

Winter 3-6-2024

A Video Based Training Review

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Recommended Citation

Kessel, Sarah; Cyers, Rachel; Johnson, Alicia; Juan, Macky; LaFrance, Malia; and Zajac, Julia, "A Video Based Training Review" (2024). *Nursing Leadership in Community Engagement Projects*. 43.
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Signs of Overdose + Narcan Administration:

<https://medlineplus.gov/medlineplus-videos/how-naloxone-saves-lives-in-opioid-overdose/> (5:39)

Score: _____

1. What are some signs or symptoms that someone may be experiencing an opioid overdose? Select all that apply.
 - Shallow/little to no breathing
 - Slow or absent pulse
 - Choking, snore-like sounds from the mouth
 - Fast/bounding pulse
 - Deep, fast breathing
 - Unresponsiveness/cannot be woken up
 - Redness of the face
 - Limp body
 - Pale or blue lips/skin
2. Place the following steps in the correct order for administering naloxone (Narcan) to someone experiencing an opioid overdose:
 - a. Press spray plunger firmly
 - b. Position spray nozzle in either nostril until your knuckles touch their nose
 - c. Wait 2-3 minutes for person to regain consciousness
 - d. Tilt the head back
 - e. Grasp the spray between your index and middle finger, with your thumb on the plunger
3. True or False: Naloxone (Narcan) can be administered nasally or in the thigh muscle, depending on the type of Narcan available to you.
4. Determine whether the following statements are true or false.
 - a. If Narcan worked on someone, calling 911 or getting them medical attention is unnecessary
 - b. In some cases, it may take a second dose of Narcan for an overdose to be reversed
 - c. According to the Washington state Good Samaritan Law, you are protected from being charged with drug possession for assisting someone experiencing an overdose, using Narcan, or experiencing a drug overdose yourself
 - d. Narcan continues to work in the body for 3-5 hours following administration
5. (Open answer) Name examples of opioids.

6. Select steps to complete when assisting someone who has overdosed. Select all that apply.
- a. Rolling the person over face down
 - b. Ensuring airway clearance by assessing their breathing and tilting their head back
 - c. Beginning CPR right away
 - d. Administering naloxone (Narcan) if available
 - e. Calling 911 as soon as possible
 - f. Beginning CPR if pulses are absent or if resuscitation with Narcan was unsuccessful.
 - g. Recognizing the signs of overdose in someone
 - h. Getting the person immediate medical attention
 - i. Placing the person on their side if they are vomiting or choking on oral secretions
7. (open answer) How does an opioid overdose affect the body?

Infection Prevention/Universal Precautions:

Hazardous Waste and Bloodborne Pathogens:

<https://www.youtube.com/watch?v=LpotQ8OYlmw>

Score:_____

- 1) What should you do before cleaning up a spill?
 - a. Gather supplies before putting on gloves
 - b. Inspect area around the spill
 - c. Restrict activity around the spill
 - d. All the above
- 2) True or False: You do not need to wear gloves when cleaning up a hazardous spill.
- 3) True or False: You should use a reusable towel to clean up hazardous spills.
- 4) What should you use to disinfect the area after cleaning up hazardous spill?
 - a. Soap and water
 - b. Hospital grade disinfectant
 - c. Essential Oils
 - d. Rubbing Alcohol
- 5) Where would you dispose of a towel that is heavily soiled where blood or fluid can be squeezed out?

Bloodborne Pathogens:

<https://www.youtube.com/watch?v=mQS9SaBqopw>

Score_____

- 1) How can bloodborne pathogens enter the body? (select all that apply)
 - a. Contact with mucous membranes
 - b. Contact with broken skin
 - c. Accidental puncture with contaminated sharps
 - d. Giving a person a hug
- 2) How can bloodborne pathogen be transmitted (select all that apply)
 - a. Sexual contact
 - b. Mosquito bites
 - c. Tears
 - d. From mother to baby
 - e. Saliva
 - f. Sharing needles or needle sticks
- 3) When can you be possibly exposed to bloodborne pathogens?

