

# American Heart Association



# ACLS - Advanced Cardiac Life Support

## Course Description

The Advanced Cardiac Life Support (ACLS) class is designed for healthcare providers who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies in adult patients. Pre-course preparation, didactic instruction, and active participation in skills stations and simulated cases will be used to enhance the recognition and intervention of cardiopulmonary arrest, immediate post-cardiac arrest, acute arrhythmia, stroke, and acute coronary syndromes (ACS). We offer both Provider and Renewal courses.




## Course Objectives

At the conclusion of the program the learner will be able to:

- Demonstrate proficiency in providing BLS care, including prioritizing chest compressions and integrating use of an AED
- Recognize and manage respiratory arrest
- Recognize and manage cardiac arrest until termination of resuscitation or transfer of care, including post-cardiac arrest care
- Recognition and early management of respiratory and cardiac arrest
- Recognition and early management of peri-arrest conditions such as symptomatic bradycardia

## Course Dates

- Please call for upcoming class dates.

-  Class is scheduled from 8 a.m. – 4 p.m.
-  For more information please contact:  
Preet Kaur, 916-733-6307,  
preet.kaur@commonspirit.org.
-  If you know the course dates you wish to register for, please fill out this form.



# BLS - Basic Life Support

## Course Description

The Basic Life Support (BLS) class is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. The course is intended for certified or non-certified, licensed or non-licensed healthcare professionals.


## Course Objectives


At the conclusion of the program the learner will be able to:


- Identify importance of high-quality CPR and its impact on survival
- Identify signs of someone needing CPR
- Demonstrate high-quality CPR skills acquisition for adults, children and infants
- Identify importance of early use of an AED
- Identify techniques for relief of foreign-body airway obstruction (choking) for adults, children and infants
- Recognize importance of high-quality CPR and its impact on survival

## Course Dates

- Please call for upcoming class dates.

 Two class times,  
8 a.m. – 12 p.m. or  
12:30 p.m. – 4:30 p.m.

 For more information  
please contact:  
Preet Kaur, 916-733-6307,  
preet.kaur@commonspirit.org.

 If you know the course  
dates you wish to register  
for, please fill out this form.



# PALS - Pediatric Advanced Life Support

## Course Description

The Pediatric Advanced Life Support (PALS) class is designed for healthcare providers to improve outcomes for pediatric patients with respiratory, cardiopulmonary or shock emergencies, and cardiac arrest by provider training and practice scenario. Since part of this class is based on scenario work, you will rotate through stations for CPR/AED, Cardiac, Respiratory, and Shock. We offer both Provider and Renewal courses.

## Course Objectives

At the conclusion of the program the learner will be able to:

- Identify high-quality Child CPR AED and Infant CPR
- Identify early interventions for the treatment of shock
- Identify differentiation between compensated and decompensated (hypotensive) shock
- Recognition of patients who do and do not require immediate intervention
- Recognition of cardiopulmonary arrest early and application of CPR within 10 seconds
- Apply team dynamics

## Course Dates

- Please call for upcoming class dates.



Class is scheduled from 8 a.m. – 4 p.m.



For more information please contact:  
Preet Kaur, 916-733-6307,  
[preet.kaur@commonspirit.org](mailto:preet.kaur@commonspirit.org).



If you know the course dates you wish to register for, please fill out this form.



# Cardiovascular



# Advanced Cardiac Concepts

## Course Description

The Advanced Cardiac Concepts class is designed to enhance ECG interpretation and aid in identifying advanced cardiac rhythms. A systematic approach will be used to assist in rhythm interpretation which will be translated into appropriate nursing practice. It is recommended that participants have taken a previous rhythm interpretation class within the last 5 years.

## Course Objectives


At the conclusion of the program the learner will be able to:


- Distinguish ECG findings in VI and Lead II
- Differentiate right bundle branch block vs. left bundle branch block
- Identify pacemaker rhythms including appropriate capture, failure to capture, and failure to sense
- Interpret a 12-lead EKG including ST changes
- Identify long QT syndrome
- Differentiate between 2nd and 3rd degree heart blocks


## Course Dates

- Please call for upcoming class dates.

