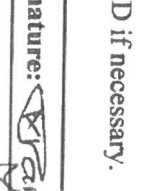
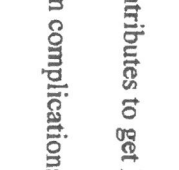

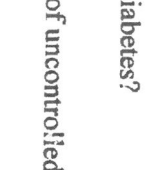
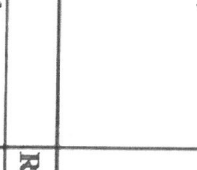
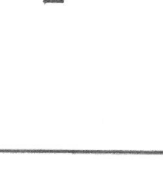


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Monthly RN and LPN Meeting		Date: 10/22/20	
Topic Discussed: Diabetes Awareness	Action Plan		Outcome
<p>Diabetes Awareness:</p> <p>1 Causes Sign/Symptoms/Prevention and Treatment plan</p> <p>2 Why it is important to discuss about Diabetes disease with ADS Participant.</p> <p>3 Talk about What are the early signs of diabetes? Risk factors of diabetes.</p> <p>4 What contributes to get Diabetes?</p> <p>5 Long term complications of uncontrolled Diabetes</p> <p>6 Discuss and Develop Planning/awareness with participant and family and give education about how to prevent diabetes.</p> <p>7 Follow-up with patient/family about disease process.</p> <p>8 Inform MD if necessary.</p>	<ul style="list-style-type: none"> • Discussed with the RN and LPN's about Diabetes and various types of diabetes. • Signs and symptoms of diabetes. • Risk factord of diabetesand how to manage. • When to see the doctor. • How weight, life style, eating habits, family history, race and age,high blood pressure and high contributes in getting diabetes. • discussed the long-term complications of uncontrolled diabetes in each system of human body. Cardiovascular, neuropathy, nephropathy retinopathy, foot damage, skin condition, hearing loss, Alzheimer's, anxiety and depression. • Preventive measures, healthy eating habits, active life style and loose excess weight. 		
LPN Signature: 	RN Signature: 		
LPN Signature: 	RN Signature: 		
LPN Signature: 	RN Signature: 		

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Monthly RN and LPN Meeting		Date: <u>Tan, ds, 2021</u>	
Topic Discussed <u>GERD - Gastro Esophageal Reflux Dis.</u> <u>(GI Dis.)</u>		Action Plan	Outcome
1	Objectives / Learning	Today discussed with RN	
2	Definition of GERD	LPN. Regarding GI disorder	
3	Physiologic GERD vs Pathologic	GERD - so	
4	factor affecting	we can explained to	
5	Pathophysiology of GERD	sewers and find out how	
6	Sign & symptoms of	many sewers suffered of	
7	GERD / Diagnostic	thru them explained	
8	complication	them about how to	
9	Treatment / Life style	prevention, diet modification	
10	Recommendation & Diet	exercise program	
	option:	help to digestion	
	Question and Answers	avoid some kind of food	
		that aggravate problem.	
		keep free from problems	
LPN Signature:	<u>[Signature]</u>	RN Signature: <u>[Signature]</u>	
LPN Signature:	<u>[Signature]</u>	RN Signature: <u>[Signature]</u>	
LPN Signature:	<u>[Signature]</u>	RN Signature:	

UNIVERSAL INDUSTRIES, INC.

Monthly RN and LPN Meeting

Topic Discussed: Diabetes Awareness

Date: 2/18/21

Action Plan

Outcome

Diabetes Awareness:

<p>1 Causes Sign/Symptoms/Prevention and Treatment plan</p>	<ul style="list-style-type: none"> Discussed with the RN and LPN's about Diabetes and various types of diabetes. 	
<p>2 Why it is important to discuss about Diabetes disease with ADS Participant.</p>	<ul style="list-style-type: none"> Signs and symptoms of diabetes. Risk factord of diabetesand how to manage. 	
<p>3 Talk about What are the early signs of diabetes? Risk factors of diabetes.</p>	<ul style="list-style-type: none"> When to see the doctor. 	
<p>4 What contributes to get Diabetes?</p>	<ul style="list-style-type: none"> How weight, life style, eating habits, family history, race and age, high blood pressure and high contributes in getting diabetes. 	
<p>5 Long term complications of uncontrolled Diabetes</p>	<ul style="list-style-type: none"> discussed the long-term complications of uncontrolled diabetes in each system of human body. Cardiovascular, neuropathy, nephropathy retinopathy, foot damage, skin condition, hearing loss, Alzheimer's, anxiety and depression. 	
<p>6 Discuss and Develop Planning/awareness with participant and family and give education about how to prevent diabetes.</p>		
<p>7 Follow-up with patient/family about disease process.</p>	<ul style="list-style-type: none"> Preventive measures, healthy eating habits, active life style and loose excess weight. 	
<p>8 Inform MD if necessary.</p>		
<p>LPN Signature: <i>[Signature]</i></p>	<p>RN Signature: <i>[Signature]</i></p>	
<p>LPN Signature: <i>[Signature]</i></p>	<p>RN Signature: <i>[Signature]</i></p>	
<p>LPN Signature: <i>[Signature]</i></p>	<p>RN Signature: <i>[Signature]</i></p>	

