Ridgewater’s solid reputation for excellent training in health care and emergency medical services is second to none in the region. Whether life-savers utilize our mobile simulation trainings on site or our hands-on, practical on-campus courses to update staff certifications, healthcare employees are getting faster, smarter, and better with the latest practices and equipment.

- Simulation
- Emergency Medical Services
- Skills & Certifications
- Long-term Care
- Mental Health
- Dental
**SIMULATION**

**Customized Simulation**
Simulated patient and situational encounters can be written to achieve specific objectives and outcomes. Medical, trauma and environmental simulations are available for all levels of healthcare providers and industrial responders. Duration varies based on need.

**OB Team Leadership**
OB Team Leadership program facilitates and evaluates OB delivery intervention using high-fidelity simulation scenarios for healthcare providers. Identify environmental, procedural and treatment challenges and facilitate corrective measures in accordance with standard practice guidelines. Topics include:
- Identification, evaluation and correction of process and procedure
- Team dynamics
- Communication
- Delegation
- Critical thinking
- Efficiency and effectiveness of doctors, certified nurse practitioners, physician assistants, nurses, and paramedics in their work environment with a precipitous and complicated labor, delivery and neonate patients using high-fidelity simulation.

2 hours

**Simulation Exploration**
Explore the possibilities of life-like scenarios to train your nurses, physicians, Emergency Medical Technicians (EMTs), and other health and emergency medical services providers or students in training. In just two days, explore the potential of practice scenarios in trauma, medical settings, obstetrics deliveries, fetal heart monitoring, pediatrics, cardio emergencies, and intravenous training. CEUs available. 4-16 hours, based on customer needs.

**Trauma Team Leadership**
Learn to identify, evaluate and correct processes. Topics include procedure, team dynamics, communication, delegation, critical thinking, efficiency and effectiveness as it relates to:
- Doctors and nurses
- Certified nurse practitioners
- Physician assistants
- Paramedics
Activities focus on the work environment with a multi-system trauma patient using high-fidelity simulation technology.
2 hours

**Third Party Simulation and Testing**
Our Mobile Simulation system can provide validations for the following certifications: ACLS, PALS, and NRP. Duration varies based on needs.

**EMERGENCY MEDICAL SERVICES**

**BLS/CPR — Initial and Refresher**
This Basic Life Support course is for healthcare providers needing CPR (both one and two rescuer) and foreign body airway obstruction for victims of all ages. Included are Automated External Defibrillator (AED) and use of barrier devices. It will also include information on the recognition and prevention of heart disease and stroke. Upon successful completion of a practical and written exam, participants each receive an AHA certificate card. Group rates available.
4 hours

**CPR/First Aid — Initial and Refresher**
The CPR portion of this course is designed for healthcare providers needing CPR (both one and two rescuer) and foreign body airway obstruction for victims of all ages. Included are Automated External Defibrillator (AED) and use of barrier devices. It will also present information on the recognition and prevention of heart disease and stroke. The First
Aid portion of this course teaches emergency care instructions to healthcare providers who deal with traumatic and medical emergencies. Included is the discussion of legal rights of the injured, bleeding control, shock management, management of fractures and spinal injuries, and management of medical and environmental emergencies until the ambulance arrives. Upon successful completion, participants will each receive an AHA certification card. Group rates available.

4 or 8 hours

**Emergency Medical Technician (EMT) — Initial**

The EMT course follows the current national standard curriculum. This 6-credit course is the vital link in the healthcare chain of survival. It includes the skills and classroom information necessary to provide emergency care at the basic life support level. The course can be utilized in an ambulance service or other specialized rescue agency. Modules include:

- Preparation of the EMT basic airway
- Patient assessment for all ages (medical and trauma)
- Medical/behavioral emergencies and OB/GYN
- Ambulance operations
- Intervention: medication and semi-automatic defibrillation

The focus will be on teaching calm, professional conduct while correctly treating people in medical and/or traumatic situations. Upon successful completion, students are eligible to take the National Registry of EMT written and practical exams.