 Cost \$125

 Class is scheduled from 8 a.m. – 4 p.m.

 For more information please contact:  
Preet Kaur, 916-733-6307,  
[preet.kaur@commonspirit.org](mailto:preet.kaur@commonspirit.org).

 If you know the course dates you wish to register for, please fill out this form.



# Cardiac Foundational Prep Course

## Course Description

This one-day workshop is designed for non-licensed participants as preparation for attendance in our 4-day Cardiac Monitoring Course. The course will discuss and practice basic concepts needed to successfully complete and pass the Cardiac Monitoring Course. RN's may also benefit from this program.

Unlicensed students with less than one (1) year of telemetry experience must attend the required one-day Foundational Prep Cardiac Monitoring Workshop. While not required, the Foundational Prep course is highly recommended for RN's with less than one (1) year of telemetry experience as well. Participation in the 4-day course requires a SEPARATE registration.

## Course Objectives

At the conclusion of the program the learner will be able to:


- List the chambers of the heart
- State the normal flow of blood through the heart
- State the difference between a pacemaker cell and a muscle cell
- Explain the difference between cardiac conduction and contraction
- State the flow of electricity in relationship to positive and negative electrodes
- Demonstrate proper lead placement
- Describe polarization, depolarization, and repolarization
- Name the normal pacemaker rates: Atrial, Junctional, and Ventricular
- Identify the waves and intervals produced on EKG graph paper
- Match the waves/intervals with the proper location of the heart
- Correctly identify the timing markers on the EKG graph paper (.04sec, 2sec, 3sec, and 6sec)
- Accurately measure heart rates and intervals
- State the steps to follow for rhythm interpretation


## Course Dates


- Tuesday, January 13, 2026
- Tuesday, March 10, 2026
- Tuesday, May 5, 2026
- Tuesday, July 14, 2026
- Tuesday, September 8, 2026
- Tuesday, November 3, 2026

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 Cost \$100

 Class is scheduled from 8 a.m. – 4:15 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



# Cardiac Monitoring 4-day course

## Course Description

This 4-day Cardiac Monitoring Course is designed to acquaint the learner with essential information necessary to interpret basic EKG tracings and care for patients on Telemetry Units. Designed for RN's and Monitor Techs, the training includes nursing and MT actions, rhythm causes and medications. Please note: This is an entry level course - Advanced dysrhythmias will NOT be discussed.

## Course Objectives


At the conclusion of the program the learner will be able to:


- Discuss basic principles of cardiac anatomy and physiology/ electrophysiology
- Recognize and explain the electrophysiology related to specific wave patterns produced on EKG graph paper
- Calculate interval measurements and heart rates of EKG tracings on graph paper
- Using a Step-by-Step approach, distinguish between uncomplicated arrhythmias in each of the following categories:
  - Sinus Rhythms
  - Atrial Rhythms
  - Junctional Rhythms
  - Atrioventricular Heart Blocks
  - Ventricular Rhythms
  - Paced Rhythms
- Monitor Techs: Identify appropriate actions based on correctly identified rhythms
- RN's: List possible causes, drug treatments, and nursing interventions for correctly identified rhythms


## Course Pre Work

Recommended day 1 pre-reading prior to first day of class

 Cost \$339

 Class is scheduled from 8 a.m. – 4:15 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



## Course Completion

Pass recognition quiz of urgent arrhythmias with 100% accuracy.  
Successfully complete an EKG multiple choice and rhythm interpretation exam with 85% accuracy.

## Course Eligibility

Non-licensed registrants must attend the required Cardiac Foundational Prep Course workshop.

## CE Information

CE Certificates will be issued after 100% attendance. Provider approved by the California Board of Registered Nursing, CEP #17758, for 21.75 contact hours.

