

Inland Empire Health Sector Update

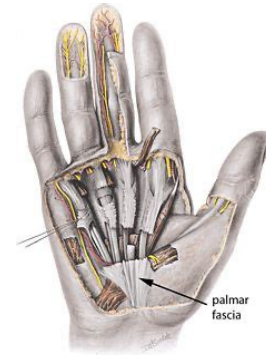
March 2022

Staying Healthy: Health Tips for the Inland Empire

This month's topic: Myofascial Release

Zoom fatigue? Headaches? Tight, sore muscles? Less flexible?
Maybe it's your *fascia*...

The fascia is a mostly collagen sheath that covers, connects, and supports the muscles and organs of your body. While we have hundreds of bones and muscles in our body, we only have one layer of fascia covering them like a spider's web. It has been said that you could remove all your bones, but the shape of your body would remain because of the strength of the fascia.



Sometimes, parts of your fascia can become tight; we often refer to these areas as “knots” or “trigger points.” Think of fascia like a woven sweater that covers your body. Let's say that while walking, a part of the sweater snagged on a nail. Part of the sweater is now loose, while another part is tighter than before.

This is what happens to your fascia with an injury or poor posture. You develop tight areas that cause pain, limiting how much you can do somewhere else in the body. Or said in another way, you may have less strength, endurance, or ability to do something because there is tightness somewhere in your body. This is where myofascial release can help.

Offered by trained manual therapists, like physical and massage therapists, myofascial release uses special movements, pressure, and stretches to loosen up tight areas. Removing the stiffness fixes the alignment of your body and allows you to move easier. Also, opening the area allows your blood vessels and nerves to move easier, which decreases pain and may improve your strength and ability to do tasks.

So, if you feel tired or stuck between a rock and a hard place, look at your fascia. Don't get caught in a web of pain.

For more information, please visit: Myofascial Release<<https://myofascialrelease.com/>>. Video: YouTube<<https://www.youtube.com/watch?v=PWRuS9xAbMo&list=PL46CCCAD9645D94AC&index=1>>

By Adeel H. Rizvi, PT, DPT, PhD, Director of PTA, Chaffey College

Chaffey College's Physical Therapy Assistant program is anticipated to start 2024

Spring Professional Development
To register for these events, contact wederas@collegeofthedesert.edu
IE Faculty, enroll through IE Health CANVAS calendar

Date	Title	Speaker	Hours	Discipline
4/6/22-5/25/22 8 Wednesdays in a row	*Lean 6 Sigma Health Green Belt Virtual	Modern Clerisy	8am-1pm	All nursing and allied health and leadership
4/15-4/16	Moulage Training In person at Copper Mountain College In-person	Moulage Concepts	2-days	All nursing and allied health and leadership
4/22/22	Social Justice, Equity and Advocacy (for English Language Learners) Virtual	Dr, Andrea Honigsfeld	8-10	All Nursing and Allied Health
5/5-5/6	Healthcare Director Bootcamp Day 1: Grants and Budgets Conference In-person	Multiple	8-9-4:30 Friday	*Part of the Directors Bootcamp 2022
5/13/22	Resiliency Strategies for Healthcare Leaders and Faculty Virtual	Modern Clerisy	9-4	All Allied Health and Nursing *Part of the Directors Bootcamp 2022 (Day 2)
6/16-6/18	Healthcare Director Bootcamp Retreat In-person	Multiple	8-430	*Part of the Directors Bootcamp Days 4-5

Communities of Practice (CoP) meetings:

Industry and Faculty are invited to participate in discipline specific Zoom meetings to share Best Practices and solve common issues. *If you need added to a list, email Wendy.*

Inland Empire/Desert Healthcare Employer Consortium (invite your industry partners)
2022 Dates: 11am-1230pm virtual

4/19, 5/17, 6/21, 7/19, 8/16, 9/20, 10/18, 11/15, 12/13

Time: This is a recurring meeting: <https://cccconfer.zoom.us/j/93291880342>

Industry partners (acute care, long term care, assisted living, FQHC, nonprofit), college leadership, faculty and job developers invited. This is to build relationships between health programs and our industry partners and share professional development opportunities. Industry can provide updates and employment needs, changes in industry and colleges can present new program development and coordinate to meet employers needs.

Colleges: Job Developers, apprenticeship directors, faculty, deans, and directors, with a minimum of one person to represent ALL your colleges health science programs for our industry partners (ok if

more than one come and report). Please invite your industry partners, you may copy and paste the paragraph above.

S. CA C.N.A.:

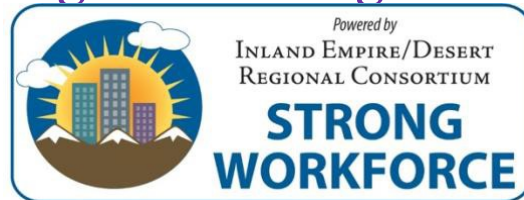
Statewide meeting for CNA/HHA

2022 Dates: 3pm-430pm virtual

4/13, 5/11, 6/15, 7/20, 8/20, 9/21, 10/19, 11/16, 12/14

<https://cccconfer.zoom.us/j/9092605488>

Regional College News



Contract Education and Health Programs

Inland Empire Desert Regional Consortium (IEDRC) invests in responsive short-term training to upskill residents and invest in local businesses. This year, IEDRC invested \$184,000 providing customized skills for participants to gain employment with local businesses. Programs included certified nursing assistant, central sterile technician, phlebotomy, and gas technician jobs. All programs were designed in collaboration with the businesses to ensure participants received job-specific skills to gain employment. Next year, the IEDRC will invest \$1M in the region to provide customized skills for employment for the community.

