



Training Summary Form

Credit Hours: 1hr

Topic: OMBUDSMAN WINTER ALERTS 220

I. Employee: Tierra Spellman

II. Description of Training Content

Review and instruction on the Ombudsman Winter Alerts and Medical Alerts. Topics include the following:

- Winter Letter
- Winter Alert
- Hypothermia Alert
- Frostbite Alert
- Windchill Chart

III. Training Procedures

Training Format

- Self Study
- Team Meeting

Instructional Methods

- Written: See above
- Oral Presentation and Dialogue

Demonstrated Competency

- Knowledge Testing (Quiz)
- Other: _____

IV. Date(s): 1/29/2020
 (M/D/Y)
 Time(s): 9p-10p
 (AM or PM)
 Location(s): Nashota/Kape/Salem

Trainer/Position: See Above
 Approval Signature: Tierra Spellman
 Employee Signature: Tierra Spellman

Ombudsman WINTER ALERT 220 Quiz

EMPLOYEE NAME: Tierra Spellman

DATE OF QUIZ: 1/29/2020

Directions: Upon completion, return the quiz and Training Summary Form to your supervisor.

Complete the statements below by filling in the blanks

1. After reading the "Winter Alert", identify three precautions that you will use this winter to help the persons you serve from getting communicable diseases:
 - a. Flu Shot
 - b. Regularly disinfect & wash hands
 - c. Provide Kleenex
2. Basic tips for winter travel include the following:
 - a. Know what the weather forecast is
 - b. Keep a winter survival kit in your vehicle
 - c. Winterize your vehicle.
 - d. Always wear your seat belt.
 - e. All of the above
3. Warning signs and symptoms of mild hypothermia include:
 - a. Confusion
 - b. Shivering & memory loss
 - c. Cold abdomen & back
4. True or False Second and third degree frostbite need to be reported to the Office of the Ombudsman for Mental Health and Developmental Disabilities as a serious injury.
5. According to Medical Alert on Choking: When a person chokes, be prepared to perform the Hemlich maneuver.
6. Identify at least 3 first aid recommendations in the event of a seizure, as cited in the Seizure Alert:
 - a. Lower person to ground
 - b. Time seizure
 - c. Call 911 if prolonged
7. Identify 2 sources of information that staff can access to protect the health and safety of persons served:
 - a. Supervisor
 - b. Consumer file

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KNOWLEDGE TESTING BY QUIZ REVIEWER

- Note the question(s) answered incorrectly, and the action taken to assure that the employee understands the correct response(s) _____
- The employee identified above has demonstrated competency in completion of the quiz questions. (If not, refer employee to Supervisor.)

Tierra Spellman
Signature of Quiz Reviewer

1/29/2020
Date