

Promotional: De-escalating Aggressive Behaviors in Long-Term Care

****You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

Requirements:

For successful completion of this educational activity and receipt of 0.5 contact hour(s), the learner must:

1. Participate in 30 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

This learning activity outlines aggressive behaviors, including warning signs, which may require de-escalation.

Target audience:

The target audience for this educational activity is all staff across the long-term care setting. This is an intermediate level educational activity.

Purpose:

The purpose of this educational activity is to enable the learner to identify aggressive behavior, triggers that may lead to aggressive behavior, and ways to stay safe while de-escalating a situation.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about de-escalation by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Identify two (2) examples of aggressive behavior.
2. Select two (2) triggers that may lead a person to aggressive behavior.
3. Choose two (2) ways to stay safe while de-escalating a situation.

Author:

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Margaline (Maggie) Lazarre is an advanced practice registered nurse (APRN) with over 30 years of nursing experience. She is certified in gerontology and currently practices in the area of geriatric psychiatry. She has a passion for nursing, aging, and is committed to educating nurses to improve their performance in caring for their geriatric patients.

Wendy Mohlman, MS-RN, C-AL, CNE

Wendy Mohlman, MS-RN, C-AL, CNE, has dedicated her nursing career to serving older adults in long-term care, mental health, hospice, assisted living facilities, and Memory Care. She worked on the forensics unit at a state hospital, and the Utah Neurological Institute on the geriatric-psych unit. She is a contributing author of training videos (produced by the University of Utah) for both staff in long-term care and caregivers to people living with Alzheimer's disease and other related dementias. She holds a master's degree in Gerontology from the University of Utah College of Nursing. She is serving as the Assisted Living Clinical Manager for Healthcare Academy.

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