



Southern NH Area Health Education Center

November
2020

Upcoming Conferences, Workshops,
and Programs

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

- ***Alzheimer's Dementia-Intro to Alzheimer's-Carole Boutin, DNP, MS, RN, CNE***
- ***Achieving Adolescent Wellness through Preventative Care-Lyndsay Goss MSN, RN***
- ***Antibiotic Stewardship-Gloria Thorington, RN, CPHQ, CPPS Consultant II***
- ***Community Programs: A Cure for Social Isolation-Rachel S. Eichenbaum, RN, MSN***
- ***Hepatitis A-Nancy Parker, BS, RN***
- ***Health Equity-Trinidad Tellez, MD***

REGISTER NOW

Team Up Take Action:

The Impact of COVID-19 in NH and VT: Forging New Partnerships to Improve Health Equity

**November 10, 17,
and 19**
9 a.m.-12 p.m.
Virtual Conference

About Team Up, Take Action

Now in its fifth year, and in the midst of the COVID-19 pandemic, this unique collaboration between health systems, community partners, and public health professionals will come together to discuss New Hampshire and Vermont's ability to control this disease, alleviate its social and economic impacts, and address the inequities that have existed in our communities for far too long. New and existing partnerships are more important than ever to support the people of New Hampshire and Vermont through this health, economic, and social crisis.

NHPHA Members: \$25/day, \$65 for 3 days

Non-Members: \$45/day, \$125 for 3 days

Students: \$15/day, \$35 for 3 days

Scholarships are available; email info@nhpha.org for more information.

Register at <https://tinyurl.com/2020tuta>

Schedule:

**Nov. 10,
9:00am**

**Day 1: Health Haves, Health Nots
in a Time of COVID-19**



Keynote: Sandro Galea, MD, MPH, DrPH

Sandro Galea, a physician, epidemiologist, and author, is dean and Robert A. Knox Professor at Boston University School of Public Health. He previously held academic and leadership positions at Columbia University, the University of Michigan, and the New York Academy of Medicine. He has published extensively in the peer-reviewed literature, and is a regular contributor to a range of public media, about the social causes of health, mental health, and the consequences of trauma. He has been listed as one of the most widely cited scholars in the social sciences.

**Nov. 17,
9:00am**

**Day 2: COVID-19: Impacts on Jobs
and the Economy**



Keynote: Jessica Santos, PhD

Jessica Santos is director of Community Engaged Research at the Institute on Assets and Social Policy (IASP) and a lecturer at Heller School for Social Policy & Management, Brandeis University. She serves as principal investigator on multiple federally and privately funded mixed methods studies focused on examining pathways for economic stability, upward mobility, and equity through social policy.

**Nov. 19,
9:00am**

**Day 3: Food and Housing Insecurity in
the Wake of COVID-19: Old Problems, New
Opportunities?**



Keynote: Kerri Lowery, JD, MPH

Kerri Lowery is deputy director and director for grants and research for the Network for Public Health Law, Eastern Region, based at the University of Maryland Francis King Carey School of Law. Kerri has more than 20 years of experience as a public health lawyer. Most recently, Kerri has spearheaded the development of an interprofessional eviction prevention project with the University of Maryland School of Social Work, which seeks to provide legal triage and access to community support services for families facing housing instability due to the pandemic.

November 10th, 2020, 8:30 am – 12:30 pm

Epilepsy & Self-Management Virtual Training



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

***REGISTER: bit.ly/epilepsytraining**

Training Course Fee: \$25.00

***Scholarships Available**

Questions? Email us: MEWprograms@hitchcock.org

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.

3.75 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)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

3.5 CEUs pending approval from NASW NH.

For other professionals: 3.75 professional hours of continuing education.

