



CONTINUING EDUCATION

Professional Development for Nurses



July – December 2009

Southeast community college

www.southeast.edu

Welcome to Southeast Community College

Continuing Education Health Classes!

SCC offers a comprehensive package of courses—both credit and non-credit—to people throughout southeast Nebraska. Whether you are interested in pursuing a new career, upgrading your skills, developing recreational and cultural interests, preparing for high school completion tests, improving basic education skills, or taking a class just for fun, SCC makes the options available to you.

Non-credit courses are designed to enhance workforce skills, upgrade your skills, or for personal pleasure. Course offerings are based on community interest, need and demand. Each quarter, new specialty classes appear and new academic and technical courses are added. Classes are small and instructors are attuned to the needs of adult learners.

There is NO LIMIT to what you can do with an education from SCC!

ADA Reasonable Accommodations: SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area - Affirmative Action / Equity/Diversity Office at 402-323-3412, FAX 402-323-3420, or jsoto@southeast.edu. Please refer to the SCC College Catalog for policy information.

Limitations of Schedule: This schedule should not be considered a contract between SCC and any prospective student. The Board of Governors of SCC reserves the right to make changes in graduation requirements, costs, curriculum, course structure and content, and the calendar of operation during the life of the schedule and without notice.

Minimum Age Guidelines: SCC's primary mission is to serve adults. However, youth are allowed to take classes under the following guidelines:

- a. Individuals 16 years or older are eligible to enroll in courses provided they meet any stated prerequisites.
- b. Some classes are specifically designed for youth under 16 years of age, and/or for youth under 16 and adults in which both register and attend the class. Check course descriptions for details.
- c. Children not enrolled in class may not accompany adults to class or wait in the building unsupervised.

SCC Board of Governors: Nancy A. Seim, Chair, Lincoln; Lynn Schluckebier, Vice Chair, Seward; Robert J. Feit, Secretary, Pickrell; Jacki Allensworth, Treasurer, Lincoln; Darryl Baker, Beatrice; Kathy Boellstorff, Johnson; James J. Garver, Lincoln; Helen E. Griffin, Lincoln; Ed C. Heiden, Sterling; Carl R. Humphrey, Waverly; Ruth M. Johnson, Lincoln; Steve Ottmann, Faculty Representative, Lincoln. (1/09)

Equal Opportunity/NonDiscrimination Policy - It is the policy of Southeast Community College to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of Southeast Community College's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th Street Place, Lincoln, NE 68510, 402-323-3412, FAX 402-323-3420, or jsoto@southeast.edu.

Declaración de política sobre equidad/antidiscriminación - La política pública de Southeast Community College es de proveer equidad, y prohíbe discriminación, en todos asuntos referentes a la admisión, participación, y empleo contra toda persona por motivo de raza, color, religión, sexo, edad, estado civil, origen nacional, etnia, condición de veterano, orientación sexual, incapacidad, u otros factores prohibidos por ley o política del Colegio. Preguntas relacionadas a la política sobre equidad/antidiscriminación de Southeast Community College deben dirigirse a: Vice President for Access/Equity/Diversity, SCC Area Office, 301 S 68 Street Place, Lincoln, NE 68510, 402-323-3412, FAX 402-323-3420, o jsoto@southeast.edu.

The SCC Continuing Education USPS 24-108 (Volume 4, Number 2) class schedule is published nineteen times per year (three times in January, one in February, four in March, two in May, one in June, one in August, four in September, and three in November). The SCC Continuing Education class schedule is produced by the SCC's Continuing Education Division in cooperation with the SCC Public Information Office, 301 S. 68th Street Place, Lincoln, NE 68510. Application to mail at periodical postage rate has been approved at Lincoln, Nebraska. POSTMASTER: Send address changes to SCC Continuing Education, 301 S. 68th Street Place, Lincoln, NE 68510.

