Dementia?

 Picks Disease

 X Depression

 Alzheimer Disease

 Lewy Body Dementia

Pre / Post Participant Test Supportive Pathways ANSWER KEY

4. Please indicate "T" for true, "F" for false or "?" if you are unsure for the following statements.

FALSE Reminiscing should be avoided with clients as it increases their depression

FALSE It is normal for the older people to want to die so we should ignore these statements

TRUE Aggression and resistance to care can be caused by fear

FALSE When dealing with a resident who is looking for their mother it is best to tell them in a kind manner that their mother is dead

FALSE Restraints keep clients safe

TRUE Medication can be considered a restraint

TRUE Clients with very late stage dementia are prone to choking and aspiration

FALSE Aricept is a drug to treat depression

TRUE Difficulty dressing may be caused by damage to the frontal lobe of the brain

TRUE Delirium usually has a quick onset

5. Which type of dementia is caused by small strokes?

 Pick's Disease

 Lewy Body Dementia

 Alzheimer Disease

 X Multi-infarct Dementia

6. Which of the following could be signs of pain in non-verbal clients?

 calling out for help

 aggression

 fast breathing

 furrowed brow

 X All of the above

Pre / Post Participant Test Supportive Pathways ANSWER KEY

7. To keep yourself safe when dealing with aggressive older persons it is best to:

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- ☐ Use only non-verbal communication
- ☐ Limit eye contact so they aren't challenged
- ☒ Enter their space slowly

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- ☒ "Come with me and I'll check the chart and find someone who can help you".

11. Clients with dementia have altered touch sensation so don't want to be touched.

- ☐ True
- ☒ False

Evaluation Form

Evaluation

Evaluation form is located:
- in Module 7 Participant Manual (last page)

