



**Byram Healthcare  
Continuing Education | 2024**



## How to Stay Up-to-Date with Byram's CE Program

Byram Healthcare offers a distribution list which sends emails that will keep you up-to-date on upcoming CE news such as new courses being added, or general information on our programs. If you have any questions about the CE program or would like to be added, please contact: [continuingeducation@byramhealthcare.com](mailto:continuingeducation@byramhealthcare.com)



## **Byram Healthcare** **2024 Continuing Education Courses**

Byram Healthcare's Continuing Education Program provides an on-demand library of accredited webinars for health care professionals, including case managers, nurses, social workers, WOCNs, certified diabetes educators and registered dietitians.

We provide education based on relevant topics within Diabetes, Ostomy, Wound Care, Urology, Home Health, and Managed Care. We currently offer 38 courses. All Byram courses are complimentary and available to access online. To take our courses, you must first register. You will then have access to all of our courses in a written format. Take as many courses as you want at your own leisure. Every course includes the objectives, accreditation information, author information, and the course content in written form. All courses are board approved, easy to read, and worth 1 CE credit upon completion. To receive a certification, you must pass the post-test with an 80% score. You will then be able to print your certificate. Please note, there is no limit as to how many courses you may take in a day, however you must register to receive credit.

### **Do You Prefer Recorded Presentations?**

If you prefer to watch a presentation of the course, Byram Healthcare offer's recorded presentations of each topic. Please see the recorded webinar page through our on demand website. The landing page hosts the links to the recorded videos and corresponding post tests.



**On-Demand CEUS: <http://hi-r-ed.org/bhcourses.asp>**  
or scan the QR Code.

# DIABETES

## Carbohydrate Counting: A Primer

This course reviews carbohydrate counting for the diabetes patient. Examined are the role carbohydrates play in the management of blood glucose, how best to maximize control over blood glucose levels using precise measurements of carbohydrates, and the benefits this approach can have on diabetes disease management, body weight, and overall quality of life. The program focuses on two concepts: basic carbohydrate counting as a way to keep blood glucose levels consistent, and advanced carbohydrate counting which is used to help calculate insulin doses.

## Implications for Weight Loss as a Tool in the Management of Diabetes

Excess weight can have a significant impact on the severity of diabetes. This course is designed to better prepare clinicians when working with their clients with diabetes. Specifically, this course delves into the issue of how weight management can benefit this population. Examined are the issues of why weight loss impacts the progression of diabetes, why it effects medication therapies, and various effective strategies for motivating your clients to lose weight.

## A Guide to the Effective Use of Diabetes Medications

This course examines diabetes medications and their uses in type 1 and type 2 diabetes. Discussed will be the various types of medications currently available, their mechanisms of action, their indications for use, and the different delivery mechanisms used to administer them.

## The Effects of Stress on Diabetes

This course examines the role of stress on diabetes and diabetes management. Discussed will be an examination of stressors: the differences between acute and chronic stressors, what types of complications stress can cause people with diabetes, and methods to reduce both physiologic and psychologic stress.

## Continuous Glucose Monitoring and the Path Towards Automated Insulin Delivery

This course examines the new generation of continuous glucose monitors that are being designed to work with a variety of insulin pumps, using sophisticated algorithms that can interpret data and make complex insulin dosing decisions on behalf of the patient. There are numerous benefits with these integrated systems, and we will discuss these with an eye towards incorporating them into the clinician's practice.

## Hypoglycemia: Awareness and Prevention

This course will give the practicing case manager an up-to-date base of knowledge that can be used to assist in managing hypoglycemic episodes as found in their patients with diabetes. This course examines hypoglycemia in the diabetic population, focusing on its short- and long-term consequences, how to prevent and treat hypoglycemia, and the key concepts that should be included in patient education.

## Insulin Pump Therapy

With the widespread growth of type 2 diabetes, insulin is now used by 4-5 million Americans. Insulin pumps represent the most effective mechanism for insulin delivery. This program covers the basics of how insulin pumps work, the pros and cons of pump therapy, patient selection and training criteria, as well as strategies for safe and effective implementation.

## Diabetes Mellitus and Related Treatment Strategies

Diabetes is characterized by chronic hyperglycemia which results from metabolic diseases. There are several different kinds of diabetes and each type can be specifically diagnosed and managed according to national guidelines for evidenced-based practice. Guidelines also include recommendations for reimbursement for particular diagnostic, management activities and products to improve patient care access and adherence. This course examines type 2 diabetes, looks at the therapeutic options available, and explores strategies that can help contain costs associated with diabetes care.

