

# EDUCATIONAL OUTREACH SESSIONS

<i>Clinical Themes / Responsible Party</i>	
<b>Asthma / COPD:</b>	Asthma skills and competencies
	COPD guidelines and medication recommendations
	COPD inhaled medicine devices
	Introduction to asthma management
	Office Spirometry 101
	What you must know about asthma (patho, severity classification)
<b>Childhood Obesity:</b>	Getting active – promoting physical activity
	Medical treatment options for obesity
	Naming the problem: measuring BMI
	Practical tips for healthy eating
	Surgical treatment options
	Working with patients towards a healthy weight
<b>CVD:</b>	Accurately Measuring Blood Pressure in Children
	Accurately Measuring Blood Pressure in Adults
	Managing Hypertension
<b>Diabetes:</b>	A1c – Reaching goal with patients
	Diabetes 101 & ADA Standards of Care
	Diabetes tools of the trade (pumps, pens, meters, etc)
	Talking w/a newly diagnosed patient prior to being able to get them into a DSME class

<b>Mental Health Integration:</b>	Depression – the hidden co-morbidity
	Screening for common co-morbidities of depression
	Treatment of depression with medication
	Treatments for depression, when and how to use them: watchful waiting, meds, psychotherapy, combination
	Use of the PHQ-9 for diagnosis and management of depression
<b>Palliative Care:</b>	Bereavement in End of Life Care
	Communication in Palliative and End of Life Care
	Dementia in Palliative and End of Life Care
	Management of Pain and Other Distressing Symptoms in Palliative Care
	Palliative Care – General Overview
	Palliative Care in Heart Failure
	Palliative Care in Renal Disease
	Planning for the Future: Advance Care Planning including POLST
	Spirituality in Palliative and End of Life Care
<b>Quality Improvement:</b>	Quality Care Recognition Program(s) Overview
	Self-Management Goal Setting
	Effective Meeting Skills
	Measuring Patient Experience & Strategies for Improvement