

## OUR MISSION

An important part of Logan Regional Hospital's mission is to help keep our community healthy through education and prevention programs. We offer education and training for healthcare professionals, the community, employers, and families. All of our classes are held at Logan Regional Hospital, 500 East 1400 North, Logan, Utah. Please call 435.716.5310 for more information and to register for classes. Pre-registration and payment is required.

### REGISTRATION AND CANCELLATION

**Intermountain Healthcare Employees:** Register and or cancel online via [intermountain.net](http://intermountain.net) and click on My Learning. Employees' cost is covered by your department if the course is required for your job. A \$15 payroll deduction fee will be charged to an employee if they cancel within 48 hours prior to class. No shows will be charged the full price of the class through payroll deduction.

**Community:** Call 435.716.5310 to pre-register and prepay. No refund will be given if you cancel within 48 hours prior to class.

**Childbirth Education:** For childbirth education classes, contact our Women and Newborn Center at 435.716.2560

**Class schedules** and prices are subject to change. Call 435.716.5310 or refer to insert for class dates and prices.

## NUTRITION SERVICES

### DIABETES COUNSELING

Our diabetes education meets all of the standards set by the American Diabetes Association and is a nationally recognized diabetes self-management education program. We have a registered nurse and registered dietitians to provide optimal diabetes care. Call 435.716.5329 to schedule an appointment.

### MEDICAL NUTRITIONAL COUNSELING

Our dietitians also provide individual education regarding heart disease, high cholesterol, cancer, eating disorders, pregnancy, failure to thrive and other nutrition-related health issues. Call 435.716.5329 to schedule an appointment.

### DIABETES SUPPORT GROUP

The diabetes support group meets monthly and is free of charge. We have different speakers present topics related to diabetes care and improving health followed by a question/answer period. Anyone is welcome to attend. Call 435.716.5329 for time and dates.

### WEIGH TO HEALTH WEIGHT LOSS CLASS

This program is for adults seeking to improve health through lifestyle changes. Participants may choose between a 12-week class or individual counseling sessions. The individual counseling option can begin at anytime. The program addresses diet, activity, and behaviors to encourage weight loss through goal achieving. Participants with SelectHealth insurance are eligible for partial reimbursement after course requirements are met. Contact the Nutrition Center at 435.716.5329.

*Revised 12-3-11*



500 E. 1400 N., Logan, UT 84341 • 435.716.5310

# Logan Regional Hospital EDUCATION SERVICES CLASS SCHEDULE



## CLASSES FOR KIDS

We offer programs for children of all ages. **Special arrangements and discounts available for interested groups.** For more information, call 435.716.5310.

### BABYSITTING

This class, for kids ages 9-14, emphasizes the babysitter's responsibility for providing fun and safe child care. Participants learn about infant care, safety, first aid, and fun activities. A homework packet must be picked up at the time of registration and completed before the class begins. Price includes a light lunch and bag.

### CAPABLE KIDS

This class helps prepare children ages 7-13 for self-care when they are at home alone. Topics include: What to do in an emergency situation; simple first aid techniques; stranger danger and internet safety.

### CARDIO KIDS

This class helps children ages 7-12 to establish a healthy lifestyle. Topics include: the benefits of exercise and the importance of eating right. Each session includes 30 minutes of exercise and healthy snacks. Class dates can be arranged for interested groups. Please call 435.716.5310 to schedule.



### BIG BROTHER, BIG SISTER PARTY

The Big Brother/Big Sister Party helps prepare siblings ages 3-8 for the arrival of a new baby. Participants will learn to understand the changes that are about to occur in their family and how to properly handle the new baby. At least one parent or adult must attend. A tour of the Women and Newborn Center is included. Call 435.716.2560 for more information.

## SERVICES FOR EMPLOYERS

### HEALTH SCREENINGS

Choose from various health screening packages designed to meet your company's needs. Health screenings are available at your worksite or at Logan Regional Hospital. For more information call 435.716.5437.

### PHYSICALS AND DRUG SCREENS

Intermountain WorkMed provides employee physicals to meet the health needs of Cache Valley employers. For more information call 435.713.2850.