How to Register for these workshops:

1. Register online at www.southeast.edu. Click on **WebAdvisor** from the **QUICKLINKS** (top right corner). Click on **Continuing Education** and click on **Register and Pay for Continuing Education Classes**.
OR
Complete the registration form on the inside back cover. Please Print.
then either...
2. **FAX** the registration form with credit card number to **402-437-2703** OR
3. **MAIL** the registration form with payment to:
SCC-Continuing Education Center
301 S. 68th Street Place, Lincoln, NE 68510 OR
4. **WALK-IN** to SCC-Continuing Education Center during normal business hours.
5. Registrations will be accepted up to the day of the workshop providing space is available. Enroll early as class size is limited. Enrollments are accepted on a "first come-first served" basis.
6. Report to the workshop unless you are notified that the workshop is full or as been cancelled. **CONFIRMATIONS ARE NOT MAILED.**
7. Southeast Community College reserves the right to cancel workshops that do not have sufficient enrollment. Refund checks are mailed to the student's current address and will usually be received within three to four weeks.
8. Cash, check and charge card (Mastercard, Discover and Visa) payments are accepted.
9. Make a COPY of the completed form, or record the information for your reference.

Questions about registration or space availability, contact:

SCC Continuing Education Center
402-437-2700 • 402-437-2701 • 1-800-828-0072

SCC Non-credit Refund/Drop Policy

Federal regulations require that an institution's refund/repayment policy be available to all students. The following information is provided in compliance with federal regulation 34CFR 682.606 (a) (2).

• Non-credit Courses

To receive a **100% refund**, a class must be dropped **before** the beginning date of the first class session.

<u>% elapsed</u>	<u>% of refund</u>
day before100%
start day or after0%

Please note regarding all classes:

- Participants must attend the entire workshop to receive credit.
- Dress in layers as the room temperature fluctuates.
- Send payment with registration form.
- You must call 402-437-2700 or 1-800-828-0072 and cancel before 5 p.m. the day before the workshop begins to receive 100% refund. NO refunds will be given after that. If you are unable to attend and wish to send someone in your place, you must notify the College in advance.
- Attendees requiring special accommodations or having dietary restrictions must notify the College at 402-437-2700 in advance.
- Confirmations of registrations will not be sent.

Questions about these workshops:

Contact Jeanette Walsh, Director of Health Programs
Southeast Community College, Continuing Education
402-437-2706 • 800-828-0072 x2706 • jwalsh@southeast.edu

July Classes

Command Spanish® for Nurses

**SCC Continuing Education Center
301 S 68th St. Place, Lincoln • Room 401**

Thursdays, July 16–Sept. 3, 2009 • 6–8 p.m. • Tuition \$89 • 14 contact hours

Learn basic Spanish phrases and commands to understand and speak short sentences and give simple instructions in Spanish. The Spanish phrases you will learn will help you communicate with Spanish speaking patients in the doctor's office, hospital or other health care settings.

- *Express and understand basic Spanish phrases and commands*
- *Express simple instructions in Spanish*

Required book, Spanish for Nurses, is available at the SCC Lincoln Campus Bookstore, 8800 O St., Lincoln, NE, 402-437-2560, or www.sccbookstore.com online. The textbook must be purchased prior to the first class meeting.

14 contact hours awarded to nurses who attend all sessions.

Instructor: Luz Delgado, SCC adjunct faculty, brings her experience in teaching the Command Spanish® curriculum at numerous health care settings in the area to this course.

August Classes

End-of-Life Nursing Education Consortium Series (Self Study)

Available from Aug. 1–Dec. 1, 2009

Tuition \$35 per session

These tapes are from the actual presentations of the ELNEC Series done in the Spring of 2009 in which SCC is teamed with Tabitha's and St. Elizabeth's Hospice to present this valuable training to nurses. These experts in end-of-life care bring great insight and experience to this excellent curriculum approved by the American Association of Colleges of Nursing.