**Byram Healthcare provides clinical education programs to support your ongoing credentialing needs.**

## Essentials of Diabetes Care

Nearly 37.3 million people, or about 11.3% of the United States population, has been diagnosed with diabetes. This diabetes primer examines type-2 diabetes, its etiology as well as the basics of diabetes care, including treatment goals and management strategies. While there are a number of treatment strategies that should be tailored for each individual, this course provides an overview of the primary treatment strategies that can be used to manage type 2 diabetes.

## Managing Gestational Diabetes Mellitus

This course examines the etiology of gestational diabetes and its inherent risk factors, as well as therapy goals for the mother with an eye towards the health of the fetus. Treatment strategies, including lifestyle changes, are discussed for preventing type 2 diabetes later on in the mother, as are risks the disease presents for the baby.

## Managing Treatment Adherence Issues in Diabetes

Patient adherence to recommended diabetes treatments can improve clinical and quality of life outcomes. This course will give the clinician a practical view of some of the common barriers to treatment adherence that patients with diabetes face. The course will review guidelines and strategies to improve patient adherence, ranging from self-management and motivation, to the provider-patient relationship, to enabling the patient to utilize community resources and support.



## **Type 1 Diabetes: Current Management Strategies**

Type 1 diabetes is due to a deficiency in the hormone insulin. In affected individuals, the tendency for the immune system to “attack” insulin-producing cells is present from birth. This course reviews the etiology of type 1 diabetes, as well as management of the disease including treatment goals and management strategies. Participants will learn to define the three primary factors that influence blood glucose levels and the general methods for administering both basal and bolus insulin injections.

## **Type 2 Diabetes: A Review of Current Management Strategies**

Type 2 diabetes is the most common form of diabetes in the United States, and has been linked to unhealthy lifestyles and family histories. This course discussed risk factors, diagnostic criteria, and treatment goals for type 2 diabetes. Also examined are treatment options and lifestyle changes that can significantly impact outcomes for the type 2 diabetes patient.

## **Continuous Glucose Monitors: State of the Art in Diabetes Cares**

Continuous glucose monitors can give the educated patient an extra measure of control in managing their diabetes. This course discusses the use of continuous glucose monitors and the patient education necessary for their safe and proper use, as well as how they can provide more precision in blood glucose.

## **Diabetic Foot: Assessment and Prevention**

This course will review the critical features of a diabetic foot comprehensive assessment which is necessary to prevent complications such as foot ulcers and limb loss. Discussed will be the three types of neuropathy that contribute to the development of complications, and how offloading options for the diabetic foot can prevent ulceration and facilitate limb salvage. Also detailed are the wound characteristics of a diabetic foot ulcer and various treatment modalities. Important foot care tips to share with all patients are also discussed.

## **Keep ‘Em Out of the Hospital: Sick-day Diabetes Management**

This program discusses illness risks and prevention of those risks for the diabetes population. Specifically, the prevention of diabetic keto-acidosis and how to properly adjust medications to both reduce the risks of hyperglycemia on illness defense and recovery, but avoiding the secondary risks those medications may pose which can lead to sick days. We will also look at how illness may directly impact the self-care of someone with diabetes and how to help patients build effective self-care plans for sick days.

## **Diabetes Complications and Prevention**

Healthcare professionals need sufficient diabetes knowledge to provide safe, competent care to their patients with diabetes and pre-diabetes. This program will examine the role of diabetes pathology in the development of vascular complications, as well as pharmacological and lifestyle interventions which can reduce the risks of these events.

## **Nutritional Principles for Diabetes Care Diabetes**

Understanding the basic principles of nutrition and its impact on diabetes management is the key to providing optimized care. This program will examine the challenges faced by the healthcare professional when providing nutrition counseling to their patients with diabetes, with a focus on the impact of macro-nutrients on blood sugar levels, nutrient deficiencies common to this population, and the difficulty in providing diet advice when socio-economic barriers are present.

## **Exercise Prescription for the Diabetes Patient**

Physical activity plays a vital role in the physical and emotional well-being of people with diabetes. All healthcare professionals who counsel patients with diabetes should have a sound understanding of the basic principles of exercise so that appropriate recommendations can be provided. This program focuses on the role of exercise in diabetes care, strategies for minimizing potential risks associated with physical activity, and tools for developing customized exercise plans.

