



Summer 2019

Community & Clinical Education Course Offerings

Department of Education, Development & Research





ECRMC's Medical Office Building has education and training rooms, administrative offices and various outpatient services including:

- Oncology, Hematology & Infusion Center
 - Outpatient Imaging Center
 - Women's Health Center
- UC San Diego Health Specialty Clinic

**1271 Ross Avenue
El Centro, CA 92243
(760) 482-5000**



ECRMC's Community Education Center provides education for several different topics, including the following:

- Asthma
- Diabetes
- CPR
- Breastfeeding
- Childbirth Preparation
- More Coming soon!

**3451 Dogwood Avenue, Suite 1330
El Centro, CA 92243
Phone: (760)370-3501**

Come visit us at the IV Mall, located next to the food Court!

El Centro Regional Medical Center is pleased to offer educational programs aimed at meeting the needs of our staff and community. Seating is limited in most of our programs, so register early!

To register, please contact:

ECRMC's Department of Education, Development & Research
(760) 370-8521

ECRMC's Community Education Center
(760) 370-3501

Table of Contents	Page
Community Education Programs	5-7
Clinical Education Programs	9-17



Childbirth Preparation Class

Location: Community Education Center

The Childbirth Preparation Class is designed for expectant mothers who will be giving birth to their baby at ECRMC. It focuses on managing the discomforts of pregnancy and the third trimester, labor and birth, medical interventions, vaginal and cesarean birth, comfort measures during labor breastfeeding and mother/baby care. Pre-registration is required.

For more information or to register contact us at (760) 482-5148.

Breastfeeding Classes

Location: Community Education Center

ECRMC is proud to host breastfeeding classes designed to support new mothers as they learn to breastfeed their babies. The class covers breastfeeding basics, such as latch and hold techniques, common breastfeeding challenges and infant nutrition. The class is taught by a Certified Lactation Educator. Spanish instruction is available!

For more information or to register contact us at (760) 370-8526.

Heartsaver First-Aid & CPR

Location: Community Education Center

According to the American Heart Association, the goal of the Heartsaver First Aid & CPR Course is to train community members to save lives of victims in cardiac arrest through high-quality cardiopulmonary resuscitation (CPR), with an emphasis on "Hands-Only" technique. Students also learn to use the Automated External Defibrillator (AED) and apply first aid.

For Course Dates - See pages 6

Medical Terminology for Non-Clinicians

Location: Community Education Center

The Medical Terminology Course is a course designed for non-clinicians who work in the healthcare setting and are interested in learning the language of healthcare. Upon successful completion of this course, the student will be able to identify, spell, and define common medical terms related to the major body systems, including diagnosis and treatment.

For more information - See Page 7

Asthma Resource Center

Location: 1470 S. Imperial Ave, Suite A, El

Centro

The Asthma Resource Center at ECRMC is dedicated to helping you manage your asthma symptoms effectively and identify triggers within your home environment. Education is provided by highly trained professionals, including a Certified Asthma Educator. Please feel free to stop by and learn more. Appointments available and walk-ins are welcome!

For more information or to register contact us at (760) 482-0978.

Diabetes Education Classes

Location: Community Education Center

ECRMC is offering Diabetes Education Classes. The Diabetes Education Program will provide culturally appropriate diabetic education in English and Spanish. Diabetes Education Services is covered by most major insurances.

For more information or to register contact us at (760) 482-5000.

Diabetes Prevention Program

Location: Community Education Center

The ECRMC Diabetes Prevention Program is a lifestyle change program designed to prevent or delay Type 2 diabetes. Offered to individuals diagnosed with pre-diabetes and/or with high risk of developing this medical condition, this CDC recognized program can also lower your risk of having some cardiovascular complications, improve your health and help you feel more physically active.

For more information or to register contact us at (760) 482-5000.

Location: Community Education Center

(Community-Member/ Non-healthcare Professional)

- January 5th, Saturday
- January 19th, Saturday
- February 2nd, Saturday
- February 16th, Saturday
- March 2nd, Saturday
- March 30th, Saturday
- April 20th, Saturday
- May 4th, Saturday
- May 18th, Saturday
- June 1st, Saturday
- June 15th, Saturday
- July 13th, Saturday
- August 10th, Saturday
- August 24th, Saturday
- September 7th, Saturday
- September 21st, Saturday
- October 5th, Saturday
- October 19th, Saturday
- November 2nd, Saturday
- November 16th, Saturday
- November 30th, Saturday
- December 14th, Saturday
- December 28th, Saturday

