Welcome to SASH!

We are thrilled to have you join our team of SASH professionals across the state! Cathedral Square is the SASH Administrative entity and has a support team to assist you with training, technical assistance and questions related to SASH.

Below is an outline of the SASH orientation and training schedule for Wellness Nurses which covers your first month. We encourage all new staff, no matter their position, to watch and read through all of these materials. All SASH staff can benefit from the information, even if you only read it once! You will be meeting with the Training Coordinator weekly. We ask you to please review the videos and the chapters before the weekly training.

**Week 1**

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**Connect to Websites/Software:**

- **Relias**
  - **What is it?**
    Relias is the learning management system for Cathedral Square and SASH. It is a training resource which provides great online training opportunities, in addition to registration of SASH Trainings.
  - **How do I access it?**
    1. You will be provided a login and password by the SASH Admin Team.
    2. The website is located at: [http://cathedralsquare.training.reliaslearning.com](http://cathedralsquare.training.reliaslearning.com).
  - **What training is available?**
    When you receive your login information, you will also be asked to take the following two trainings:
    - Welcome to the Relias Learning Management System
    - Other trainings (as assigned), catalog of free, useful trainings related to SASH

- **SASH Website**
  - **What is it?**
    The SASH website is an important resource for all things SASH. The Staff Resources, the SASH Forum and Tools and Resources contain forms, notices, updates, trainings, newsletters, directories, webinars and many other training resources.
  - **How do I access it?**
    [https://sashvt.org/](https://sashvt.org/)
  - **HIGHLIGHT: SASH Forum**
    On the SASH website, click on Staff Resources, then SASH Forum (password for parts of the site is “sashuser”)
    Look through the resources available on this page and complete the following activities:
    - Watch Flossie Lewis’ Brief but Spectacular Take on Growing Old. How could you use this video?
    - Find the post, NPR Articles on Fall Prevention and read the articles. What did you learn about falls prevention?

- **Focus on Participants**
  - Schedule meetings with participants
  - Talk to participants that drop by your office
  - Get a rundown on participants from the SASH Team
  - Begin reviewing SASH files
**Week 2**

**Read Training Manual:** Chapters 8-11 & Week 2 Tools

**Complete Training:**
- Prevention and Self-Management of Hypertension and Pre Hypertension
- Overview of PHL (Population Health Logistics)
- The Columbia Suicide Severity Rating Scale (C-SSRS) Introduction
- Early Detection and Diagnosis of Dementia and Alzheimer’s Disease (Mini Cog)

**Register for Webinar:** SASH Onboarding - Week 2 Webinar

**Connect to Websites/Software:**

- **PHL (Population Health Logistics)**
  - **What is it?**
    
  - PHL is a relational database that allows SASH to keep track of our participants and all of the work done by our Wellness Nurses and SASH Coordinators.

  - **How do I access it?**
    
  - 1. You will be provided a login and password from the Data Systems Manager.
     2. The website is located at: [https://sash.preferredphm.com/](https://sash.preferredphm.com/).

  - **What training is available?**
    
  - 1. Watch the recorded PHL webinar (see above).
     2. There are many resources available on the SASH Forum, including
       - PHL Desk Aids
       - PHL Paper Assessment
     3. For additional information and support, contact the Data Systems Manager on the [SASH Contact Page](#).

- **PatientPing**
  - **What is it?**
    
  - PatientPing provides real-time notifications on your participants, connecting you with clinical event notifications. It provides information on hospital admissions, discharges and other care coordination information.

  - **How do I access it?**
    
  - 1. You will be provided a login and password by PatientPing.
     2. The website is located at: [https://mypatientping.com](https://mypatientping.com).

  - **What training is available?**
    
  - Webinars occur every other month to introduce new users. Please sign up for the upcoming PatientPing training webinar here: [https://goo.gl/forms/rrlRk3Iqk1rvUq7](https://goo.gl/forms/rrlRk3Iqk1rvUq7). Once you sign up, you will receive a calendar invitation with the GoToMeeting webinar details. These webinars are typically one hour long and will cover everything you need to get started on PatientPing. If you are not available during the next scheduled webinar, please reach out to our PatientPing representative, Cindy Lin at [clin@patientping.com](mailto:clin@patientping.com) to find another time.

- **SASH Website**
  - **HIGHLIGHT: PHL Data System**
    
  - 1. Find the PHL Paper Assessment and read through it. On what page is the Falls Risk Assessment? ______
     2. On what tab would you note that the Use and Disclosure has been signed? ______________________

  - **HIGHLIGHT: Tools and Resources**
    
  - 1. Find the Tools and Resources tab under Staff Resources. Find the Information Checklist for SASH Assessment. When would you use this?
     2. Find the Participant Tracking List. Ask if this list has been created; if not begin to fill it in for your panel.