## **Courses are geared towards nurses, case managers, social workers, WOCNs, certified diabetes educators and registered dietitians.**

## **Strike the Spike: Minimizing Glucose Variability**

More than ever, emphasis is being placed on the stability of glucose levels – spending as much time as possible within one’s target range and less time above or below-target. Post-meal glucose excursions can be particularly challenging for people with diabetes. This program covers the identification/measurement of post-meal glucose spikes, immediate and long-term effects, as well as medical and lifestyle strategies for minimizing them.

## **Mental Health Considerations in Diabetes (New!)**

A critical relationship exists between mental health and diabetes management. This program will help the clinician to identify patients with diabetes whose mental health is at risk. This program will focus on how diabetes can affect one’s mental health, identifying those groups who are at higher risk, and helping them through the coping process so that they may once again lead healthy, productive and fulfilling lives.

## OSTOMY

### Ostomy Basics and Patient Education

This course reviews the different types of ostomies currently in use and their aspects of care including those that are most important for patients and caregivers to know. Examined will be ostomy care, the various available ostomy accessories and their uses, and patient education topics that every ostomy patient should know.

### Caring for your Ostomy Patient

Preoperative care and patient education are important features in supporting the stoma patient. This course reviews the basic principles of ostomy care for both fecal and urinary diversions. Discussed are the characteristics of the predominant stoma types and the pouching options available for them, as well as particular patient assessment findings which determine when the use of certain ostomy accessories are beneficial. Also reviewed are the various factors that commonly cause problems for ostomy patients, and how to identify and mitigate them.

Our educational courses consist of **1-hour CE credits.**



## MANAGED CARE

### Medical Standards of Care

Medical Standard of Care, or best practice, is frequently used in healthcare to evaluate and provide appropriate care for patients. This course examines the development of standards of care, their use as benchmarks in healthcare performance, as well as their legal and ethical impacts. Also discussed will be the specific standards of care for various conditions and customer (patient) expectations.

### Value-Based Payment Models

This course examines alternative payment models in healthcare. Why they have come to exist, what they are in their various current iterations, how they impact reimbursement for the provider (not to mention the care they provide) and lastly, where payment models are headed for the future.

## UROLOGY

### Documentation for Urological Supplies Coverage

Documentation for Urological Supplies Coverage reviews the need for proper documentation in order to optimize coverage of urological supplies, and why it is important to the patient, as well as their financial and medical well-being. Examined in detail will be the key characteristics of proper documentation for urological supplies—without which claims could be denied by Medicare.

### Managing the Patient with a Urinary Catheter

This course examines management principles for patients with indwelling catheters. Discussed will be the types of urinary catheters frequently seen in home care and their rationale for use, as well as considerations for short- versus long-term catheterization and indications for each. Also examined will be principles of catheter management including perineal hygiene, specimen collection, drainage bag care, bag change frequency, catheter removal and post-removal catheter site care. Catheter complications will be highlighted including CAUTI, obstructions, bypass leakage, catheter-related bladder discomfort (CRBD) and skin breakdown, and implications for the patient's quality of life. Rounding out this course will be information on patient/care-giver education to support the successful management of the patient with a catheter.

### Understanding Overactive Bladder: Symptom Management and Treatment

This course examines the causes of overactive bladder (OAB), as well as methods to diagnose and treat the condition. Getting patients to open up about this condition is often difficult, so this program addresses various methods of reaching out to these patients, complications associated with OAB, pharmaceutical and therapy-related treatment modalities available, and appropriate absorbent product selection.

## Prevention and Management of Catheter-Associated Urinary Tract Infections (CAUTI)

Catheter-associated urinary tract infections (CAUTI) are common in patients with indwelling urinary catheters. This course examines the causes of CAUTIs as well as how to care for, manage, and prevent them in patients who are at risk for, or suffer from, catheter-associated urinary tract infections. Also discussed are patient education strategies for use by the patient and their caregivers/families.

## WOUND CARE

### Documentation Essentials in Wound Care

This course reviews the basics of wound documentation in order to produce complete and proper documentation so that more comprehensive treatment may be realized, as well as more accurate reimbursement. Discussed will be the reasons accurate and complete documentation is important, and what it should include for the various types of wounds.

