

## Owakihi, Inc. Training Summary Form

1. Employee: Vicky Kretsch Topic: OMBUDSMAN ALERT SUMMER 215 Credit Hours: 1

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

Self Study  
 Individualized Training  
 Supervisory Meeting  
 Owakihi Inservice  
 Other: \_\_\_\_\_

#### Instructional Methods

Written: See above  
 Video Tape: \_\_\_\_\_  
 Oral Presentation and Dialogue  
 Other: \_\_\_\_\_

#### Competency Evaluations

Knowledge Testing (Quiz)  
 Observed Skill Assessment  
 Other: \_\_\_\_\_

### IV. Training Dates and Times

Date(s): 8/28/2020 (M/D/Y)  
 Time(s): \_\_\_\_\_ (AM or PM)  
 Location(s): Koda  
 Trainer/Position: see above  
 Approval Signature: [Signature]  
 Employee Signature: Vicky Kretsch

Training hours need to be recorded by employee on corresponding timcard 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: Yvicki Kretsch

Date of Quiz: 8/27/20

Directions: Upon completion, please return the quiz and attached Training Summary Form to your 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 chemical dependency issues and developmental disabilities.
  - a. living in a room with no AC.
  - b. Medications that prevent sweating & ↑ fluid loss
  - c. Reluctance of drink water & staying hydrated.
2. List 3 precautions that you will use this summer with service recipients to reduce the risk of heat stroke:
  - a. Caffeine free drinks
  - b. Keep home cool
  - c. ↑ water intake
3. Basic water safety tips include the following:
  - a. Check water and weather conditions upon arrival and during the swimming outing.  
Never swim alone.
  - b. 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
  - b. Wear dark clothes
6. Metabolic syndrome is the term used for a group of risk factors that 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 provide 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. Training module
  - b. DM.

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

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

TK SK 8/29/20