112 hours, 6 college credits

**Emergency Medical Technician (EMT) Blended Learning**

Take advantage of the strengths of the traditional classroom and the cutting edge, interactive technology of e-learning by blending on-campus and online instruction. Interactive training will be available 24-hours-a-day, 7-days-a-week. Learn advanced level skills and knowledge relating to medical emergencies, shock, anatomy, and physiology. Skills learned include CPR, defibrillation, airways, OB, patient assessment and treatment skills, with hospital/ambulance clinical time.

Note: Computer with Internet required.

Online plus 4 hours on campus weekly for 13 weeks

6 college credits

**Emergency Vehicle Operator Course (EVOC)**

This course is yearly or bi-yearly and covers diminishing distance; serpentine; backing and evasive maneuvering; driving and looking ahead; getting control of the adrenaline, and civil/criminal repercussions. It will also cover these topics:

- Accident prevention and statistics
- Vehicle definitions, designs and propensities
- Laws regarding driving emergency vehicles
- Acceleration/steering/braking
- Buffer zones
- Maneuvering through traffic
- Accident scene parking

3 class hours and 1 driving/practical hour
Health Care/EMS Training

First Aid — Initial and Refresher
Learn to recognize and provide basic skills to care for injuries and sudden illness. Upon successful completion of a practical and written exam, participants each receive an AHA certificate card. 4 hours

First Responder – Initial and Refresher
Learn or review practical, on-the-scene procedures: CPR, legality of rendering emergency medical care, treatment of fractures, control of bleeding, patient exams, hazardous materials, bloodborne pathogens, environmental emergencies, and more. Initial - 48 hours for 2 college credits Refresher - 16 hours

First Responder Blended Learning
The First Responder e-learning course provides dynamic, computer-based, interactive training directly to students 24-hours-a-day, 7-days-a-week by blending on campus and online instruction. Responders come to the class “ready to go” already having learned the material. Instructors ensure that students master both the knowledge and skills needed to be compliance-trained practitioners.
Note: Computer with Internet required.
Online plus 4 hours weekly on campus for 7 weeks 48 hours, 2 college credits

Wilderness First Aid
Backpackers, hikers, Scout leaders and others who spend time outdoors benefit from this course. Learn to improvise with techniques and materials on hand to prevent infections on extended trips. 8- or 16-hour class

Skills & Certifications
Advanced Cardiac Life Support (ACLS) – Initial and Refresher
The American Heart Association (AHA) Advanced Cardiovascular Life Support course is designed for healthcare providers who direct or participate in patient resuscitation in or outside of a hospital. Enhance your treatment skills for adult victims of a cardiac arrest or other cardiopulmonary emergencies. ACLS emphasizes the importance of life support interventions, team interaction and communication. This is for medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, etc.
Prerequisite: Healthcare Provider CPR card
Initial – 16 hours
Refresher – 8 hours

ACLS-Experienced Provider – Initial and Recertification
Advanced Cardiac Life Support for Experienced Providers is an American Heart Association class. Course completion is proficiency based.
Prerequisite: Having a current ACLS card due for renewal
12 hours

ALS Recertification
Advanced Life Support recertification program is designed to fulfill the recertification criteria for the National Registry of EMTs and Minnesota EMSRB for EMT Intermediates and Paramedics.
48 hours

Code Blue Team Leadership
This course emphasizes the benefits of team leadership and function. It helps aims to identify, evaluate and correct process, procedure, team dynamics, communication, delegation, critical thinking, efficiency and effectiveness of doctors, certified nurse practitioners, physician assistants, nurses, paramedics in their work environment with a cardiac arrest patient using high fidelity simulation technology.
Prerequisites: Healthcare Provider CPR, ACLS certification is preferred.
3 hours
ECG Refresher
Review the AHA electrocardiogram rhythm recognition skills and pharmacology. Review the heart’s anatomy and electrophysiology, normal ECG measurement, interpretation, heart blocks, and more. This course can be used as a prep course prior to taking the ACLS course.
8 hours