Hand Hygiene

<https://youtu.be/3PmVJQUcm4E?si=vB470HOHJyi5BSZ5>

Score:_____

- 1) How long should handwashing take:
 - a. 10 mins
 - b. 5 mins
 - c. 1 min
 - d. 10 seconds
- 2) True or False You do not need to wash your thumbs or tips of fingers when performing hand hygiene.
- 3) How do you turn off the tap when you are done washing your hands?
 - a. With a new paper towel
 - b. With your clean hands
 - c. With your elbow
 - d. With your wrist

Infection Prevention: Breaking Chain of Transmission:

<https://www.youtube.com/watch?v=99tpGKEsHFk>

Score:_____

- 1) What are examples of sources of germs?
 - a. Animals
 - b. Person with cold

- c. Contaminated drinking water
 - d. All the above
- 2) What are the ways germs can exit the body?
- a. Sneezing
 - b. Coughing
 - c. Vomiting
 - d. Using the bathroom
 - e. All the above
- 3) How can germs enter the body? (select all that apply)
- a. Broken skin
 - b. Touching your eyes, nose, or mouth
 - c. Giving someone a handshake
 - d. Wearing dirty shoes
 - e. Eating contaminated food and water
- 4) What are ways that you can break the chain of infection?

Standard Precautions:

<https://www.youtube.com/watch?v=swiNr6TPXE4>

Score:_____

- 1) When should you use standard precautions?
- a. When exposed to blood, body fluids, and body tissues.
 - b. When preparing food
 - c. When talking to a person
 - d. Never
- 2) What are types of commonly used PPE?
- a. Gloves, shoes, hair nets, eyeglasses
 - b. Gloves, goggles, masks, gowns
 - c. Mittens, socks, jackets, hats
 - d. Towels, disinfectants, mops, essential oils
- 3) What is the correct order you put on PPE?
- 4) **Reflection question:** When should you use standard precautions during your job at New Horizons?

Trauma Informed Care, DEI, Intersectionality, Implicit Bias Questions:

<https://www.youtube.com/watch?v=fWken5DsJcw&t=15s>

<https://www.youtube.com/watch?v=BSguud-t1kc>

<https://www.youtube.com/watch?v=kGd8seSSQH8>

https://youtu.be/O1islM0ytKE?si=CnL6H4_Gyfdkzl3E

Score: _____

- 1) What are the components of DEI?
 - a. Diversity, equality, inclusion
 - b. Discrimination, equity, inclusion
 - c. Diversity, equity, inclusion
 - d. Diversity, equality, intersectionality
- 2) Define intersectionality in your own words.
- 3) True or False, Implicit bias is not a trait that everyone has and can easily be avoided.
- 4) In your own words, what is trauma informed care?
- 5) A 16-year-old Asian- American individual comes into the shelter seeking help and begins to tell you about themselves: From your conversation, you learn that they are fleeing an abusive home environment in which their parent's new partner has been physically harming them and has threatened to kick them out due to them being part of the LGBTQ+ community. You also learn that they have been diagnosed with an anxiety disorder and have been exposed to drug use in the home as a child. They are looking for work but are having trouble as they do not have regular shelter, are out of their anxiety medication, and have not been able to shower or perform personal hygiene tasks in the last couple of weeks.
 - a. Identify potential ACES that contribute to this person's well-being or lack of it and how you can consider trauma-informed care when approaching this individual.
 - b. How does intersectionality play a role in this individual's ability to seek opportunities in employment, housing, etc.
 - c. How would implicit bias create barriers to this person as they seek housing, healthcare, employment, and community?
 - d. How can you, as an employee of New Horizons, use the principles of DEI when approaching problem solving with this individual?

