



## Online Learning

Pendulum offers online learning for Administrators and Directors of Nursing/Clinicians of long term care facilities with courses developed by our colleague firm Upstairs Solutions.

Whether you are a facility Administrator, Director of Nursing, or part of the nursing staff, the Online Learning Center is a great tool to include in your training.

Our risk management team has carefully selected 22 key courses relevant to reducing risk and enhancing defensibility from the library of online training courses offered by Upstairs Solutions. Selected courses can provide you with continuing education credits (CEUs), as accredited by the National Association of Boards of Examiners for Nursing Home Administrators (NAB) and the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

Registration is easy through the Pendulum Web site. Once online, you have access to all 22 courses available. Courses include a pretest, the course, and the exam. Upstairs Solutions lets you know at a glance which courses you have in progress, which are completed, and which courses you have yet to take. You may take any course at any time—there is no set agenda for the courses.

Upstairs Solutions combines the content, animation, demonstrations, and audio to produce comprehensive training modules. The self-paced format of the training allows each person to absorb the information at a pace that is best suited to his or her learning needs. Most courses typically take 30 to 45 minutes, and training is completely Web-based, so there is no software installation necessary. The courses are user friendly with easy-to-understand directions.

Some of the course topics include:

- Elopement
- Infection Control
- Abuse and Neglect
- Falls
- Nutrition
- Documentation
- To see the complete listing of courses, see back

### Pendulum Online Learning Pricing

#### Administrator Section

\$250.00

#### Director of Nursing/ Clinician Section

\$250.00

#### Features

- Courses carefully selected especially for Administrators and Directors of Nursing/ Clinicians
- Relevant courses to help reduce risk and enhance defensibility
- Twenty-two programs for each section for a total of 22 continuing education credits for each section
- Easy online access and registration
- Once a course is completed, a certificate can be printed

For more information  
about online  
learning through  
Upstairs Solutions,  
please call us.

888/815-8250

### **Course Selection for Administrators/ Managers**

- A HIPAA Primer for Long-Term Care
- Abuse and Neglect
- Abuse and Neglect Investigation
- Aggressive Residents
- Anatomy of a Medical Record
- Communication with Older Adults with Dementia
- Creating a Restraint-Free Environment
- Elopement—Do You Know Where Your Resident Is?
- Ergonomics—Lifting and Moving
- Hazard Communication—MSDS
- Infection Control
- Investigating Employee Accidents
- Lockout/Tagout Procedures
- Medication Administration: Avoiding Common Errors
- Nutrition and Hydration—Your Responsibilities
- Pressure Ulcer Prevention—“T-N-T”
- Preventing Slips, Trips and Falls
- Preventing Workplace Violence
- Professionalism in the Workplace
- Providing High Quality Dementia Care—An Overview
- Safe Food Handling
- Understanding Falls

### **Course Selection for Directors of Nursing/Clinicians**

- Abuse and Neglect
- Abuse and Neglect Investigation
- Activities—An Interdisciplinary Approach
- Advanced Directives
- Aggressive Residents
- Creating a Restraint-Free Environment
- Depression—What You Need to Know
- Diabetes—What You Need to Know
- Elopement—Do You Know Where Your Resident Is?
- Emergencies and Disasters—What You Need to Know
- Empowering Residents Through ADLs
- Infection Control
- The Ins and Outs of Documentation
- Is Your Loved One At Risk For Falls?
- Medication Administration: Avoiding Common Errors
- Nutrition and Hydration—Your Responsibilities
- Pain The 5th Vital Sign—Assessment
- Pain The 5th Vital Sign—Treatment Approaches
- Pressure Ulcer Prevention—“T-N-T”
- Providing High Quality Dementia Care—An Overview
- Transferring, Positioning and Lifting Residents Safely
- Urinary Incontinence