November 11th , 12th , 2020, 8:30 am – 12:30 pm
Epilepsy Self-Management & Cognitive Training
Coach Certification

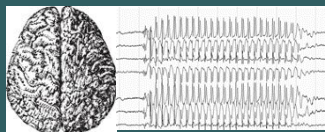


Train to Become A Certified HOBSCOTCH Cognitive Coach

Home Based Epilepsy Self-Management and Cognitive Training Changes Lives

The HOBSCOTCH Program is an evidence based behavioral program designed to help patients with epilepsy manage and cope with cognitive challenges that impact daily life and disease management. Train as a coach to deliver:

- Epilepsy and memory education
- Patient Self-Awareness Training
 - Problem Solving Therapy
- Compensatory Memory Strategies
- Mindfulness Relaxation Exercises



Course Fee \$99.00
Includes materials
CE Credits for CHW,
nursing, SW, medicine

Target Audience
nursing, PAs, CHWs, PCPs,
counselors, SWs psychologists,
neurologists

***REGISTER: bit.ly/CognitiveCoachCertification**

Questions? Email us: MEWprograms@hitchcock.org

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.

6.0 contact hours. Activity Number: 1344

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 6.0 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

6.0 CEUs pending approval from NASW NH.

For other professionals: 6.0 professional hours of continuing education.





SOMEONE YOU LOVE

THE HPV EPIDEMIC

VIRTUAL FILM SCREENING & DISCUSSION

Tuesday, November 17th 7:30 AM – 9:30 AM

Dear SNHAHEC Followers,

You're cordially invited to a FREE virtual continuing education opportunity focused on the importance of preventing HPV-associated cancers and the role each of us plays in increasing HPV vaccination rates. This event will encompass a film screening of the documentary *Someone You Love: The HPV Epidemic*, followed by break-out group discussions. Start your morning off right by joining us for this unique opportunity. Space is limited! Register soon:

<https://virtualhpvmovie.eventbrite.com>

CONTINUING EDUCATION

Learning Objectives

1. Explain the link between HPV virus and associated cancers in males and females
2. Recognize the HPV vaccine as safe and effective.
3. Explain the physical and emotional toll that cervical cancer has on its victims and families.
4. Identify best practice vaccine guidelines and resources.
5. Frame the HPV vaccine as a cancer prevention tool.

Nurses

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

2.0 contact hours. Activity Number: 1181

Physicians

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Questions? Email NCCC.Community.Outreach@Dartmouth.Edu

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: 1305

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.

Social Work

This program has been approved for 1.5 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CEU # 3681

Other professionals

1.5 professional hours of continuing education.

Thursday, November 19, 2020

Program: 2:00-3:30pm

Live Webinar via Zoom

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 register.

Learning Community in Trauma-Responsive Services for Human Service Providers

Eight 1.0 hour Live Webinars

11/19, 12/3, 1/7, 1/21,

2/4, 2/18, 3/4, 3/25

12:00 pm-1:00 pm

Live Webinar via ZOOM



Description: Participants will gain a deep appreciation of the prevalence of trauma in our communities, as exemplified by the Adverse Childhood Experiences (ACEs) study, and will explore how traumatic (or adverse) experiences are inextricably intertwined with mental health problems, substance use disorders, and issues with caregiving. The series prepares professionals to: 1) develop a plan to address ACEs through screening/assessment, 2) use the "trauma-responsive framework" to intervene in a trauma-informed manner, and 3) create a pilot project to kick-start initiatives in their own settings.

Foundational Training in Trauma-Responsive Systems

Eight 60-minute live video conference learning sessions on the foundations of trauma-informed care (TIC)

1. Examine "Trauma theory" and the fundamentals of social neuroscience Adverse Childhood Experiences (ACE) study and the prevalence of traumatic exposure
2. Review systemic oppression and social determinants of health
3. Describe disrupted neurodevelopment (the role of adversity & relationships)
4. Identify functional impairments associated with traumatic exposure
5. Discuss complex trauma and misdiagnosis
6. Recognize adverse experiences in human services involvement
7. Explain Principles and practices associated with the TIC approaches
8. Review assessment & intervention techniques for trauma

Expert Consultation in Trauma-Responsive Systems

Each of the eight 60-minute live video conference learning sessions on the foundations of trauma-informed care (TIC) will support participant efforts to develop their own pilot projects in TIC and will include practice opportunities to hone their skills in TIC. Participants will have access to current resources in TIC to supplement the training sessions.