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Monthly RN and LPN Meeting		Date: 3/16/21	Outcome
Topic Discussed	Action Plan		
<p><u>Aging process in older people</u></p> <ol style="list-style-type: none"> 1. Aging Related changes 2. Body systems changes Hearing, vision, balance taste, Smell, pain, touch Brain, Nervous system muscles, Bone, GI, skin Hair, Heart, Blood vessels, etc. 3. Symptoms of Aging process 4. Aging when & why 5. can we stop the affects of Aging. 6. Ways to slow the Aging process. 7. conclusion. 	<p>→ discussion done with RN, LPN -</p> <p>→ How to give health talk and explained to seniors</p> <p>→ aware how</p> <p>→ Aging is a Normal process</p> <p>→ changes life style</p> <p>→ Food and exercises can stop slow Aging process.</p>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		

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Monthly RN and LPN Meeting		Date: 4/28/21	
Topic Discussed	Action Plan		Outcome
<p>Activities of Daily Living</p> <ol style="list-style-type: none"> 1. What is activity of daily living / Types / List complete Guide of ADL's 2. Definition, 3. What are the activity of daily living and instrumented activity of daily living 4. Why are the ADLs and IADLs important, 5. How to assess ADL problem 6. Cause of limitation in ADLs 7. Prevention 8. 	<p>Today arrange meeting with RN LPN through zoom, and point-discussed about why are the ADLs and IADLs important to explained and aware to seniors, because we can prevent fall and injury and hospitalization we discussed that next week or when ever we get chance we will give information to all seniors through zoom sessions</p>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		

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Monthly RN and LPN Meeting		Date: 5/10/21	
Topic Discussed	Action Plan	Outcome	
<p>Mental Illness and Stigma</p> <ol style="list-style-type: none"> 1. What is mental health stigma 2. What is mental illness 3. Some statistics 4. Famous people with mental illness 5. What is stigma and its types. 6. How to know someone has mental health issues 7. Risk factors. 8. Day-to-day problems vs. mental illness. 9. Prevention 10. Pay attention to warning signs. 11. Treatment options. 	<ul style="list-style-type: none"> - Discussion done with RN and LPN. - Discussed about how we can explain to seniors about mental health - Keep the seniors away from mental illness - Long term treatments for mental illness - How to help a senior with mental health issues - Ask question about problem and how to prevent that. 		
LPN Signature: <i>Ranchos</i>	RN Signature: <i>Jim</i>		
LPN Signature: <i>Joosay</i>	RN Signature: <i>M. Adams</i>		
LPN Signature: <i>..1</i>	RN Signature: <i>..1</i>		

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Monthly RN and LPN Meeting		Date: 6/22/21.	
Topic Discussed	Action Plan	Outcome	
<p>Communication</p> <ol style="list-style-type: none"> 1. What is communication's process of communication? 2. Types of communication? 3. Tools of effective communication? 4. Barriers of communication? 5. How to overcome barriers of communication? 6. Method of communication? 7. Advantages of communication? 8. 9. 	<p>Discussed about how to improve good communication / effective communication - Develop communication skill - like assertive, positive</p> <p>Communication skill</p> <p>How to develop active listening skill</p> <p>How to success</p> <p>with EARS, E - explore by asking questions</p> <p>A - affirm to show you're listening</p> <p>R - reflect your understanding</p> <p>S - silence, listen some more.</p>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		
LPN Signature: <i>[Signature]</i>	RN Signature: <i>[Signature]</i>		

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Monthly RN and LPN Meeting		Date: 7/22/21
Topic Discussed:	Action Plan	Outcome
<p>1 Nutrition during old age/types of nutrition</p> <p>2 Changes associated with aging</p> <p>3 Aging brings Physiological, Psychological and Immunological changes.</p> <p>3A Physiological changes</p> <ul style="list-style-type: none"> - Loss of teeth - Decreased neuromuscular co-ordination - Impaired hearing and failing vision - Diminished sense of taste and smell - Anorexia - Physical discomfort - Change in body composition - Changes in Gastro-intestinal tract - Cardiovascular changes <p>4 Sociopsychological problems -</p> <ul style="list-style-type: none"> - Food & Habit - Economic aspect - Loneliness - Lack of knowledge - depression - Anxiety - Loss of Self Esteem - Loss of Independence <p>5 Nutritional requirement for elderly</p> <p>6 What is energy level</p> <p>7 Nutrition related problems among elderly</p>	<p>• Discussed with the RN and LPN's about Diabetes and various types of diabetes.</p> <p>• Signs and symptoms of diabetes.</p> <p>• Risk factord of diabetesand how to manage.</p> <p>• When to see the doctor.</p> <p>• How weight, life style, eating habits, family history, race and age,high blood pressure and high contributes in getting diabetes.</p> <p>• discussed the long-term complications of uncontrolled diabetes in each system of human body: Cardiovascular, neuropathy, nephropathy retinopathy, foot damage, skin condition, hearing loss, Alzheimer's, anxiety and depression.</p> <p>• Preventive measures, healthy eating habits, active life style and loose excess weight.</p>	
<p>LPN Signature: <i>[Signature]</i></p>	<p>RN Signature: <i>[Signature]</i></p>	
<p>LPN Signature: <i>[Signature]</i></p>	<p>RN Signature: <i>[Signature]</i></p>	