ELNEC Series includes 8 modules which we have divided into 7 sessions:

- *Nursing Care at the End of Life/Communication*
- *Pain Management*
- *Symptom Management*
- *Ethical/Legal Issues*
- *Cultural Considerations in End-of-Life Care*
- *Loss, Grief and Bereavement*
- *Final Hours*

After completing all of these sessions, nurses can add to their credentials "ELNEC trained." Each module includes a DVD of the presentation, handouts and a post test and evaluation. Upon return of the DVD, post test and evaluation to SCC, 3.5 continuing education credits awarded per session. You can take one or more sessions.

To learn more about this opportunity, check our Web site www.southeast.edu or e-mail jwalsh@southeast.edu or call 402-437-2706 or 1-800-828-0072, ext 2706.

Southwest Community College Continuing Education Division is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center Commission on Accreditation.

September Classes

Assisted Living in Nebraska & The Nurse: Sharing My Journey

**SCC Continuing Education Center
301 S. 68th St. Place, Lincoln • Room 302**

Wednesday, Sept. 2, 2009 • 9 a.m.–4 p.m.

Tuition \$69 (lunch provided) • 6 contact hours

Assisted Living has come of age, created in response to consumer preferences and demand for individual-centered services. Assisted living services focus on maintaining resident independence, dignity and autonomy. This presentation will explore the history, current practice and the future of assisted living in Nebraska. The role of the RN Consultant in Assisted Living is to assist in the development and management of a system of resident services that is compliant with applicable regulations. This is accomplished through protocols, policies and procedures and continuous quality activities. This presentation will explore the various aspects of the RN Consultant functions in assisted living, including many of the tools used by this experienced RN Consultant.

Objectives:

- *Identify current regulations*
- *Review current standards of practice in Nebraska*
- *Explain quality assurance in Assisted Living*
- *Understand recruitment and retention issues*
- *Review the role of RN Consultant in Assisted Living facilities*

6.0 contact hours awarded to nurses. For other health care professionals, check with your licensing agencies to verify that this workshop will count as continuing education in your field.

Speaker: Mary Feit, RN, is a Nurse Consultant to assisted living facilities in Nebraska. She is an SCC adjunct faculty member and has 30 years of nursing experience in various settings.

Pharmacy Issues in Infectious Disease

**SCC Continuing Education Center
301 S. 68th St. Place, Lincoln • Room 302**

Wednesday, Sept. 9, 2009 • 8:30 a.m.–4 p.m.

Tuition \$69 (lunch provided) • 6 contact hours

Infectious diseases are on the front pages of newspapers the world over, lately. Nurses are expected to be able to answer questions on a variety of infectious diseases, the vaccination debates and the drugs used. This seminar is designed to help answer those questions in language patients can understand and to instill the confidence to be a true patient advocate.

Objectives:

- *Describe new vaccines for human papilloma virus and herpes zoster*
- *Discuss H1/N1 influenza and evaluate risk*
- *Encourage the use of prevention with regard to infectious disease*
- *Compare and contrast various classes of oral anti-infectives*
- *Recognize a true allergy versus a side effect*

6.0 contact hours awarded to nurses. For other health care professionals, check with your licensing agencies to verify that this workshop will count as continuing education in your field.

SCC Continuing Education Health Classes July–December 2009

Speaker: Ally Dering-Anderson, R.P., has been a pharmacist since 1986. She has practiced in retail pharmacy, HMO pharmacy, long-term care pharmacy and state government pharmacy. Currently she is a vampire pharmacist at Walgreens in Lincoln. She is also the Walgreen's immunization trainer for the district. She has presented pharmacy programs locally, nationally and internationally.

