*Owakihi, Inc.*

# Training Summary Form

**I. Employee:** Nasro Mohomed Topic: **OMBUDSMAN ALERT SUMMER 215** Credit Hours: .75

**II. Description of Training Content** Review and instruction on the 2014 Ombudsman Summer Alerts. Topics include the following: Cover Letter 2018 with MedWatch Safety Alerts; Summer Alert; Heat Stroke Alert; Water Safety Alert; Insect Sting Alert; Metabolic Syndrome Update; and Suicide Prevention Resource List.

**III. Training Procedures**

| Training Format | Instructional Methods | Competency Evaluations |
|---|---|---|
| X Self Study | X Written: See above | X Knowledge Testing (Quiz) |
| ___ Individualized Training | ___ Video Tape: | ___ Observed Skill Assessment |
| ___ Supervisory Meeting | ___ Oral Presentation and Dialogue | ___ Other: |
| ___ Owakihi Inservice | ___ Other: | |
| ___ Other: | | |

**IV. Training Dates and Times**

Date(s): 4-16-20 (M/D/Y)

Time(s): 8:00 - 8:47PM (AM or PM)

Location(s): ___

Trainer/Position: see above

Approval Signature: ___

Employee Signature: See above

**Training hours need to be recorded by employee on corresponding timecard for reimbursement and training documentation purposes. Employees are encouraged to keep a copy of this verification for their personal records.**

# Training Module 215 Quiz
## Ombudsman Summer Alert

**Employee Name:** _____ **Date of Quiz:** 4/16/20

**Directions: Upon completion, please return the quiz and attached Training Summary Form to you supervisor for review and signature.**

**Complete the statements below by filling in the blanks**

1. Identify 3 factors that may cause added risk of heat stroke for persons with mental health and/or chemic dependency issues and developmental disabilities.
   a. living at a facility or other environment that has no air condi
   b. Because they may take medications or drugs that inhibit perspirati
   c. Being reluctant or unable to drink adequate amounts.
2. List 3 precautions that you will use this summer with service recipients to reduce the risk of heat stroke:
   a. Keep the environment as cool as possible
   b. Review restricted fluid intake programs/provid extra liquids
   c. Encourage non-caffeinated liquid take.
3. Basic water safety tips include the following:
   a. Check water and weather conditions upon arrival and during the swimming outing.
   b. Never swim alone.
   c. Swim in areas supervised by lifeguards.
   d. When overheated, swimming is a good way to cool off.
   (e.) All of the above
4. Describe 2 precautions that help to prevent insect stings:
   a. Wear shoes when walking through low-lying flowers such as clover
   b. Do not eat or drink sweetened liquids outdoors.

6. _____ _____ is the term used for a group of risk factors th occur together and increase the risk for coronary artery disease, stroke, and type 2 diabetes.

7. **True *OR* False -** All of the risks for metabolic syndrome are related to obesity.

8. **True *OR* False –** Several of the suicide prevention contacts listed on the Suicide Prevention Resource List provid educational materials and toolkits in addition to operating helplines.

9. Identify 2 sources of information available to staff for protecting the health and safety of people they support:
   a. DNR boatwater website b. DNR - state current conditions website

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**THIS SECTION TO BE COMPLETED BY QUIZ REVIEWER**

➢ **The employee identified above has demonstrated competency in completion of the quiz questions.**

_____ _____

**Signature of Quiz Reviewer** **Date**