* Healing Touch Certification *
* Introduction to Healing Touch
Explore the basics of healing touch and the history of energy; experiment and learn simple techniques to relieve pain and stress. 4.5 CEUs for healthcare professionals.
4 hours

* Healing Touch Certificate Program
The Healing Touch Certificate Program is a multi-level course of study in energy-based therapy that moves from beginning to advanced practitioner and is complementary to health care. The program incorporates a variety of energy-based modalities that are sequenced in Levels 1 through 5, allowing participants to progress from beginner to practitioner. Students receive a certificate of completion at each level. Upon completion of levels 1-5 and additional requirements, students are eligible to apply for certification through Healing Touch International, Inc. (HTI). Level 6 prepares the individual to become an instructor. Each level in the Healing Touch program includes both didactic and experiential learning in which participants practice and share experiences using energy-based healing techniques. The program encourages the developing practitioner to enhance skills and knowledge through recommended readings and practice sessions. There is also a strong commitment to personal growth and knowledge of holistic health principles. Earn 19.2 CEUs for healthcare providers. HTI contact hours available for other professionals.
2 full days per level

IV Variance — Initial and Refresher
Using our simulation equipment, students will learn or review a variety of case scenarios that will provide an environment that integrates cognitive and motor skills training necessary to perform intravenous (IV) catheterization. Students will practice IV catheterization prior to patient contact, improving procedural effectiveness and reducing patient risk. This module is ideal for the licensed nurse returning to practice, entering a new practice area or wanting to increase confidence and ability.
Training length varies by student ability.
Leadership Development and Customer Service in Health Care
Ultimately, a healthcare organization is defined by the strength of a single resource – its people. From providing the highest-quality care, to building and sustaining patient loyalty, to bolstering the bottom line, great people – from frontline staff to senior executives – are a necessity for clinical and operational excellence. Throughout much of their 36-year history, Development Dimensions International (DDI), Ridgewater’s content provider, has worked with leading healthcare organizations to achieve superior business results by building engaged, high-performing workforces.

DDI’s clients count on help to:
• Identify and develop more effective leaders, from the front line to the executive suite
• Hire motivated, patient-focused staff
• Enhance employee engagement and retention
• Drive accountability and execution
• Increase patient satisfaction and loyalty
Training customized to meet your needs.

Lean Leadership for Health Care
Lean Leadership for Health Care is a continuous improvement proactive effort to enhance customer satisfaction in health care through systematic improvements in services and processes. The primary methods to accomplish this is through elimination of waste, or non-value added activity, in a process. Emphasis is put on building effective management teams through results, accountability, commitment, lack of conflict, and trust.
Training customized to meet your needs.

Medical Interpreter
Medical interpreting is a distinctive and specialized area of practice. Interpreters work in healthcare facilities to communicate between providers and patients or families who do not share a language. Build your skills to bring clarity to various healthcare situations.
Training customized to meet your needs

Medical Team Leadership
This course is designed to identify, evaluate and correct process, procedure, team dynamics, communication, delegation, critical thinking, efficiency and effectiveness of doctors, certified nurse practitioners, physician assistants, nurses, paramedics in their work environment with a complicated exacerbation of a medical patient using high fidelity simulation technology.
2 hours

Medical Variances
Learn drug variances allowed when administering such drugs as Nitroglycerin, Albuterol, and Epinephrine in emergency situations.
4 hours

NRP – Initial and Recertification
Neonate Resuscitation Program is specialized for cardiac and respiratory resuscitation of the newborn. Initial Prerequisite: Healthcare Provider CPR card
8 hours

Nursing Skills Competency
Nursing skills competencies are expansive and specific to the workplace. Specific objectives and competencies need to be identified and defined. Patient encounter simulations will be customized to address each objective and competency.
1-4 hours, based on needs