Rise to Success Through Balance: A Trip for Nurses to Mall of America

Sept. 11-13, 2009 • Tuition \$149 • 8 contact hours

- *Do you often feel overwhelmed, both at work and at home?*
- *Are you always a caregiver for everyone else: patients, family members and friends?*
- *Do you feel that your life is out of balance?*
- *Is something missing in your life?*

If you answered "yes" to any of these questions, you may be interested in a new program called "Rise to Success through Balance" using a holistic wellness model. This program is designed just for nurses, to help you lead a more balanced life and improve your overall sense of well being.

Certified coaches will lead your group using the "Circle of Life" process that will:

- *Identify the areas of your life you would like to improve*
- *Create a personal blueprint for change*
- *Develop and implement an individual action plan*

The bus will stop in Beatrice and Lincoln to pick up participants. Tuition includes deluxe motor coach transportation and education. Time and meals in Minneapolis are on your own. Hotel accommodations will be made by each individual. Contact Kelly Morgan for hotel information and rates at kmorgan@southeast.edu.

For a detailed brochure, visit our website at www.southeast.edu or contact Kelly Morgan at 402-228-8277; 1-800-233-5027, ext. 1244; or kmorgan@southeast.edu.

8.0 contact hours awarded to nurses. For other health care professionals, check with your licensing agencies to verify that this workshop will count as continuing education in your field.

Speakers: Debbie Reynolds Hughes, MSN, APRN-NP-C, and Mary Scherling, MSN, APRN-NP, BC

Ventilation Management

**Southeast Community College—Lincoln Campus
8800 O Street, Lincoln, NE • Room B-14**

Friday, Sept. 18, 2009 • 6–9:30 p.m. and

Saturday, Sept. 19, 2009 • 9:30 a.m.–4:45 p.m.

Tuition \$99 (Lunch is on your own) • 9 contact hours

This workshop is for nurses and other professional health care providers who provide care for patients on mechanical ventilators. To receive credit, students must attend the entire two-day workshop and pass a competency exam at the end of the workshop.

This workshop will include:

- *General review of blood gases and other terms and concepts related to mechanical ventilation.*
- *Actual hands-on experience with mechanical ventilators, including identification of types of ventilators and the criteria used to decide when it is appropriate to use them.*
- *Learning how to initiate, access and monitor ventilators.*

SCC Continuing Education Health Classes July–December 2009

Objectives:

- *Define basic terms and concepts of mechanical ventilation*
- *Explain the role of arterial blood gasses in the clinical management of mechanically ventilated patients*
- *Identify criteria used to establish the need for mechanical ventilators*
- *Describe physical characteristics of mechanical ventilators*
- *Describe the effects and complications of mechanical ventilation on the body*
- *Explain techniques required for the initial management and stabilization of a mechanically ventilated patient*
- *Describe various methods for improving tissue oxygenation, including PEEP/CPAP*
- *Demonstrate assessment of the patient to determine the need for mechanical ventilation*
- *Demonstrate how to initiate mechanical ventilation and how to assess and monitor ventilator performance*

9.0 contact hours awarded for nurses. For other health care professionals, check with your licensing agencies to verify that this workshop will count as continuing education in your field.

Instructor: **Jill Sand**, RRT, BS, worked as Advance Practitioner for 10 years. This includes advanced management of ventilators and assessment of critically ill patients. She worked as clinical specialist for two years and provided inservices for ventilation, monitoring and assessing critically ill patients for both nurses and respiratory therapists. She has been teaching for the Southeast Community College Respiratory program for six years.

Roadblocks to Wound Healing

SCC Continuing Education Center
301 S. 68th St. Place, Lincoln • Auditorium

Monday, Sept. 21, 2009 • 6–9:15 p.m. OR Tuesday, Sept. 22, 2009 • 8–11:15 a.m.
Tuition \$39 • 3 contact hours

Sicker patients and smaller budgets mean that we must work smarter, not harder, so come and learn how to break through some of the common roadblocks to healing. Joan will discuss diseases, medications, nutritional issues and many more challenges and how to meet each of them so that wound healing can occur in a more timely manner, equating to less money and time spent and less pain and burden to the person with the wound. Some of the newest products for helping us with challenging wounds are not expensive and are very effective. Come and participate as Joan takes you down the road to healing using case studies, the latest research and innovations and definitely a healthy dose of common sense and humor thrown in!