Target Audience: This workshop is an advanced professional development opportunity for professionals seeking to become "trauma competent" and to develop trauma-informed systems of care in their own agencies/organizations.

There is no fee to participate. Materials will be provided. A Zoom link will be emailed prior to each session.

[Click here](#) to register for all 8 sessions

Faculty

Cassie Yackley, Psy.D., P.L.L.C -Dr. Yackley has worked in the field of mental health with a specialty focus on trauma and child maltreatment. She provided psychotherapy to traumatized youth and families for nearly 25 years and directed an APA-accredited doctoral internship training program for a decade, before shifting fully to a training and consultation role in trauma-informed care systems transformation. As the administrative director of a multi-year statewide implementation project aimed at creating a trauma-informed child welfare system, Dr. Yackley trained all child protection and juvenile justice professionals throughout NH in screening and referrals for trauma impacted youth. She developed a training curriculum in trauma-informed early childhood services (TIECS) that has been used to train at least a thousand early childhood providers. In her efforts to create trauma-responsive systems, Dr. Yackley has been fortunate to collaborate with a broad range of providers through New England, including: schools, police departments, mental health agencies, psychiatric hospitals, home visiting programs, child care centers, child advocacy centers, homeless shelters, and residential treatment facilities.

Continuing Education

Nursing:

Southern New Hampshire Area Health Education Center is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

8.0 contact hours. Activity Number: 1355

Physicians:

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 8.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NASW:

8.0 CEUs pending approval from NASW NH.

For all other health professionals: 8.0 hours.

Creative Resiliency Series: Creating Mandalas

Faculty

Lisa Stockwell, MEd,
Certified Train the
Trainer, Life Coach and
Motivational Interviewing
Trainer.

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: 1329

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)[™].
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.

Thursday, November 19, 2020

Live Webinar: 10:00 to 11:30am

Join us in using an evidence based framework, Arts and Culture in Public Health, to identify mechanisms you can use for yourself and your patients to increase engagement, strengthen communication, and create positive health outcomes.

Creating mandalas, provide a non-threatening approach for health professionals to support the clients they serve. Mandalas can be used as a form of art therapy or as a creative expression and can reduce anxiety, tension, stress, and increase focus. Originating in ancient Asian religions, the mandala is recognized by patterns of geometric, concentric circles and used as an aid in meditation. The psychological underpinning for this form of expression is Jungian.

Creating mandalas is fun, and it can be used to stimulate awareness, self-expression, and communication with others; and to create a mechanism to diffuse and manage stress.

Learning Objectives

After this session, participants will be able to:

- Describe the history and the process for creation of a mandala.
- Explain the psychological basis for mandala usage.
- Implement a mandala creation as a personal expression.
- Discuss mandala usage in a variety of settings.

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.**

Stress Less & Manage More!

Faculty

Lisa Stockwell, MEd,
Certified Train the
Trainer, Life Coach and
Motivational Interviewing
Trainer.

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: 1349

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)[™].
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.

Thursday, December 10, 2020

Live Webinar: 11:00 to 12:30pm

Stress can take a toll on us all, especially in uncertain times. It is easy to forget that our own self-care is essential to our wellbeing. If we are depleting ourselves, we ultimately have less energy to give to our work or to offer someone else. Over time we can develop stress overload called "compassion fatigue," a set of symptoms that can affect our health, emotions, thoughts, relationships, behaviors, and even how we feel about the world in general.

In this workshop we will learn and practice some tools that we can use, giving us a sense of control and allowing us to let go of things beyond our control.

