

Health Interventions Trainer Checklist

Trainer will assure that the following is done for the Health Interventions Training
Health Interventions includes the following units:

Personal Care, Hygiene, and Grooming
Infection Control
Food Prep, Nutrition, and Special Diets
Signs and Symptoms of Injury
Vital Signs

The Trainer may determine the order in which the units will be covered.

Personal Care, Hygiene, and Grooming

1. Have the Direct Support professional (DSP) read the unit.
2. Have the DSP review the “Personal Protocol” booklet. Trainer may want to ask the DSP to think about what they would like to have done if they required this type of support.
3. Have the DSP read the Bathing & Showering Safety Guidelines
4. Trainer will show the DSP how to find information about personal preferences, plan of service information related to this unit, general health care plans, and documentation requirements. Location and storage of each individual’s supplies, and any necessary equipment should be reviewed. When possible this should be done by the individual.
5. Trainer should demonstrate and have DSP practice using any required equipment. I.e. Hoyer lift, commode chair, shower chair, transfer belt, etc.
6. Trainer should then have DSP complete the test. DSP should meet and talk with all individuals who are willing and able to share what their personal routines are and any likes and dislikes. The DSP will need to review each plan of service to complete this test.
7. The Trainer will review the test with the DSP and answer any questions.
8. Emphasis should be placed on offering choices, encouraging individual participation, and communicating what and why something is done. This is a great opportunity to continue to work on building relationships with the individuals that you support!
9. With the Individuals permission, new DSP’s should be encouraged to observe morning, evening and bathing routines, before providing that type of care.

Infection Control

1. Have the DSP read the unit.
2. Have the DSP review the following: Gloving Guideline
MRSA: What You Should Know
The ABC’s of Hepatitis
Hand washing Guideline
Recipes for Cleaning Solution
3. Trainer will demonstrate proper hand washing.
4. Trainer will demonstrate proper Gloving and have the DSP practice.

5. Trainer will review the location of all equipment and supplies:
 - Gloves
 - Personal Protective Equipment
 - Cleaning and Disinfectant Products
6. Trainer will review Agency Policy and Procedures for exposure incidents, including documentation, and treatment guidelines.
7. Trainer will review Infection Control Log location and documentation requirements.
8. DSP will take the test.
9. Trainer will review the test with the DSP and answer any questions.

Signs and Symptoms of Illness or Injury

1. Have the DSP read the unit.
2. Trainer will review the emergency numbers and medical protocols with the DSP.
3. Have the DSP complete the following worksheets: Who Do I Call?
 - What Do I Do?
 - What Would You Do?
 - Test Your Understanding.
4. Trainer will review the worksheets with the DSP and answer any questions.
5. DSP will take the test.
6. Trainer will review the test with the DSP and answer any questions.

Measuring Vital Signs

1. Have the DSP read the unit.
2. Have the DSP complete the following worksheets:
 - How to Read a Mercury Free or Glass Thermometer
 - Reading the Manometer
3. Trainer will review the worksheets with the DSP.

Answers to thermometer worksheet are: 1) 98.8 2) 101 3) 103.6

Answers to manometer worksheet are: 1) 92 2) 150 3) 202
4. Trainer will show DSP the location of equipment and supplies required to complete a set of vitals.
5. Trainer will demonstrate the correct procedure for taking a blood pressure, respiration, pulse and temperature.

Note: Trainer should demonstrate and have DSP practice with the equipment that is typically used in this residential setting.
6. DSP will practice taking a set of vitals on the individuals who have agreed to assist with this training.
7. Trainer will complete Temperature, Pulse, Respirations & Blood Pressure Check Off Sheet.
8. Trainer will review documentation requirements and the procedure for reporting abnormal readings.

9. Trainer will have the DSP review each individual's plan of service and medical protocols.
10. DSP will take the test.
11. Trainer will review the test with the DSP and answer any questions.

Food Preparation, Nutrition, Special Diets

1. Have the DSP read the unit.
2. Trainer will have the DSP complete the following activities:
 - “Reading a Food Label”
 - “Healthy Food Choices for Managing Weight”
 - “Food Safety Word match”
3. The DSP will take the test.
4. Trainer will review the test and answer any questions.
5. Trainer or an Individual who lives in the home will provide a “tour” of the kitchen to show the DSP the location, and if necessary, operation of appliances.
6. Trainer will review food storage requirements and the location of extra supplies.
7. Trainer will review menus, menu substitution list, and documentation requirements.
8. If Individuals require modified diets, Trainer will have DSP review modified diet information located at the end of this unit. Trainer may need to demonstrate how to use a food processor to achieve the texture and consistency requirements of the modified diet order.
9. If any modified or adaptive equipment is used the Trainer will demonstrate how to use the equipment and review any protocols for maintaining, cleaning, and storing the equipment.
10. Trainer will review the homes shopping protocol. Who can shop, where to shop, documentation requirements.
11. Trainer will review the location and storage requirements for household cleaning and sanitation products used in this residential setting.
12. The DSP will review each plan of service for type of diet required, any mealtimes protocols which must be followed, and if possible meet with each individual to find out about any personal preferences related to food preparation, meal times, and foods that are liked or disliked. (This will help the DSP answer question #20 on the test!)
13. Trainer should emphasize and remind the DSP that food and food preparation is an excellent tool to help to continue to build positive relationships with the individuals that live in the home. Individuals should be encouraged to assist with menu planning, preparing meals, grocery shopping, looking at cook books for new ideas, and assisting with setting the table or cleaning up after the meal.