Objectives:

- *Analyze intrinsic and extrinsic factors that slow wound healing*
- *List options for solving each factor that frequently slows or stops wound healing*
- *Discuss optimal uses of six categories of dressings*
- *List at least four new products available for helping heal a difficult wound*

3.0 contact hours awarded to nurses. For other health care professionals, check with your licensing agencies to verify that this workshop will count as continuing education in your field.

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SCC Continuing Education Health Classes July–December 2009

Speaker: Joan Junkin is a board-certified, licensed APRN Clinical Nurse Specialist whose Master's degree focus was chronic illness. She has varied experience in her 34 years in nursing, including Med/Surg, ICU, ED, and house supervisor. For the past 15 years she has specialized in wound care and became board certified in wound care in 1997. Her specialty education was through MD Anderson Cancer Center in Houston, Texas. Joan has a passion for improving the quality of wound care, though she is realistic about shrinking budgets providers have to work with. She provides educational seminars across the nation year round. She presents practical information that can be used in any setting and adds a healthy dose of humor to make the day enjoyable.

Hispanic Culture in Nebraska

**Southeast Community College-Beatrice Campus
4771 W. Scott Rd., Beatrice, NE • Jackson Hall Conference Room**

Thursday, Sept. 24, 2009 • 9 a.m.–2:30 p.m.

Tuition \$59 (Lunch provided) • 5 contact hours

This workshop is designed to help nurses and other health care professionals to better understand and communicate with their Spanish speaking patients.

Objectives:

- *Identify Spanish phrases that should be used when meeting a patient for the first time*
- *Create a better understanding of the Hispanic Culture in Nebraska*
- *Recognize Hispanic expectations of health care workers from the patient perspective*
- *Explore Hispanic models of health and illness*

5.0 contact hours awarded to nurses. Other health care professionals should check with their licensing agencies to verify that this workshop will count as continuing education in their field. Check in is from 8:30-9 a.m. with coffee and pastries. Tuition includes an authentic Mexican lunch and workshop materials.

Every Day Should Be Nurses' Day

**SCC Continuing Education Center
301 S. 68th St. Place, Lincoln, NE • Room 302**

Wednesday, Sept. 30, 2009 • 9 a.m.–4 p.m.

Tuition \$69 (Lunch provided) • 5 contact hours

We didn't get to celebrate in May so come spend some time with your fellow nurses. We will have fun looking at the Nursing profession from various angles and take time to reflect on why you chose this great profession. Good food. Door prizes. Come join us!

Objectives:

- *Review and identify historical to present landmarks and changes impacting the nursing profession*
- *Identify current and emerging trends in nursing that give pause for concern*
- *Discuss the generational differences in the workplace and their impact within the nursing profession*
- *Discuss the impact of cultural diversity and nursing...the opportunities and challenges*

5.0 contact hours awarded to nurses. For other health care professionals, check with your licensing agencies to verify that this workshop will count as continuing education in your field.

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SCC Continuing Education Health Classes July–December 2009

Speaker: Sue Hill, RN, is the Tabitha Health Care Services Director of Education. Sue has many years of nursing practice and health care education to draw experiences from. She is a dynamic speaker and there will never be a dull moment in any of her presentations. Come enjoy a day of reflecting on what Nursing is all about. And remember why you have continued working in such a rewarding profession.

October Classes

Command Spanish® for Nurses

SCC Continuing Education Center
301 S 68th St. Place, Lincoln • Room 401

Thursdays, Oct. 15–Dec. 10, 2009 (No class Nov. 26.) • 6–8 p.m.