Learning Objectives

After this session, participants will be able to:

- Describe the stressors and signs of stress (healthy stress, compassion fatigue, burn-out)
- Recognize the link between thoughts, behavior, and emotion.
- Identify and practice techniques such as: communication, refocusing, healthy boundaries, and creative expression to lessen stress levels at home and work.

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.**

ISOLATION THROUGH THE LIFESPAN

A series of four one-hour workshops

A FOCUS ON OLDER ADULTS: JANUARY 14, 2021

IMPACT ON SUBSTANCE USE DISORDER:

JANUARY 28, 2021

YOUTH & FAMILIES: FEBRUARY 11, 2021

CAREGIVERS: FEBRUARY 25, 2021

12:30 - 1:30 PM VIA ZOOM

Social Isolation is a significant public health risk and living through the COVID-19 pandemic is exacerbating people's experience of being socially disconnected. Join us to learn more!

[Click here to register](#)

Offered by:



Target Audience: Nurses, Behavioral Health providers, physicians, medical assistants and community health workers

Learning Outcome:

- Apply strategies to prevent and manage negative health outcomes related to isolation across an individual's lifespan

Learning Objectives:

- Describe the impact of social isolation on older adults, youth & parents, caregivers and people with substance use disorder
- Identify statewide and/or national resources – provide a toolbox for the provider
- Offer strategies for minimizing isolation and the impact of such

Faculty:

- Jodie Lubarsky MA, LCMHC; Child, Adolescent and Family Services Director; Seacoast Mental Health Center, Inc.
- Anne Marie Olsen-Hayward, LICSW, CDP; Director, REAP; Staff Therapist; Seacoast Mental Health Center, Inc.
- Diane Fontneau, MS, LADC; SUD Program Manager; Seacoast Mental Health Center, Inc.

Continuing Education

Nurses

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.

4.0 contact hours, Activity Number: 1359 (1.0 hour per session)

Physicians

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 4.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers

4.0 CEUs pending approval from NASW NH.

For all other health professionals: 4.0 hours (1.0 hour per session)

Improve your practice
while incorporating
students



Preceptor ECHO to Enhance Rotations

Explore opportunities
to enhance precepting
systems

APPLY NOW!

JOIN OUR PROJECT ECHO®!

Details:

- Sessions will be held on the first Tuesday of the month from 12 - 1pm running from Dec 2020 - May 2021
- Collaborate in an all teach all learn community
- Connect with faculty experts and practices across New England

- Promote case-based shared learning across clinical preceptor sites throughout New England and beyond
- Develop a learning community of preceptors and practice sites
- Share and develop competencies for rural and underserved preceptor sites

WHO SHOULD APPLY?

Clinical preceptors or providers interested in being a clinical preceptor, office managers/HR staff, and NP students

Questions? Contact

unh.anew@unh.edu



64-hour Health Care Community Interpretation Training, Online

**New Dates: November 9 to
December 28, 2020**

Time: 6:00pm – 9:00pm

On Monday/Wednesday/Friday



This is a comprehensive 64-hour program that teaches interpreters to work in the community, social services, education and healthcare. Tuition cost for this training is \$750. NH students interested in applying for a scholarship of \$400 please check here _____. Registration fee, mandatory language proficiency screening (in English and target language), the manual and exercises/role-plays are included in this amount.

Individuals interested in this training must complete the form below, and include a nonrefundable registration fee of \$100 check/money order made out to SNHAHEC and send it to: Florentina G. Dinu, Southern New Hampshire Area Health Education Center, 128 State Route 27, Raymond NH 03077, Any buyer may cancel this transaction any time prior to midnight of the third business day after the date of the transaction. After that the registration fee and tuition cost is non-refundable.