Ubicación: Community Education Center

(Miembros de la comunidad)

- Enero 28
- Febrero 28
- Marzo 25
- Abril 22
- Mayo 20
- Junio 17
- Julio 22
- Agosto
- Septiembre 9
- Octubre 7
- Noviembre 4
- Diciembre 2

To register visit: www.ExpressTraining.com

The Medical Terminology Course is a nine week course designed to assist the non-clinician with understanding the language of healthcare. Upon successful completion of this course, the student will be able to identify, spell, and define common medical terms related to the major body systems, including diagnosis and treatment. In order to further enhance learning, the participant will receive materials they can take home and practice with. At the end of the course, the participant will receive a certificate of completion.

Fall Schedule

September 19 th	5:30—8:30 pm
September 26 th	5:30—8:30 pm
October 3 rd	5:30—8:30 pm
October 10 th	5:30—8:30 pm
October 17 th	5:30—8:30 pm
October 24 th	5:30—8:30 pm
October 31 st	5:30—8:30 pm
November 7 th	5:30—8:30 pm
November 14 th	5:30—8:30 pm

Location: Community Education Center

To register call (760) 370-8521 or Email: EducationClasses@ecrmc.org

Course Fee Schedule

Course—9 weeks	\$60
ECRMC Employee	\$30

“Making the Connection” CNA Continuing Education”

Location: Medical Office Building—CR 1

The “Making the Connection” program is a two year program designed to enhance the Certified Nursing Assistant’s clinical knowledge and skill set on a variety of topics. Up to 4 Continuing Education units may be available for each class through the California Department of Public Health (CDPH). The schedule and course content is viewed and updated every two years according to CDPH requirements. Each course is offered twice per year!

Course Dates - See page 10

Basic Life Support (BLS)

Location: Community Education Center

According to the American Heart Association, the goal of the Basic Life Support (BLS) Course is to train healthcare professionals to save lives of victims in cardiac arrest through high-quality cardiopulmonary resuscitation (CPR). BLS is a requirement for all clinical staff at ECRMC.

Course Dates - See pages 11

Advanced Cardiac Life Support (ACLS)

Location: Community Education Center

According to the American Heart Association, the goal of Advanced Cardiac Life Support is to train healthcare professionals to work as a team and deliver advanced cardiac rescue skills to victims in cardiopulmonary arrest. Must be a Registered Nurse, advanced practitioner or physician to take course. ACLS is only required for certain roles in specific nursing departments, please consult with your department manager prior to enrolling in the course.

Course Dates - See page 12

Pediatric Advanced Life Support (PALS)

Location: Community Education Center

According to the American Heart Association, the goal of Pediatric Advanced Life Support is to train healthcare professionals to work as a team and deliver advanced cardiac rescue skills to pediatric victims in cardiopulmonary arrest. Must be a registered nurse, advanced practitioner or physician to take this course. PALS is only required for certain roles in specific nursing departments, please consult with your department manager prior to enrolling in the course.

Course dates - See page 12

Neonatal Resuscitation Program®(NRP®)

Location: Community Education Center

The Neonatal Resuscitation Program is designed to train healthcare professionals to deliver advanced cardiac and pulmonary rescue to newborn and infant victims in cardiopulmonary arrest. Must be a registered nurse, advanced practitioner or physician to take this course. NRP is only required for certain roles in specific nursing departments, please consult with your department manager prior to enrolling in the course.

Course Dates - See page 13

Trauma Nurse Core Curriculum (TNCC)

Location: Community Education Center

TNCC is a course geared towards empowering nurses with the knowledge, critical thinking skills and hands-on training to provide expert care for trauma patients. TNCC is only required for certain roles in specific nursing departments. Please consult with your department manager prior to enrolling in the course.

Course Dates—See page 13

Basic Rhythms Interpretation

Location: Medical Office Building—CR 1

The Basic Rhythms Interpretation Course is designed for healthcare professionals who are interested in learning how to interpret and respond to basic heart rhythms and arrhythmias. This is a 5 week course, meeting for 4 hours each week. The healthcare professional will receive a certificate upon successful course completion.

Course Dates - See page 14

“ 12-Lead ECG”

Location: Community Education Center

At the completion of this electrocardiography course, the student will be able to utilize the 12-lead ECG to determine cardiac dysrhythmias, and correlate electrophysiological cardiac events associated with acute coronary syndrome. The student will be able to determine appropriate interventions based on rhythm interpretations and localization of cardiac infarction.