Health programs supported by this funding: Victor Valley College: CHW, College of the Desert: Central Sterile Technician, Crafton Hills College: Certified Nursing Assistant, Home Health Aide

College of the Desert

Wendy Deras, Industry Sector Manager, Health for the Inland Empire is proudly sponsored by College of the Desert. Noting a need for a comprehensive Home Health Aide Textbook, Deras completed this through August Learning Publishers. Press Release March 21, 2022.

Meet the Author



Wendy Deras, MS, RN, CNE, CNS/PMH, CDP

Home Health Aide The Complete Guide

A holistic approach to caring for the home health client.

A textbook comprehensively covering all the topics necessary to train and prepare home health aides for caregiving excellence.



Available in print and ebook versions to fit your class's needs.

Instructor resources provide tools to enhance the classroom experience.



Student app experience gives additional information, exercises, and resources to students.

Topics covered in this textbook:

- Healthcare Team and Role of the Home Health Aide
- Medical Terminology, Common Vocabulary, and Abbreviations
- Privacy, Confidentiality, Client Rights, and Safety
- Infection Prevention and Control
- Personal Care Skills
- Movement
- Medical Devices and Tubing
- Decubitus Ulcers
- Vital Signs
- Measurements, Weight, and Time
- Pain
- Charting and Documentation
- Community Resources
- Advanced Skills for HHAs
- Emergency Response in a Home Environment
- Holistic Care
- Nutrition in the Home
- Maintaining the Home
- Death and Dying
- The Family Structure and Care of Vulnerable Populations



<https://www.augustlearningsolutions.com/healthcare/home-health-aide/>

Click link for more information

Crafton Hills College

Approved to start their first SWP grant funded Home Health Aide Program in July 2022.

Summer EMT program starting as well as a Hybrid Paramedic course.

Mt San Jacinto College

MSJC starts their new HHA program in the summer!

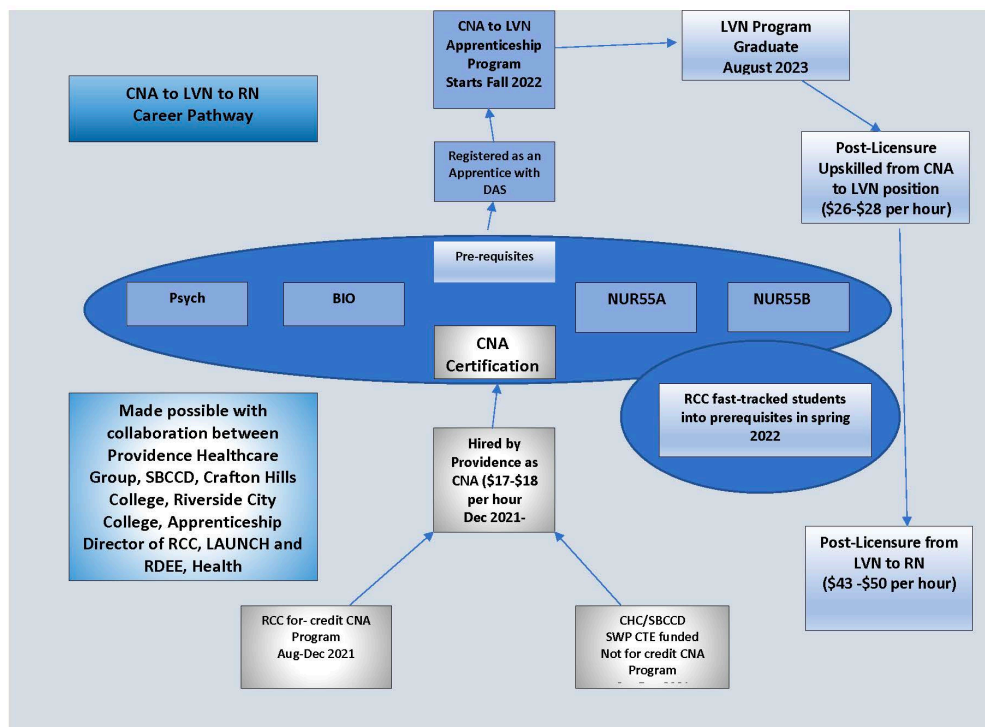
Victor Valley College

3 Full- Time faculty positions open

Pediatric-Maternal Newborn, Basic Med Surg and Advanced Med Surg: www.vvc.edu

CNA classes started last fall after a revision of the program. This spring will graduate 21 and there will be a summer CNA class with 17 high school students in a dual enrollment program.

Riverside City College



A perfect example of multi-college collaboration with an employer: RCC received the California Apprenticeship Initiative (CAI) grant in collaboration with Providence Health to provide apprenticeship opportunities for new and incumbent CNAs to complete the VN program. They

partnered with SBCCD/Crafton Hills College CNA Program to allow their graduates to enter the apprenticeship model. Students start at **\$17-\$18** per hour and when they become LVNs they make **\$26-\$28** per hour. These students can continue to work for the same employer and once LVNs work on the apprenticeship at SBVC LVN to RN. Salary will go up to **\$50** an hour or more. An example of a multi-college collaborative approach to apprenticeship.