HCCI REGISTRATION

NAME _____ HOME PHONE _____ OTHER PH. _____

ADDRESS: _____ TOWN _____ STATE/ZIP _____

EMAIL _____ PLACE OF BIRTH _____ NATIVE LANGUAGE _____

OTHER LNG'(S) SPOKEN _____ HIGHEST EDU. COMPLETED _____



HOW DID YOU FIND OUT ABOUT THIS TRAINING?

Please check:

*SNHAHEC website _____ *Received email _____ Today's date _____

*Other (please specify name): _____

For more information contact Florentina G. Dinu at: fgdinu@snhahec.org

70-hour Legal Interpretation Training, Online, via Zoom

January 16 – April 7 2021

Time: 6:00pm – 9:00pm

On Tuesdays and Thursdays



This is a comprehensive 70-hour program that teaches interpreters to work in the law enforcement (courts, police, correctional facilities, department hearings, with attorneys and more). Tuition cost for this training is \$900. Partial scholarships of \$400 may be available for students residing in New Hampshire. Please check on this line if interested. Registration fee, mandatory language proficiency screening (in English and target language), the manual and exercises/role-plays are included in this amount.

Individuals interested in this training must complete the form below, and include a nonrefundable registration fee of \$100 check/money order made out to SNHAHEC and send it to: Florentina G. Dinu, Southern New Hampshire Area Health Education Center, 128 State Route 27, Raymond NH 03077. Any buyer may cancel this transaction any time prior to midnight of the third business day after the date of the transaction. After that the registration fee and tuition cost is non-refundable.



HCCI REGISTRATION

NAME _____ HOME PHONE _____ OTHER PH. _____

ADDRESS: _____ TOWN _____ STATE/ZIP _____

EMAIL _____ PLACE OF BIRTH _____ NATIVE LANGUAGE _____

OTHER LNG'(S) SPOKEN _____

HIGHEST EDU. COMPLETED _____



HOW DID YOU FIND OUT ABOUT THIS TRAINING?

Please check: *SNHAHEC website *Received email

*Other (please specify name): _____

Today's Date: _____

For more information contact Florentina G. Dinu at: fgdinu@snhahec.org

Storytelling for Public Health

Public health professionals: Communicate your impact through a story. Learn ways to frame your story and explore multimedia examples with this training from the [New England Public Health Training Center](#). Free MCHES/CHES. <http://bit.ly/3c65Lpt>



National AHEC Organization
HPV Immunization Project



Archived Webinar

"HPV and Immunizations. A Discussion about HPV from an Oncologist's Perspective. What can be Prevented with this Vaccination,"
is now archived and ready for viewing!

Learn about the HPV Virus from an oncologist's perspective. Discuss reasons why the Human Papillomavirus vaccination can lead to prevention of HPV related cancers. Describe the effects of HPV related cancers in women. Understand the burden of the HPV disease and the rationale for vaccinating youth at ages 11 and 12.

Recorded on January 9, 2020

CME/CE credit has expired on this archived webinar but a certificate of completion is available upon request.

[Watch the Archived Webinar Now!](#)



Looking for other Archive Webinars?

[View Here!](#)

[Visit Our Website](#)

Funding for webinars made possible by the Centers for Disease Control and Prevention, cooperative agreement number, NH23IP000960, to the National AHEC Organization. The views expressed in the written materials and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices or organizations imply endorsement by the U.S. Government.

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.



Free Continuing Education Self-Study Course

“Human Papillomavirus (HPV) Vaccine Safety” Presented by:

Julianne Gee, MPH
Immunization Safety Office
**Centers for Disease Control
& Prevention**

Credits Available:

- 1.0 ACCME credit hour for physicians
- 1.0 ANCC contact hour for nurses
- 1.0 ACPE contact hour for pharmacists

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and National AHEC Organization. Postgraduate Institute for Medicine is jointly accredited by the American Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

We welcome you to visit the link below to register and download your free study guide and exam.