De-escalation:

<https://youtu.be/R2PSExM-NhU?si=mC15ptFDjBT3KYDI>

Score: _____

1. Which of these is an example of non-verbal cues.
 - a. Having your arms crossed
 - b. Yelling
 - c. Using sign language
 - d. Writing a complaint about a coworker
2. True/False: Should you block doors when dealing with an escalated person?
3. How should your voice sound when you are talking with an escalated person?
 - a. Speak in a low tone and at a fast speed
 - b. Speak in a high tone and at a slow speed
 - c. Speak in a low tone and a slow speed
 - d. Speak in a high tone and fast speed.
4. What is a non-verbal cue that symbolizes you are NOT a threat?
 - a. Standing back and watching the escalated person
 - b. Having a tense body
 - c. Maintaining eye contact with the escalated person
 - d. Having a calm body and sitting at the level of the escalated person
5. Select all possible causes that can escalate a patient?
 - a. Person feels threatened.
 - b. Person gets scared by something.
 - c. A person gets excited to see someone/something.
 - d. Tripping on the sidewalk

Mental Health First Aid:

<https://youtu.be/Vg5W2ggh9eY?si=yGhdVolvab4JbxV1>

<https://youtu.be/Co4te994iaE?si=a0oCYwumOhTs5RV9>

<https://youtu.be/VTJ5Ed326ck?si=WpHfLbMGLQAFSjV4>

<https://www.youtube.com/watch?v=sn8UME5kik4>

Score: _____

1. List the 5 steps for Mental Health First Aid:
2. When a patient is in psychosis, what is the best way to approach the person?
 - a. Don't approach the person.
 - b. Quickly approach the person.
 - c. Approach them cautiously and sensitively.

- d. Speak to them in a loud voice when carefully walking up to the person
- 3. If a person in psychosis becomes aggressive, which of these do you do.
 - a. Stand back and observe (call 911 if necessary)
 - b. Try and distract the person
 - c. Try and reason with the person
- 4. **True/False:** When speaking with a person in psychosis you should stay calm, talk to them slowly and quietly and use simple phrases.
- 5. What are common symptoms a person may report when they are anxious?
 - a. Heart palpitations
 - b. Chest pain
 - c. energetic
 - d. Rapid heart rate
 - e. Slow respiratory rate
 - f. Skin cold to the touch
 - g. Tingling
 - h. Increased concentration
- 6. **True/False:** Anxiety can become so overwhelming for some people they may feel as though they are having a heart attack.
- 7. Define what panic attacks are in your own words:
- 8. Which of the following are things you can say to someone you know is depressed?
 - a. Tell them you care for them
 - b. Ask them what you can do
 - c. Tell them that it's not normal to feel this way
 - d. Ask if they need someone to talk to

Motivational Interviewing:

<https://www.youtube.com/watch?v=SsNgZ47o2I4>

<https://youtu.be/4Hrz9tLUIUw?si=S-ZlmzFmpyjfU5eW>

Score:_____

- 1. Define motivational interviewing in your own words.
- 2. **True or False.** You are there to change the individual.
- 3. **True or False.** Motivational Interviewing is a following approach, it is where you listen and follow wherever they go.

4. What are the four processes of Motivational Interviewing?
 - a. Evaluating, Focus, Evoke, Plan
 - b. Engaging, Focus, Evoke, Plan
 - c. Engaging, Focus, Evoke, Projecting
 - d. Evaluating, Focus, Evoke, Projecting
5. **True or False.** Engaging emphasizes building an alliance and a working relationship with your client.
6. **True or False.** You don't need a shared focus to make progress towards any problems or changes.
7. **True or False.** Evoking means you're bringing out your client's arguments and using it against them.
8. **True or False.** The planning stage in motivational interviewing is an expert driven process.

Answer Key:

Signs of Overdose + Narcan Administration:

1. Shallow/little to no breathing; Slow or absent pulse; Choking, snore-like sounds from the mouth; Unresponsiveness/cannot be woken up; Limp body; Pale or blue lips/skin
2. d, e, b, a, c
3. True
4. False, True, True, False
5. Possible Answers: Fentanyl, Heroin, Oxycodone ... AKA OxyContin®, Roxicodone®, Percocet®, Morphine ... AKA Duramorph®, Hydrocodone ... AKA Vicodin® or Norco®, Tramadol ... AKA Ultram®, Hydromorphone ... AKA Dilaudid®, Codeine
6. Ensuring airway clearance by assessing their breathing and tilting their head back, administering naloxone (Narcan) if available, Calling 911 as soon as possible, Beginning CPR if pulses are absent or if resuscitation with Narcan was unsuccessful. Recognizing the signs of overdose in someone, Getting the person immediate medical attention, Placing the person on their side if they are vomiting or choking on oral secretions.
7. Possible Answers: Opioids cause the brain stem to stop regulating breathing. Opioids can create a comforting, sleepy feeling. Opioids slow down pain signals in the nervous system. Opioids cause the gastrointestinal tract to slow down and cause constipation.