Course Dates— See Page 15

“Emergency Room Triage Course ”

Location: Community Education Center

The purpose of this four-hour program is to provide the Emergency Department nurse with the knowledge and skills to effectively triage patients in the ED in using the Emergency Severity Index: Five Level Triage System.

Course Dates— See Page 16

“Emergency Nursing 101”— RN Continuing Education”

Location: Medical Office Building—CR 1

This RN Continuing Education Program has been developed for Registered Nurses who are new to the Emergency Department or would like to increase their knowledge and skills related to common conditions seen in the Emergency setting and related pathophysiology. This is a two part course and you must have your department leadership approval prior to registering.

Course Dates - See Page 17

Location: Medical Office Building—Conference Room 1

June 28th	1:00 pm	Endocrine System & CNA 2 Continuing Education Credits
July 17th	9:00 am	Reproduction & CNA 2 Continuing Education Credits
July 26th	9:00 am	The Nervous System 2 Continuing Education Credits
August 2nd	9:00 am	Pressure Ulcer Prevention 3 Continuing Education Credits
August 8th	10:00 am	Skeletal System & the CNA 2 Continuing Education Credits
August 16th	9:00 am	CNA & the Muscular System 2 Continuing Education Credits

Upcoming Classes:

- August 23rd— Respiratory System, 2 CEU’s
- September 5th— The CNA & Eyes & Ears , 2 CEU’s
- September 18th— CNA & the Urinary System, 2 CEU’s

Course Fee Schedule

COURSE (includes certificate)	
ECRMC Employee	Free
All other attendees	\$2.50/CEU’s

To register call (760) 370-8521 or Email: EducationClasses@ecrmc.org

***Refunds will only be issued if a class is canceled by ECRMC**

Location: Community Education Center

Time: 9:30 am -1:30 pm

- January 5th
- January 10th
- January 19th
- January 22nd
- February 2nd
- February 5th
- February 16th
- February 20th
- March 2nd
- March 5th
- March 21st
- March 30th
- April 3rd
- April 12th
- April 25th
- May 4th
- May 7th
- May 18th
- May 24th
- June 1st
- June 5th
- June 15th
- June 18th
- June 26th
- July 3rd
- July 13th
- July 17th
- July 27th
- July 30th
- August 10th
- Augusts 15th
- August 24th
- August 28th
- September 7th
- September 12th
- September 21st
- September 25th
- October 5th
- October 8th
- October 19th
- October 23rd
- November 2nd
- November 6th
- November 16th
- November 20th
- November 30th
- December 5th
- December 14th
- December 18th
- December 28th

To register visit: www.ExpressTraining.com

- Enero 28
- Febrero 25
- Marzo 25
- Abril 22
- Mayo 20
- Junio 17
- Julio 22
- Agosto 12
- Septiembre 9
- Octubre 7
- Noviembre 4
- Diciembre 2

(Registered Nurse, Advanced Practitioner, Physician)

Location: Community Education Center

Learning materials for ACLS & PALS can be borrowed or purchased from the ECRMC Education Dept.

Advanced Cardiac Life Support (ACLS)

July 2nd, 20th, 24th

Tuesday, Saturday, Wednesday

Initial 8:00 am
Renew 11:30 am

August 2nd, 13th, 31st

Friday, Tuesday, Saturday

Initial 8:00 am
Renew 11:30 am

September 4th, 13th, 24th

Wednesday, Friday, Tuesday

Initial 8:00 am
Renew 11:30 am

Pediatric Advanced Life Support (PALS)

July 11th & 29th

Thursday & Monday

Initial 8:00 am
Renewal 12:00 pm

August 17th & 27th

Saturday & Tuesday

Initial 8:00 am
Renewal 12:00 pm

September 10th & 27th

Tuesday & Friday

Initial 8:00 am
Renewal 12:00 pm

To register visit: www.ExpressTraining.com

Location: Community Education Center

Neonatal Resuscitation Program® (NRP®)

NRP® is a specialty hybrid course. You must have your department director approval prior to registering for this course!!