<https://www.cmeuniversity.com/course/disclaimer/117724>

Participants must 1) read the learning objectives and disclosures; 2) study the educational activity; and 3) complete the post-test and the evaluation form. If you successfully complete the post-test (score of 75% or higher), your certificate will be made available immediately. Click on View Certificate and print the certificate for your records. If you receive a 74% or less, you will receive a message notifying you that you did not pass the post-test. You may retake the post-test until successful.

www.nationalAHEC.org/HPV | info@ntc.nationalAHEC.org



Preventing Cancer, Increasing Awareness, and
Starting Conversations.

Enhancing the School Nurse's Role in the Fight Against Human Papillomavirus (HPV) Cancer

Continuing Education

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

1.0 contact hours. Activity Number: 1253



To access this free online module, visit:

learn.snhahec.org/course1-506641.html

Once you complete the learning module, you will need to also complete an evaluation and post-test to receive a certificate.

Questions? Contact psmith@snhahec.org

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://learn.snhahec.org/course1-623047-839335-581519-259998-815191-508577.html>

Dealing With the Difficult Learning Situation: Management

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

<https://learn.snhahec.org/course1-623047-839335-581519-259998-815191-508577-771532.html>

The Effective Preceptor

Narrated by: Justine Nims-Largy, APRN

<https://learn.snhahec.org/course1-623047-839335-581519-259998-815191.html>

Evaluation: Making it Work

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

Coming Soon!

Feedback

Narrated by: Ruth James, MD, MPH

<https://learn.snhahec.org/course1-623047-839335-581519-259998-815191-570688.html>

Integrating the Learner Into the Busy Practice

Narrated by: Rajae Raji, APRN

Coming Soon!

Learner Engagement in Community Rotations

Narrated by: Paula Smith, MBA, EdD

<https://learn.snhahec.org/course1-623047-839335-581519-259998-815191-672687.html>

The One-Minute Preceptor

Narrated by: Jonathan Gott, PA-C

<https://learn.snhahec.org/course1-623047-839335-581519-259998-815191-570688-833144.html>

Setting Expectations

Narrated by: Ruth James, MD, MPH

<https://learn.snhahec.org/course1-623047-839335-581519-259998.html>

Carbohydrate Counting

a key strategy to managing diabetes



***Want to be able to help your DM patients
keep their blood glucose levels
within their target range?***

This 45 minute narrated PowerPoint presentation, available online, provides carbohydrate counting tips you can share with patients and clients.

Learning Objectives:

- State what carb counting is and why it is important to manage diabetes
- State carb targets for meals and snacks
- Identify resources to learn carb content of foods
- Explain how to calculate insulin to carb ratios

Presented by Della Flanagan, RD, CDE, MEd, BC-ADM, LD
Della has been a CDE since 1988. She has been the manager of the Diabetes and Nutrition Program at Concord Hospital, which sees patients of all ages and with all types of diabetes.

[Click here](#) to learn more!

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!

Culture and Cultural Effectiveness (Competency)

Want to learn more about Cultural Effectiveness?

This narrated PowerPoint presentation, available online, provides introductory information about culture and cultural effectiveness, cultural challenges, and the continuum process of cultural competency.

Learning Objectives:

- Define culture and diversity
- Explain what cultural effectiveness/competency means
- Define the continuum process of cultural competency
- Describe cultural challenges of health care and social services systems
- Identify what assistive technologies are available for different groups of people with disabilities and who is responsible to provide the appropriate services

Presented by: Florentina G. Dinu

[Click here](#) to learn more!

Health Equity

Want to learn more about Health Equity?

This narrated PowerPoint presentation, available online, provides introductory information about health equity including the difference between health disparities and health inequities, and describing the social determinants of health.

Learning Objectives:

- Name at least one reason why nursing and other health professionals should work to advance equity
- Distinguish between health disparities and health inequities
- Provide a definition for health equity
- List at least one social determinant of health
- Describe the importance of data for equity efforts
- Recognize at least one strategy for advancing equity corresponding to each of the spheres of influence

Presented by: Trinidad Tellez, MD

Dr. Trinidad Tellez directs the NH Office of Health Equity at the Department of Health and Human Services.