### Overview of Wound Care Treatment

Wounds are classified in several ways according to their incidence, cause, stage and others. Several factors are associated with impaired wound healing including ongoing disease and malnutrition. This course defines chronic wounds, and discusses the healing process, related treatment options, and guidelines for appropriate care.



## Nutrition in Wound Healing

Successful wound healing is dependent on many factors including the patient's nutritional status. This course will discuss the relationship between nutrition and wound healing, as well as options for nutrition intervention, including special considerations for patients with diabetes. Among the nutrition interventions examined are dietary counseling, nutrient supplementation and when to use specialized nutrition support.

## HOME HEALTH

### Measurement Tools for Patient Satisfaction

This course will examine patient satisfaction and the various tools used for its measure, with a focus on home healthcare. Discussed will be patient experience versus patient satisfaction, and the influences that affect evaluation results. Also examined will be the attempts at standardization within the healthcare industry, as well as ways to validate evaluation results.

## CONTINENCE

### Continence Management: Avoiding Complications and Providing Better Outcomes

This program will examine incontinence: how to recognize and assess it, a discussion of methods for identifying risks for potential complications, as well as an examination of treatment strategies.

### Management and Prevention of Incontinence Associated Dermatitis

This course will cover dermatitis associated with incontinence. The program examines how to identify incontinence-associated dermatitis (IAD), risk factors and causes, management/treatment options, and strategies for preventing re-occurrences.

### Dementia and Incontinence

Dementia is more than just memory loss. Learn about parts of the brain affected by Dementia and Alzheimer's disease, why such declines can happen, and approaches to managing personal care that could be helpful in the long-term care setting.

### Talking About Incontinence

This presentation will give needed guidance as to how to talk with their clients about their issues and give sound advice to improve their condition. Useful techniques and practical examples will help both clinicians and non-clinicians. Troubleshooting methods will also be discussed.



## First Quality's Live CE Program

### CERTIFIED CASE MANAGER CE SESSIONS:

All Sessions will be held live on the scheduled date at 12:30 PM ET

The Commission for Case Manager Certification only grants CEs for Board Certified Case Managers.

To obtain any other professional type of CEs, please contact the appropriate state licensing/certifying board.

<b>January</b>		<b>July</b>	
Talking to People About Incontinence: A Hands-On Guide for Case Managers	January 18	Continence Management: Avoiding Complications Providing Better Outcomes	July 11
<b>February</b>		<b>August</b>	
Dementia and ADLs: Creative Care Techniques for Caregivers	February 15	Incontinence Associated Dermatitis: Preventing and Managing Skin Injuries	August 15
<b>March</b>		<b>September</b>	
Continence Management: Avoiding Complications and Providing Better Outcomes	March 14	Talking to People About Incontinence: A Hands-On Guide for Case Managers	September 12
<b>April</b>		<b>October</b>	
Incontinence Associated Dermatitis: Preventing and Managing Skin Injuries	April 11	Dementia and ADLs: Creative Care Techniques for Caregivers	October 17
<b>May</b>		<b>November</b>	
Talking to People About Incontinence: A Hands-On Guide for Case Managers	May 16	Continence Management: Avoiding Complications and Providing Better Outcomes	November 14
<b>June</b>		<b>December</b>	
Dementia and ADLs: Creative Care Techniques for Caregivers	June 13	Incontinence Associated Dermatitis: Preventing and Managing Skin Injuries	December 12

### NURSING CE SESSIONS:

All Sessions will be held live on the scheduled date at 12:30 PM ET.

Nursing courses are accredited by Florida Board of Nursing for 1 CE credit

<b>Dementia and ADLs: Creative Care Techniques for Caregivers</b>	<b>Continence Management: Avoiding Complications Providing Better Outcomes</b>	<b>Management &amp; Prevention of Incontinence Associated Dermatitis</b>	<b>Restorative Nursing: Toileting Programs with PDPM</b>
March 7, 2024	June 6, 2024	September 5, 2024	December 5, 2024

First Quality CE courses are NOT recorded.

If you have any questions about First Quality's courses, please reach out to: Kimberly Owen (kowen@firstquality.com).

byramhealthcare.com   

Wound Care | Diabetes | Urology | Ostomy  
Incontinence | Enteral Nutrition | Breast Pumps

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BHLIT349 | Continuing Education 2024



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