

State of Iowa Dementia Training Requirements and the CARES™ Dementia Training Program

✓ Yes

The CARES Program™ meets the State of Iowa dementia training requirements for nursing facilities.

✓ Yes

The CARES Program™ Continuing Education is recognized by the Iowa Board of Nursing.

See Details on the following pages.

(Print this summary as documentation for state inspectors.)

For more information about professional training opportunities including the CARES Dementia Training Program, please contact the Alzheimer's Association East Central Iowa Chapter at 319.294.9699.

Summary of Dementia Training Requirements

The state of Iowa requires **at least six hours** of training in specific areas for everyone working in a Chronic Confusion and Dementing Illness (CCDI) unit or facility.

Details

According to the Iowa statute:

“Upon assignment to the unit or facility, everyone working in the unit or facility shall be oriented to the needs of people with chronic confusion or dementing illnesses. They shall have special training appropriate to their job description within 30 days of assignment to the unit or facility. (II, III). The orientation shall be at least six hours.

The following topics shall be covered:

- (1) Explanation of the disease or disorder; (II, III)
- (2) Symptoms and behaviors of memory-impaired people; (II, III)
- (3) Progression of the disease; (II, III)
- (4) Communication with CCDI residents; (II, III)
- (5) Adjustment to care facility residency by the CCDI unit or facility residents and their families;
(II, III)
- (6) Inappropriate and problem behavior of CCDI unit or facility residents and how to deal with it;
(II, III)
- (7) Activities of daily living for CCDI residents; (II, III)
- (8) Handling combative behavior; (II, III) and
- (9) Stress reduction for staff and residents. (II, III)

How CARES Meets Each Specific Content Requirement

(1) Explanation of the disease or disorder; (II, III)

The CARES Program includes a thorough explanation of memory loss, dementia, and Alzheimer's Disease as well as a full discussion of seven different areas of declining thinking skills. Module two is entirely devoted to a detailed introduction to dementia.

(2) Symptoms and behaviors of memory-impaired people; (II, III)

The CARES Program includes information and many examples throughout its 6 modules describing the symptoms and behaviors of memory-impaired people. Module three, Understanding Resident Behavior as Communication, is specifically devoted to behavior.

(3) Progression of the disease; (II, III)

The CARES Program includes an extensive discussion of thinking skill decline and disease progression from residents with normal thinking to residents who are bedridden and non-verbal.

(4) Communication with CCDI residents; (II, III)

The CARES Program includes training in communication with residents throughout many of the modules. Module 4, Making a Connection with the Resident, focuses on effective ways to communicate and make connections with residents.

(5) Adjustment to care facility residency by the CCDI unit or facility residents and their families; (II, III)

The CARES Program includes video interviews in each of its modules that are inclusive of actual family members and facility residents. In addition, much of the information in each of the modules targets how to connect with residents to make them adjust in any facility setting.

(6) Inappropriate and problem behavior of CCDI unit or facility residents and how to deal with it; (II, III)

The CARES Program includes instruction on the CARES Approach, a 5-step approach that can be used with any resident in any inappropriate or problem situation. Typical problem behaviors are discussed.

(7) Activities of daily living for CCDI residents; (II, III)

The CARES Program discusses multiple activities of daily living including a specific module on promoting positive food and fluid take for residents with dementia.

(8) Handling combative behavior; (II, III)

The CARES Program discusses combative behavior and offers instruction in the CARES Approach, a 5-step approach that can be used with any resident in combative situations to positively resolve them.

(9) Stress reduction for staff and residents. (II, III)

The CARES Program addresses stress reduction for staff and residents throughout its six modules by promoting a greater understanding of thinking decline, specific strategies to follow in daily care, and a step-by-step approach, the CARES Approach, that can be used in any situation with any resident.

Contact at State of Iowa

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References

CARES Program: <http://www.caresProgram.com>

State Departmental Website: <http://www.state.ia.us/government/dia/index.html>

State Statue Website: https://dia-hfd.iowa.gov/DIA_HFD_WEB/cmsDocDir/481%20IAC%2058.pdf

Actual language from State of Iowa Rules:

Inspections and Appeals[481] Ch 58, p.1
CHAPTER 58
NURSING FACILITIES
[Prior to 7/15/87, Health Department[470] Ch 58]

58.54(5) Preadmission assessment of physical, mental, social and behavioral status shall be completed to determine whether the applicant meets admission criteria. This assessment shall be completed by a registered nurse and a staff social worker or social work consultant and shall become part of the permanent record upon admission of the resident. (II, III)

58.54(6) All staff working in a CCDI unit or facility shall have training appropriate to the needs of the residents. (II, III)

a. Upon assignment to the unit or facility, everyone working in the unit or facility shall be oriented to the needs of people with chronic confusion or dementing illnesses. They shall have special training appropriate to their job description within 30 days of assignment to the unit or facility. (II, III)

The orientation shall be **at least six hours**. The following topics shall be covered:

- (1) Explanation of the disease or disorder; (II, III)
- (2) Symptoms and behaviors of memory-impaired people; (II, III)
- (3) Progression of the disease; (II, III)

- (4) Communication with CCDI residents; (II, III)
- (5) Adjustment to care facility residency by the CCDI unit or facility residents and their families;
(II, III)
- (6) Inappropriate and problem behavior of CCDI unit or facility residents and how to deal with it;
(II, III)
- (7) Activities of daily living for CCDI residents; (II, III)
- (8) Handling combative behavior; (II, III) and
- (9) Stress reduction for staff and residents. (II, III)

b. Licensed nurses, certified aides, certified medication aides, social services personnel, housekeeping and activity personnel shall have a minimum of six hours of in-service training annually. This training shall be related to the needs of CCDI residents. The six-hour training shall count toward the required annual in-service training. (II, III)

Note:

State regulations can change at any time. Check with your local state regulatory office for any changes to state regulations or state statutes.

Summary of Continuing Education for Nurses

According to Chris Newell at the Iowa Board of Nursing, because the CARES continuing nursing education activity was approved by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation, and because the State of Iowa recognizes the ANCC, CARES would be approved for "self study" within Iowa only. If it is offered in groups, Continuing Education for nurses is not approved.

The Iowa Board of Nursing is not concerned with Social Work continuing education or Administrative continuing education.

For documentation of this rule, Ms. Newell recommended visiting www.iowa.gov/nursing, clicking on Continuing Education, and then clicking on "What Qualifies (And What Doesn't)" for additional information.

Contact at State of Iowa Board of Nursing

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