PALS – Initial and Refresher
The American Heart Association Pediatric Advanced Life Support course is based on scientific evidence from the current AHA Guidelines for CPR and ECC. The course aids the pediatric healthcare provider in developing the knowledge and skills necessary to efficiently and effectively manage critically ill infants and children. Skills include recognition and treatment of infants and children at risk for cardiopulmonary arrest; the systematic approach to pediatric assessment; effective respiratory management; defibrillation and synchronized cardioversion; intraosseous access and fluid bolus administration; and effective resuscitation team dynamics.
Initial – 16 hours
Refresher – 8 hours
Mobile Simulation at Your Door Step

We’re Level 1
SimLab L1 is named with an L1 to signify its potential to train for a full range of situations, including the most demanding medical crises. While a Level 1 trauma center is understood to provide the highest level of emergency care to acute patients, our SimLab L1 can provide the highest level of simulated medical training to healthcare professionals.

We’re saving lives with high-tech simulation
SimLab L1 is one of the most advanced mobile healthcare simulation training vehicles in the nation. It delivers state-of-the-art medical and simulation technology to students, healthcare providers, emergency personnel and community volunteers in need of critical training.

Participants examine their skills and critique their actions. Research indicates that simulation-based training helps trainees retain knowledge longer, decrease performance anxiety and increase self-confidence in psychomotor skills and critical thinking abilities.

Student benefits:
- Improves team performance
- Uses real-life scenarios
- Provides a safe, hands-on environment
- Improves clinical learning experiences
- Improves critical thinking skills
- Enhances employee self-confidence

Program benefits:
- Delivers training directly, eliminating travel expenses and scheduling conflicts
- Provides much-needed training on low-frequency/high-risk scenarios
- Provides for total customization

Patient benefits:
- Improves patient care outcomes
- Reduces medical errors/liabilities

INQUIRE TODAY!
320-222-6067        •        customized.training@ridgewater.edu
RN/LPN Refresher
This 2-semester course prepares the Licensed Nurse to re-enter the nursing profession with confidence. The first semester is a combination of classroom and online work which focuses on theory review and hands-on nursing skills. Class content includes a holistic review of nursing care, including a brief overview of the following: anatomy and physiology; disease processes; the life cycle; pharmacology; medication administration; IV therapy; the nursing process; and current issues related to health care. The course emphasizes acute care nursing in addition to exploring roles as caregiver and team player in the workplace. The second semester requires a 96-hour clinical preceptorship, with arrangements being made by the student in an approved clinical area, overseen by the course instructor.
Note: High-speed Internet recommended
2 semesters

Home Health Aide
This is a modified independent study 1-credit course. Students spend 12 hours in class and the remaining hours in self-study and shadowing activities, to be scheduled with a home health agency. Prerequisite: Completion of Nursing Assistant course. Note: Prior to shadowing, students must submit current Mantoux test results within the last 90 days. 16 hours, 1 college credit

Medication Administration for Unlicensed Personnel (TMA)
This course includes Trained Medication Aide (TMA) laws and regulations, rules for administering medication, new medications, and side effects and adverse reactions for common medications. Students must bring a recent Nurse’s Drug Handbook. 48 hours

Nursing Assistant *
*Nursing Assistant — Initial
Learn the roles and responsibilities of the nursing assistant working in long-term care. Learn residents’ and clients’ rights, pertinent laws and ethical issues. Concepts of basic human needs, basic nursing and personal care skills, mental health and social needs, and restorative services will also be addressed. Skills are performed in a supervised laboratory and long-term care setting. Successful completion of the course requires comprehension of written material. Students must be able to sufficiently bear or lift weight to perform nursing activities like moving and lifting patients and moving equipment like beds and carts.
Note: To succeed in this course, students must have at least an 8th-grade reading level. If you are uncertain about your reading ability, contact your local Adult Basic Education (ABE) program.
Willmar area ABE: 320-231-8480
Hutchinson area ABE: 320-234-8507
Note: Some classes are available for those who could benefit from an extended learning time, who do not have English as their first language, who have a learning disability, or who have financial challenges. Afternoon/evening classroom portion of about two weeks Monday-Thursday, plus one week of clinicals for approximately 80 hours or 3 college credits.