Tuition \$89 • 14 contact hours

Learn basic Spanish phrases and commands to understand and speak short sentences and give simple instructions in Spanish. The Spanish phrases you will learn will help you communicate with Spanish speaking patients in the doctor's office, hospital or other health care settings.

- Express and understand basic Spanish phrases and commands
- Express simple instructions in Spanish

Required book, Spanish for Nurses, is available at the SCC Lincoln Campus Bookstore, 8800 O St., Lincoln, NE, 402-437-2560, or www.sccbookstore.com online. The textbook must be purchased prior to the first class meeting.

14 contact hours awarded to nurses who attend all sessions.

Instructor: Luz Delgado, SCC adjunct faculty, brings her experience in teaching the Command Spanish® curriculum at numerous health care settings in the area to this course.

Looking Through the Crystal Ball: Dementia Care in the 21st Century

Tuition \$65 (lunch provided) • 5 contact hours

Monday, Oct. 19, from 9 a.m.–3:30 p.m. CDT • SCC Continuing Education Center, 301 S 68th St. Place, Lincoln • Auditorium

Wednesday, Oct. 21, from 9 a.m.–3:30 p.m. MDT • Laramie County Community College, The Training Center 1400 E. College Dr., Cheyenne, WY • Room 120/121

Tuesday, Oct. 27, from 9 a.m.–3:30 p.m. MDT • Western Nebraska Community College, Harms Advanced Technology Center 2620 College Park, Scottsbluff • Room B-132

alzheimer's  association
the compassion to care, the leadership to conquer

Co-sponsored with the Alzheimer's Association. The number of patients with Dementia illnesses is growing and will continue to grow in the future as baby boomers age. Health care providers need to be aware of the importance of early recognition of the common dementing illnesses and be aware of the new promising research for dementia diagnosis and treatment.

5.0 contact hours awarded to nurses. For other health care professionals, check with your licensing agencies to verify that this workshop will count as continuing education in your field.

SCC Continuing Education Health Classes July–December 2009

Speakers: Husband and wife team, **Drs. Kim and Gail Petersen** have been caring for persons with dementia for more than 30 years, as both professional and family caregivers.

Kim Petersen, MD is a geriatrician who has been the director of a Memory Diagnostic Center. He has also served as a Certified Medical Director for assisted living and long-term care. Dr. Petersen frequently provides medical-legal consultation for dementia and quality of care issues.

Gail Petersen, Ph.D., is an educator who was the cognitive specialist for a Memory Diagnostic Center. She and her husband compiled and edited the Memory Diagnostic Center Tools and Protocols Workbook and have served as consultants and trainers to enable communities throughout the country to establish Memory Diagnostic Centers.

Limited Radiography

Prerequisite: Licensed as an RN, LPN, MA, MLT, RRT, ORT or instructor permission

This course is directed to individuals with a health care background. This course includes a comprehensive presentation of radiography. This course helps you prepare for the Nebraska Limited Radiographer exam. For more information, call 402-437-2706; 1-800-828-0072, ext. 2706; or jwalsh@southeast.edu.

LPN-Certified IV

Prerequisite: Current NE LPN license and must pass pretest

This course prepares the LPN to manage IV Therapy in accordance with expanded scope of practice. The LPN who successfully completes the course may take the Dept. of Health Certification exam. Books available at the SCC Bookstore. The next class will start this fall in Lincoln and Beatrice. For more information, call 402-437-2706; 1-800-828-0072, ext. 2706; or jwalsh@southeast.edu.

ACLS/PALS Classes – Coming in 2010

ACLS/PALS classes will be offered at SCC starting in 2010. Watch our Web site for more information at www.southeast.edu and click on Continuing Education.

CPR Classes

For a detailed brochure, visit our Web site at www.southeast.edu and click on Continuing Education. Under Health, click on the link for the CPR Brochure.

RN/LPN Refresher Course

For more information, visit our Web site at www.southeast.edu and click on Continuing Education.

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LINCOLN NE 68510-2449

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