**Focus on Participants:**
- Establish and post regular office hours
- Plan a chat and chew to meet participants
Week 3

Read Training Manual: Chapters 12-16 & Week 3 Tools
Complete Training: Person Centered Planning
Healthy Living Plans
Register for Webinar: SASH Onboarding – Week 3 Webinar

Connect to Websites/Software:

- Care Navigator
  - What is it?
    Care Navigator is a system that provides access to a shared care management across care teams. Users are able to coordinate care and tasks across the entire care team, on one platform. OneCareVT Care Navigator is the system for Vermont. (Care Navigator is not currently active in Rutland, Morrisville or Bennington. If you are working with participants solely in these areas, you will not need access.)
  - How do I access it?
    1. Fill out Care Navigator form (provided by Training Coordinator).
    2. Email completed copy to Amy Rogers.
    3. Login screen is located here.
  - What training is available?
    1. New user training schedules are pending. Contact Amy Rogers for more information.
    2. If trainings are available in your area and you have access to the schedule, register via email at CareNavHelp@onecarevt.org or call 802-847-7220, option 1.

- SASH Website
  - HIGHLIGHT: Nursing Resources
    ▪ On the SASH website, click on Staff Resources, then SASH Forum. Under Shared Resources, you will see Nursing Resources.
    ▪ Look through SASH Wellness Nurse webinars and choose one of the topics to review
  - HIGHLIGHT: General Discussion
    1. On the SASH website, click on Staff Resources, then SASH Forum. Under SASH Chat Room, you will see General Discussion.
    2. Look through the resources available on this page and complete the following activities:
      • Find and view the great speech on aging video
      • Find and read through the motivational interviewing handout
  - HIGHLIGHT: SASH Calendar
    1. On the SASH website, click on Staff Resources, then SASH Calendar
    2. Look through the resources available on this page and complete the following activities:
      • Sign up for the Wellness Nurse webinars.
      • Sign up for the PHL Q&A webinar.
      • Look through the other trainings and find one you might be interested in attending

Focus on Participants:
- Review Assessments and start to update those more than 11 months old
- Walk the halls, saying hi to participants and/or plan visits to meet with community participants
Week 4

Read Training Manual: Chapter 17 & Week 4 Tools

Complete Training: Identify Person’s Goals
The Role of the Lead Care Coordinator
The Shared Care Conference
SASH Wellness Nurse Core Competency Overview

Register for Webinar: SASH Onboarding – Week 4 Webinar

Schedule Meeting with Health Systems Educator: Discuss hypertension training

Connect to Websites/Software:

- **SASH Website**
  - **HIGHLIGHT: Community Healthy Living Plans**
    - On the SASH website, click on Staff Resources, then SASH Forum. Under Shared Resources, you will see Community Healthy Living Plan (CHLP).
    - Look through the resources available on this page and complete the following activities:
      - Find the most recent CHLP for your site(s)
      - Look through another CHLP for comparison
  - **HIGHLIGHT: Tools & Resources**
    - On the SASH website, click on Staff Resources, then Tools & Resources.
    - Look through the resources available on this page and complete the following activities:
      - Find the Information Checklist for SASH Assessment
      - Find the Team Responsibilities document

Focus on Participants:
- Start working on assessments and reassessments
- Begin planning/offering group programming

The Cathedral Square SASH Administrative team will work with you and your supervisor to create a training plan customized to the specific needs of the panel you work with. We are dedicated to supporting you and answering any questions you may have. We look forward to meeting you soon!

Amy Rogers
Training Coordinator
rogers@cathedralsquare.org
802-363-7957
Over the Next Six Months

**Topic Specific Training & Resources**

- **Working with Dementia**
  - Memory Care Education Initiative Trainings
  - Memory Care Resources
- **Person-centered Resources**
  - Talking with Your Older Patient – A Clinician’s Handbook
  - Navigating Choice and Change in Later Life: Frameworks for Facilitating Person-Centered Planning (by Patty Cotton & Susan Fox) available in the SASH library at the Cathedral Square Office in South Burlington
- **Falls Prevention Resources**
  - Falls Free Vermont Coalition - [https://fallsfreevermont.org/](https://fallsfreevermont.org/)
  - Protect Your Bones presentation
  - STEADI – Older Adult Fall Prevention [https://www.cdc.gov/steadi/index.html](https://www.cdc.gov/steadi/index.html)
  - Chair Yoga
- **Social Isolation**
  - SASH Forum resources
  - Social Isolation Among Seniors: An Emerging Issue
- **Suicide Prevention**
  - Vermont Suicide Prevention Center [http://vtspc.org](http://vtspc.org)
  - Umatter Suicide Prevention training
- **Substance Abuse**
  - Substance Abuse in Older Adults (Wellness Nurse Webinar)
  - DAST 10 [https://www.drugabuse.gov/sites/default/files/dast-10.pdf](https://www.drugabuse.gov/sites/default/files/dast-10.pdf)
- **Camden Cards**
  - Camden Cards to print out - link
  - Board - link
  - Backwards Planning User Guide - link
- **Immunizations**
  - Vaccine Updates and VCH Resources
- **Transitions of Care**
  - Transitions of Care and Patient Ping Wellness Nurse Webinar: [https://www.youtube.com/watch?v=6X65j1HbfQ4&feature=youtu.be](https://www.youtube.com/watch?v=6X65j1HbfQ4&feature=youtu.be)
  - Improving Transitions of Care
  - Transitions of Care: The need for a more effective approach to continuing patient care