*Nursing Assistant — Refresher
Review nursing assistant skills and course content.
Participants must currently hold certification on the Minnesota Nursing Registry or have allowed it to lapse. Course includes lecture, audio-visuals, written materials, demonstrations, discussion, and lab practice.
8 hours

* **Nursing Assistant Test-outs and Retests**

Upon completion of the Nursing Assistant and Nursing Assistant Refresher courses, students must pass a state competency exam to be a Certified Nursing Assistant (CNA).
4 hours

**DENTAL**

**CPR with Lift Assist**

This course is for dental providers needing CPR (both one and two rescuer) and foreign body airway obstruction for victims of all ages. Included are Automated External Defibrillator (AED) and use of barrier devices. It will also include information on the recognition and prevention of heart disease and stroke. Upon successful completion of a practical and written exam, participants each receive an American Heart Association certificate card.
4 hours

**Effective Teaming in Dentistry**

Performing and transforming as a dental team requires assessment and reflection. Attend alone or participate as a team to discuss the secrets to enhancing your dental team’s dynamics. Realize the critical elements of utilizing individual strengths to create team skills. Discover how empowerment can achieve harmony and successful outcomes. During this interactive session, participants will be encouraged to exchange thoughts on how to enhance team communication and explore strategies that promote trust, respect, and team synergy.
3 hours

**Evidence-based Clinical Decision Making for the Dental Professional**

Improve the care you provide by engaging in the practice of evidence-based decision making (EBDM). As a professional entrusted by your patients to make astute clinical decisions, are you relying on current scientific evidence to diagnose, formulate effective treatment plans and offer appropriate patient advice? Practicing EBDM can ensure that best practices, your professional expertise, and patient values are all taken into consideration to provide optimal patient care. This interactive session will encourage research-oriented discussion. Key topic to be addressed: HPV-related oral cancer risk and our role as dental clinicians. What is current evidence encouraging us to do? This course addresses the MN State Board of Dentistry CORE content areas of “Diagnosis and Treatment Planning” and “Patient Communication”.
3 hours

**Practical Pharmacology for the Dental Professional**

Do you effectively sort through your patients’ medical/dental history and pharmacological report with a “critical eye” and efficiently discern pertinent treatment modifications to ensure safe and optimal patient care? Join your colleagues for an interactive, case-based session and address the following:
1. Comprehensive pharmacological reports
2. Critical patient compliance
3. When to dig deeper to obtain critical information
4. Why know the effects of common prescription meds, herbal/dietary supplements and OTC meds
5. Where to quickly access drug information
3 hours
Mental Health
Rule 31 for Chemical Dependency: Adolescent Development
Minnesota law requires chemical dependency counselors to understand the physical, cognitive, social and emotional development of adolescents.

Better help your adolescent clients by understanding today’s mental health issues, substance use/abuse, and technology use/abuse.

3 days

Southwest Minnesota Symposium on Mental Health
The Southwest Minnesota Symposium on Mental Health is an outstanding spring event with something for everyone. A keynote speaker kicks off the day of numerous breakout sessions. Topics change each year, but here’s a sampling of some that have been offered in the past:
• The Things We Think and Do Not Say
• Borderline Personality Disorder
• Infant and Early Childhood Mental Health
• Alzheimer’s Disease
• Addictive Illnesses
• Death and Dying
• Emotional Intelligence
• Helping Individuals Cope in Today’s World
• Understanding Yourself and Others

1 day

Evolving Training to Meet the Needs
Ridgewater College listens to our community partners. We hear the demands and provide the solutions.

Proud to offer these recent new training topics:
• Ditch Viewer Skills
• Dental CEUs
• Cosmetology CEUs
• Saturday CPR/First Aid
• Hoarder Home Firefighting

Inquire with your new training ideas!
320-222-6067 • customized.training@ridgewater.edu