July 26th Friday	9:00 am
August 23rd Friday	9:00 am
September 20th Friday	9:00 am
October 17th Thursday	9:00am

(Registered Nurse, Advanced Practitioner, Physician)

To register visit: www.ExpressTraining.com

Trauma Nursing Core Curriculum

January 14th & 15th Monday & Tuesday	8:00 am	<i>TNCC is a specialty course. You must have your department director's approval prior to taking</i>
April 15th & 16th Monday & Tuesday	8:00 am	(Registered Nurse, Advanced Practitioner, Physician)
July 15th & 16th Monday & Tuesday	8:00 am	
November 2nd & 3rd Saturday & Sunday	8:00 am	

Location: Medical Office Building-Conference Room 1

Basic Arrhythmia Interpretation— This is a 4 day course designed for ECG rhythm interpretation open to any discipline interested in learning how to interpret rhythms. For those individuals that would like to pursue a career as a telemetry technician. This course would also benefit nursing staff prior to taking ACLS.

Basic Arrhythmia Interpretation

<u>Summer</u>	<u>Fall</u>
June 10 th 9:00 am	October 8 th 9:00 am
June 11 th 11:00 am	October 10 th 11:00 am
June 17 th 9:00 am	November 5 th 9:00 am
June 19 th 11:00 am	November 7 th 11:00 am

To register call (760) 370-8521 or Email: EducationClasses@ecrmc.org

Course Fee Schedule

Course (includes materials & certificate)	
ECRMC Employee	\$20
All other attendees	\$40

Location: Community Education Center

Course objectives include:

- Describe the pathophysiology and risk factors associated with acute coronary syndromes
- Understand cardiac markers specific for AMI
- Recognize the pattern of a normal 12-Lead ECG and describe the normal appearance of the P, Q, R, S & T waves in all 12 -leads
- Identify STEMI and NSTEMI abnormalities on the 12-lead ECG along with care priorities
- Correlate ECG findings to the coronary artery blood supply.

Recommended pre-requisites:

Completion of a Basic Arrhythmia Interpretation course.

January 25th	1:00—5:00 pm
Friday	
April 26th	1:00—5:00 pm
Friday	
July 12 th	1:00—5:00 pm
Friday	
October 18 th	1:00—5:00 pm
Friday	

Course Fee Schedule

COURSE (includes materials & certificate)

ECRMC Employee	Free
All other attendees	\$80/CEU's

To register call (760) 370-8521 or Email: EducationClasses@ecrmc.org

Location: Community Education Center

This is a four-hour course that provides the Emergency Department nurse with the knowledge and skills to effectively triage patients in the ED in using the Emergency Severity Index: *Five Level Triage System*.

Course objectives include:

- Define Triage and identify all its components.
- Discuss the roles and responsibilities of the triage nurse.
- List the aspects of good customer service.
- Identify legal/ethical issues in triage.
- Identify and discuss Triage “Red Flags”.
- Identify and discuss the five levels of the Emergency Severity Index (ESI)

March 16th **9:00 am**
Thursday

June 7th **9:00 am**
Friday

September 6th **9:00 am**
Friday

December 6th **9:00 am**
Friday

Target Audience:

All Registered Nurses working in the Emergency Department, Urgent Cares, or Walk-In clinics

Course Fee Schedule

Course (includes materials & certificate)

ECRMC Employee

Free

All other attendees

\$30/CEU's

To register call (760) 370-8521 or Email : EducationClasses@ecrmc.org

Location: Community Education Center

This course is a 2-part course lasting 4 weeks each. CEU's are attached to each class. *Course objectives include:*

- Advanced pathophysiology
- Emergency Care Prioritization
- Resuscitation & Stabilization
- Basics of Trauma Care
- Violence in the ER
- Population-specific emergencies
- Disaster Nursing

Course Fee Schedule

Course (includes card & certificate)	
ER Nurse 101 (Part 1/Part 2)	\$250
Both Part 1 & 2	\$400

Part 1

9:00 am - 1:30 pm

June 21st
Friday

June 28th
Friday

July 5th
Friday

July 13th
Saturday

Part 2

9:00 am - 1:30 pm

November 8th
Friday

November 22nd
Friday

November 29th
Friday

December 20th
Friday

To register call (760) 370-8521 or Email: EducationClasses@ecrhc.org



Department of Education, Development & Research

1415 Ross Avenue

El Centro, CA 92243

(760) 370-8521

Department Director: Shiloh A. Williams, RN, MSN,CCDS

Education Support Specialist: Jessica Obeso

Community & Staff Development: Angelica Bernal

Community Education Coordinator: Carmina Carrillo

Clinical Educators:

Erika Rodriguez, RN, MSN,CNS

Pedro Colio, DNP, APRN, FNP-C, ENP-C, CCRN

Cat Aguilar, RN, BSN

Suellen Encinas, RN

Jan Buchanan, RN