

Feel free to use this topic list as a guide when ordering inservices.
For a description of each inservice module below, please visit our website:
www.knowingmore.com



A

- Reporting **Abnormal Observations** **NEW!**
- Understanding **Abuse & Neglect**
- Activity and the Elderly** **UPDATED!**
- Adolescent Growth and Development**
- Understanding **Advance Directives**
- The Normal **Aging Process**
- Alzheimer's Disease** **UPDATED!**
- Understanding **Arthritis**
- Being **Assertive**
- Using **Assistive Devices**
- Understanding **Asthma** **UPDATED!**
- Understanding **Autism**
- Common **Autoimmune Diseases** **NEW!**

B

- Taking Care of Your **Back**
- Understanding Drug-Resistant **Bacteria**
- Bathing Tips**
- Caring for **Bed Bound Clients**
- Patient **Bill of Rights**
- Understanding **Blood Sugar**
- Brain & Spinal Cord Injuries** **NEW!**

C

- Understanding **Cancer** **UPDATED!**
- The **Care Planning Process** **UPDATED!**
- The **Caring Qualities of a CNA** **NEW!**
- Chemical Hazards in the Workplace** **UPDATED!**
- Understanding **CHF**
- Child Growth & Development**
- Understanding **Cholesterol** **NEW!**
- Client Safety Tips** **NEW!**
- The **CNA/Nurse Relationship** **NEW!**
- CNAs On the Job**
- Understanding **Common Medications**
- Maintaining **Confidentiality**
- Conflict in the Workplace** **NEW!**
- Understanding **COPD** **UPDATED!**
- Providing **Cost-Efficient Care**
- A **CPR Update**
- Critical Thinking Skills**

- Understanding **Cultural Diversity**
- Customer Service in Health Care**
- Understanding **CVA's** **UPDATED!**
- Understanding **Cystic Fibrosis**

D

- Dealing With Family Members**
- Talking About **Death**
- Understanding **Dementia**
- Understanding **Depression**
- Understanding **Diabetes**
- Understanding **Common Diets**
- Dealing With **Difficult/Combative People**
- Dealing With **Dizziness**
- Understanding **Domestic Violence**
- Dressing & Grooming Tips**

E

- Emotional Losses in the Elderly**
- End of Life Care** **NEW!**
- Understanding **Epilepsy & Seizures**
- Ethical Dilemmas in Health Care** **UPDATED!**
- Understanding **Eye Disorders**

F

- Understanding **Fall Risk Factors**
- Understanding **Fatigue**
- Feeding Your Clients** **UPDATED!**
- Understanding **Health Care Financing**
- Fire Prevention & Safety** **UPDATED!**
- Basic **First Aid Tips** **UPDATED!**
- Fluid & Electrolytes for CNAs** **NEW!**
- Protecting Your Clients During **Flu Season**
- Food Preparation & Safety**

G

- Understanding **Common GI Disorders**

H

- Understanding **Handwashing**
- All About **Headaches**
- Understanding **Hearing Disorders**
- Understanding **Heart Attacks** **UPDATED!**
- Understanding **Hepatitis A&B**

- An **H**epatitis C Update
 - Understanding **H**IV & AIDS
 - H**ome Care Safety Tips **NEW!**
 - Understanding **H**ospice **UPDATED!**
 - An Overview of the **H**uman Body
 - Understanding Basic **H**uman Needs
 - The Role of **H**umor in Healing **NEW!**
 - Understanding **H**ypertension
- I**
- Handling **I**ncontinence & UTI's
 - Working With **I**nfants
 - I**nfection Control in Home Care **NEW!**
 - An **I**nfection Control Update
- K**
- Understanding **K**idney Disease
- L**
- L**egal Issues for Nursing Assistants
 - How to Really **L**ove Your Job
- M**
- M**DS 3.0 for CNAs- Part 1 **NEW!**
 - M**DS 3.0 for CNAs- Part 2 **NEW!**
 - M**eal Time Tips
 - Understanding **M**edical Machines **NEW!**
 - M**edical Terminology & Abbreviations
 - The Basics of **M**edication Administration
 - M**en's Health Issues
 - Working With the **M**entally Ill **UPDATED!**
 - Working With **M**entally Retarded Clients
 - Performing **M**outh Care
 - Understanding **M**RSA **NEW!**
 - Understanding **M**ultiple Sclerosis **UPDATED!**
- N**
- Working with **N**on-Compliant Clients **NEW!**
 - Basic **N**utrition & Hydration
- O**
- Caring for **O**rthopedic Clients **NEW!**
 - Understanding **O**stomies & Ostomy Care
 - O**ver-the-Counter Medications
- P**
- Understanding **P**ain & the Elderly
 - Understanding **P**ain Management
 - P**arkinson's Disease **UPDATED!**
 - P**erineal & Catheter Care
 - P**ersonal Safety in the Workplace **UPDATED!**

- Understanding Common **P**hobias
 - Understanding Pneumonia **NEW!**
 - Being a **P**receptor
 - Preventing **P**ressure Ulcers **UPDATED!**
 - How to **P**rioritize Your Work **NEW!**
 - Maintaining a **P**rofessional Distance
 - P**rofessionalism & Work Ethic
 - P**reventing Medical Errors
- Q**
- Q**uality Improvement **UPDATED!**
- R**
- Passive & Active **R**ange of Motion **UPDATED!**
 - R**eporting/Documenting Care **UPDATED!**
 - Understanding **R**estraints & Alternatives
- S**
- Understanding **S**chizophrenia **NEW!**
 - S**exual Harassment **UPDATED!**
 - Understanding **S**leep Disorders
 - The Effects of **S**moking
 - Understanding **S**pina Bifida
 - S**tandard Precautions
 - S**tress Management Skills
 - Understanding **S**ubstance Abuse
 - Understanding **S**uicide **NEW!**
 - S**ummer Safety Tips **NEW!**
 - What You Should Know About **S**urgery
 - The **S**urvey Process **UPDATED!**
- T**
- Working With a **T**eam **UPDATED!**
 - T**ime Management Skills **UPDATED!**
 - T**oileting Tips **NEW!**
 - Performing Safe **T**ransfers **UPDATED!**
 - Building **T**rust & Confidence with Clients **NEW!**
 - A **T**uberculosis Update
- V**
- Common **V**ascular Conditions **NEW!**
 - V**iolence in the Workplace **NEW!**
 - A **V**ital Signs Update
- W**
- Personal **W**ellness
 - W**inter Safety
 - W**omen's Health Issues
 - How **W**ounds Heal/How to Help **UPDATED!**

At a minimum, all of our topics are reviewed every two years.