### WORKSITE SERVICES / PHYSICAL MEDICINE

- Work injury prevention and education training
- Treatment of repetitive and trauma disorders
- Repetitive motion injury prevention and treatment
- Industrial audiometric (hearing)
- Ergonomic Evaluations of work stations and body mechanics
- Post offer pre-employment physical testing
- Functional capacity evaluation

For more information call 435.716.5010

## OTHER HEALTH AND FITNESS-RELATED CLASSES

• **ATHLETIC REPUBLIC**  
We assess your strengths and weaknesses and create a training program that is tailored specifically for you. Please call Athletic Republic at 435.716.2890 for more information and pricing.

• **HEALTHY LIFESTYLE AND FITNESS**  
This class is great for weight loss, diabetes management, or getting in shape with a personal fitness instructor guiding your exercise. Please call 435.716.5323.

• **JOINT REPLACEMENT SURGERY CLASS**  
This is a free class for patients preparing for or considering joint replacement surgery. Participants will receive important information regarding what will happen before, during, and after surgery. Call 435.716.5310 for schedule.

• **SENIOR EDUCATION SERIES**  
This is a free and informative series of presentations given by one of our medical staff physicians or other healthcare professionals covering a variety of senior healthcare topics. Please call 435.716.5394 and leave a message.

• **CARDIAC AND PULMONARY REHAB**  
This program helps patients recovering from a heart attack, bypass surgery, stents, chronic obstructive pulmonary disease (COPD), asthma, pulmonary fibrosis, etc. Rehabilitation is an individualized treatment plan including exercise with heart and pulmonary monitoring, nutrition assessment, education, stress and depression management, and breathing techniques. Please call 435.716.5323.



## EMERGENCY PREPAREDNESS AND HEALTHCARE CLASSES

We offer classes for healthcare professionals and members of the community who desire to prepare for emergencies or need certification to manage injury or illness. Intermountain employees receive a discount on most classes, and the cost is covered by your department if the class is required for your job. **Special arrangements and discounts available for interested groups.** Please call 435.716.5365 to arrange.

### \*ACLS CERTIFICATION

This is an advanced course to prepare the student to handle an adult cardio/pulmonary arrest. Must have current HCP BLS card and packet completed prior to attending. The ACLS exam includes several questions that require identification of EKG rhythms. Rhythm recognition is not taught in the ACLS curriculum; therefore, we strongly recommend the Lethal Rhythm Interpretation class be taken prior to ACLS.

### \*ACLS RECERTIFICATION

This course is for any current ACLS provider. Participants must complete packet prior to course. The course for physicians includes the option of renewing BLS certification. We strongly recommend the Basic Rhythm Interpretation review class be taken prior to this class for those who don't regularly work with EKG rhythms.

### \*BASIC LIFE SUPPORT (HCP) & HEARTSAVER FIRST AID INSTRUCTOR CERTIFICATION

This course requires participants have current HCP BLS/HS First Aid certificate, an instructor candidate form submitted, and packet completed one week prior to taking the class (includes completion of the computer core course). Instructors must teach four courses within a 2-year period in each discipline and be monitored within 90 days of course completion in order to maintain their certification.

### \*BASIC LIFE SUPPORT AND HEART SAVER INSTRUCTOR RECERTIFICATION

This course recertifies BLS and HS instructors. Instructors must provide documentation showing they have taught a minimum of four classes within two years.

### EKG: BASIC RHYTHM INTERPRETATION (ONLINE)

14-hour (on-site) web-based modules teaching basic cardiac anatomy physiology, basic rhythm interpretation to 12 lead interpretations. Blended Learning Course is required upon completion. *(Currently only available to Intermountain Healthcare Employees)*

### EKG: LETHAL RHYTHM (NEW)

Review Ventricular Tachycardia, Ventricular Fibrillation, Brady & Tachy rhythms, Asystole & PEA. This course will be helpful for anyone preparing for an ACLS class or who works with heart monitored patients. This course is helpful for anyone preparing for an ACLS class or works with heart monitored patients.