[Click here](#) to learn more!

Sex, Gender Identity, Gender Expression, and Sexual Orientation (SOGI)

Want to learn more about SOGI?

This narrated PowerPoint presentation, available online, provides introductory information about SOGI including the definitions of sex, gender identity, and gender expression.

Learning Objectives:

- Identify the difference between sex, gender, and sexual orientation
- Understand the difference between binary and continuum
- List at least one strategy or resource for improving your organization

Presented by: Chloé LaCasse

Chloé LaCasse a member of Rights & Democracy, (RAD) and their Transgender Organizing & Leadership Development, (TOLD) team. She also runs a consulting business called “The Making of Self” in Concord, NH.

[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!

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 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.

1.0 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!

Telehealth Lay of the Land: Uses and Practices Online Module

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: 1333

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)[™]. 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.

The Northeast Telehealth Resource Center (NETRC) and the SNHAHEC are pleased to offer this collaborative professional development opportunity in the innovative and rapidly advancing area of telehealth. This presentation will be given by the NETRC and aims to give attendees a "starter kit" of knowledge to take back to their organizations and apply to their practice.



Learning Objectives

After this session, participants will be able to:

- Discuss common uses and best practices of telehealth
- Review recent events in telehealth
- Describe clinical considerations for utilizing telehealth in practice

Target Audience

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

To access the module, [click here!](#)

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

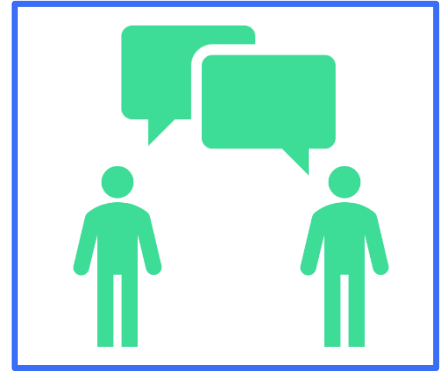
Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation 0.5 contact hours. Activity Number: 1340

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.

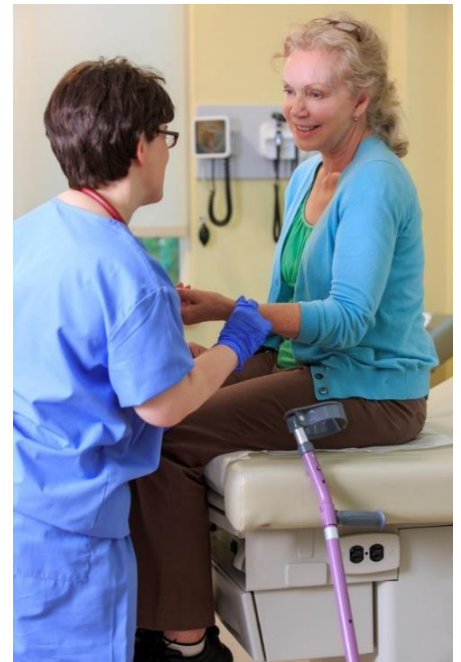
Learning Objectives

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.



Responsive Practice

Providing Health Care & Screenings
to Individuals with Disabilities

The ***Responsive Practice*** training is online, on-demand, free for a limited time, and eligible for continuing education & continuing medical education credits. *Responsive Practice* enhances health care providers' ability to deliver culturally competent, accessible care to people with intellectual, mobility, and other disabilities. Learning objectives:

- Describe disparities in health experienced by people with disabilities compared to people without disabilities;
- Recognize barriers to accessing health care & preventive services; and
- Acquire strategies & approaches to provide disability-competent, responsive care.

Nurses

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.

1.0 contact hours. Activity Number: 1226

Physicians

Southern NH AHEC, 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.

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 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.

1.0 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