Infection Prevention/Universal Precautions:

Hazardous Waste and Bloodborne Pathogens:

1. All of the above
2. False - you should wear gloves and other personal protective equipment if anticipating spills or splashes
3. False - you should use a disposable towel so that waste can be thrown away in the appropriate container
4. Hospital grade disinfectant
5. Dispose of heavily soiled paper towel into a biomedical waste container or according to facility policy

Bloodborne Pathogens:

1. Contact with mucous membranes, Contact with broken skin, Accidental puncture with contaminated sharps

2. Sexual contact, From mother to baby, Sharing needles or needle sticks
3. When administering first aid. If biohazardous material is not cleaned up and disposed of properly. Cleaning up and disposing of sharps

Hand Hygiene

1. 1 minute
2. False
3. With a new paper towel

Infection Prevention: Breaking Chain of Transmission:

1. All the above
2. All the above
3. Broken skin, Touching your eyes, nose or mouth, Eating contaminated food and water
4. Keep your hands clean – washing your hands often or use an alcohol-based hand sanitizer.

Stay home when you're sick and stay away from people when coughing or sneezing. Keep high touch surfaces clean and disinfect surfaces often. Get flu shot

Standard Precautions:

1. When exposed to blood, body fluids and body tissues
2. Gloves, goggles, masks, gown
3. Gown, eye protection, mask, and then gloves
4. Sample answer: cleaning up hazardous spills, interacting with sick clients, helping with first aid

Trauma Informed Care, DEI, Intersectionality, Implicit Bias Questions:

1. Diversity, equity, inclusion
2. Possible Answers: Intersectionality is the idea that people are defined by multiple struggles or barriers to opportunity. People have multiple identities that "intersect" with one another and influence each other. For example, two individuals may both be women and share the unique struggles that come with that part of their identity, but one of the women may also be disabled and thus have another set of struggles or barriers. This woman's identity has intersecting components.
3. False
4. Possible Answers: Trauma informed care is the idea that all care and interaction with individuals should be done with the mindset that all of us have experienced some level of trauma/adverse events that may influence how we respond to care and what triggers we may

have. Therefore, one should take care to approach people with the mindset of caution to prevent triggering them.

5. Possible Answers:

- a. Drug use in home. Abuse and violence. Discrimination by family members. More may be identified
- b. Individual has multiple barriers to opportunity- could say anxiety disorder, sexual orientation, poverty/homelessness. How do these play a role in their struggle to find work, housing, etc.
- c. Potential for employment discrimination if suspected or known that individual is unhoused. Bias related to LGBTQ+ status. Difficulty with procuring medications without insurance, stable housing. Potential racial biases
- d. Honoring the fact that this person has a diverse background with unique experiences and life events that significantly shape them now. Equity in promoting this person's best interests by working with the same level of urgency to meet their needs as all others. Understanding the idea of inclusion as it related to ensuring that this person feels like a true member of the NH community regardless of the uniqueness of their background

De-escalation:

- 1. Having your arms crossed
- 2. False
- 3. Speak in a low tone and a slow speed.
- 4. Having calm body and sitting at the level of the escalated person
- 5. Person feels threatened. Person gets scared by something.

Mental Health First Aid:

- 1. Assess Risk. Listen. Give Reassurance. Encourage Professional Help. Encourage Self Help
- 2. Approach them cautiously and sensitively.
- 3. Stand back and observe (call 911 if necessary)
- 4. True
- 5. Heart palpitations. Chest pain. Rapid heart rate. Tingling
- 6. True
- 7. Tell them you care for them. Ask them what you can do. Ask if they need someone to talk to.

Motivational Interviewing:

- 1. Possible Answer: treatment approach designed to help people find the motivation to make a

positive behavior change.

2. False

3. True

4. Engaging, focus, evoke plan

5. True

6. False

7. False

8. False