### \*HEALTHCARE PROVIDER BASIC LIFE SUPPORT CERTIFICATION (ONLINE)

This course covers core material such as adult and pediatric CPR (including two rescuer scenarios), use of the bag-valve mask, foreign-body airway obstruction, and AED. Participants must complete the online course material (part 1) and the skills pass off (part 2) before receiving certification

### \*HEALTHCARE PROVIDER BASIC LIFE SUPPORT (CPR) RECERT. MARATHON

This course is for those who work in a healthcare setting. Participants must be ready to rotate through stations and pass off skills. Must complete BLS pre-test prior to attending. *(Currently only available to Intermountain Healthcare Employees)*

### \*HEALTHCARE PROVIDER BASIC LIFE SUPPORT TRADITIONAL RECERTIFICATION (ONLINE)

This course is for those who work in a healthcare setting that need to recertify the basic life support skills. Participants must pick up the online course material and register for the skills pass off. Participants must complete the online material (part 1) and attended a skills pass off (part 2) before receiving certification.

### \*HEARTSAVER (PEDIATRIC) FIRST AID / CPR / AED CERTIFICATION

Class participants will learn how to manage illness and injuries in the first few minutes until professional help arrives. Covers topics pertaining to children and infants. This class is for those who seek to be prepared to help in the event of an emergency. Training pertains to workplace, community or childcare situations. The AHA manual is required.

### \*HEARTSAVER FIRST AID / CPR / AED CERTIFICATION (ONLINE)

Class participants will learn how to manage illness and injuries in the first few minutes until professional help arrives. Covers topics pertaining to adults, children, and infants. This class is for those who seek to be prepared to help in the event of an emergency. Training pertains to workplace, community or childcare situations. Participants must complete the online course material (part 1) and the skills pass off (part 2) before receiving certification.

### \*BLS/HEARTSAVER FIRST AID INSTRUCTOR CERTIFICATION AND RECERTIFICATION

This course certifies and recertifies AHA instructors. Prerequisites: Current BLS/Heartsaver First Aid Instructor certification. Instructors must provide documentation showing they have taught a minimum of four classes within the past two years.

### \*HEARTSAVER CPR/AED

This class teaches adult, child, and infant CPR and AED use, as well as how to relieve choking on an adult. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements, or for those community members who seek to be prepared in an event of an emergency.

Refer to insert for class dates, times, and prices.

.....

Class dates and prices are subject to change.

.....

Call 435.716.5310 for current schedule.

### \*PEDIATRIC ADVANCED LIFE SUPPORT (PALS)

This is an advanced course designed to teach the student how to recognize and treat infants and children at risk for cardiopulmonary arrest. Must have current HCP BLS Card.

### \*PEDIATRIC ADVANCED LIFE SUPPORT (PALS) RECERTIFICATION

This course is for current PALS providers. You must complete pretest prior to course. The recertification course for physicians includes the option of renewing BLS.

*\* The American Heart Association (AHA) strongly promotes knowledge of and proficiency in CPR. These courses are not sponsored by the AHA. Fees charged do not represent income to the AHA.*

## ADDITIONAL RESOURCES

### PATIENT AND FAMILY LEARNING CENTER

The Logan Regional Hospital Medical Library is a member of the Utah Health Sciences Library Consortium (UHSLC). Selected items are available for checkout at minimal cost. Call 435.716.5315 for additional information.

### Library Resources:

#### FAMILY AND FRIENDS CPR KIT

- Professional and consumer journals, books, videos, and pamphlets
- Full-size anatomical models
- Computer resource center and reference collection
- Online search assistance
- Ability to order articles through Docline/Pubmed

This is a self-directed learning kit to purchase for anyone who wants to easily learn and practice CPR skills from the comfort of their own home. Includes DVD, mini inflatable mannequin and workbook. This program does not lead to certification.

### CPR BAG RENTAL

The set includes everything you need to easily learn and practice CPR skills for larger groups. Includes CPR Anytime Family and Friends DVD and workbook, five mannequins, Choking Charlie, and baby mannequin.

### AMERICAN RED CROSS BLOOD DRIVE

These blood drives are held at Logan Regional Hospital, classrooms 1-4. For appointments, call 435.716.5310. Walk-ins are welcome.

### SPEAKERS BUREAU

Logan Regional Hospital physicians and professionals are available on a limited basis to speak to local community groups and civic organizations on various topics free of charge. A minimum of 30 days advance notice and a minimum of 20 participants are required. To request a speaker, call 435.716.5310.