## Course Dates

- 1/22/2026, 1/29/2026, 2/5/2026, 2/12/2026
- 3/19/2026, 3/26/2026, 4/2/2026, 4/9/2026
- 5/14/2026, 5/21/2026, 5/28/2026, 6/4/2026
- 7/23/2026, 7/30/2026, 8/6/2026, 8/13/2026
- 9/17/2026, 9/24/2026, 10/1/2026, 8/8/2026
- 11/12/2026, 11/19/20226, 12/3/2026, 12/10/2026

# Cath Lab and Beyond

## Course Description


This popular 4-day program is targeted to Cath lab nurses and technologists who have less than one year of clinical experience within this specialty. Experienced Cath lab nurses and technologists may benefit from this Cath lab specific educational update. RNs working in the cardiac setting, including the critical care and telemetry setting, may also find this program helpful for their clinical practice.


Various Cath lab related topics will be presented and include cardiovascular anatomy, physiology, and hemodynamics of the right and left heart. Using a case study-based approach, an overview of the typical disorders that bring patients to the Cath lab such as acute coronary syndrome, heart failure, cardiomyopathy, and valvular heart disease are reviewed. Techniques and tips for various cardiovascular procedures, including indications and potential complications are discussed.


## Course Objectives

- Identify normal and abnormal hemodynamic pressures and right and left heart waveforms.
- Review and label coronary anatomy in various x-ray views.
- Identify ECG changes in acute coronary syndrome: ischemia, injury, and infarction.
- Review various diagnostic, therapeutic, and interventional Cath lab procedures.
- Increase understanding of peripheral vascular procedures that may be done in the Cath lab setting.
- Recognize and manage Cath lab complications and emergencies

 Cost \$939

 Class is scheduled from 8 a.m. – 5 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



### **CE Information**

CE Certificates will be issued after 100% attendance. Provider approved by the California Board of Registered Nursing, CEP #17758, for 32 contact hours. ASRT approval pending – 34 contact hours, Category A+

### **Course Dates**

- 2/23/2026-2/26/2026
- 9/21/2026-9/24/2026

# Demystifying the 12-Lead EKG

## Course Description

This 1-day course is designed for Telemetry, Emergency Room, and Critical Care staff to provide the learner with information on demystifying the 12-lead EKG. Participants will learn how to recognize proper lead placement for 12 Lead EKG, describe EKG changes caused by injury, ischemia and infarction, identify the coronary arteries, indicate specific areas of infarction related to EKG changes, as well as identify common complications for each type of Myocardial Infarction.

## Course Objectives

- Apply principles of electrical flow and wave deflection to identify normal findings in Lead II and V1
- Identify P Pulmonale and P Mitrale and explain significance
- Differentiate between a left and right bundle branch block
- Explain R wave progression in the chest leads
- Recognize mean axis using Lead I and AVF
- List the coronary arteries, the portion of myocardium that each supplies (inferior, septal, anterior, lateral, and posterior) and the specific leads that reflect each muscle area
- Describe the ST changes with ischemia and injury in a STEMI
- Correctly identify the EKG changes seen with Anterior, Inferior, Septal, Lateral, Posterior and Right Ventricular injury/infarct
- Describe the EKG changes seen with a NSTEMI
- Identify Q waves indicative of a transmural myocardial infarction
- List reasons for Non-specific ST Changes

## CE Information


CE Certificates will be issued after 100% attendance. Provider is approved by the California Board of Registered Nursing, as a provider of Nursing Education, Provider #07960, for 7 contact hours.


## Course Dates


Please call for upcoming class dates.

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 Cost \$125

 Class is scheduled from 8 a.m. – 4 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



# Critical Care



# ECCO (Essentials of Critical Care Orientation)

## Course Description

The ECCO (Essentials of Critical Care Orientation) with Simulation and Skills is a program designed for nurses new to the specialty of critical care. This entry-level program blends online learning with four days of content discussions, active participation in simulated scenarios and skill stations to prepare nurses for their new roles. The ECCO online modules include topics such as the Pulmonary system, Basic Hemodynamics, the Cardiovascular, Neurological, Renal, Gastrointestinal, Endocrine, Hematological systems, along with Multisystem Disorders.

## Course Objectives


- To enable the nurse to practice at a safe and competent level when participating in the care of the critically ill/injured person.
- To promote synthesis and application of critical care knowledge by participating in simulation and skills sessions.
- Understanding current trends and best practice
- Demonstrate the correct steps and appropriate skills necessary to meet the patient's needs and care.
- To express more comfort and confidence to apply this new knowledge appropriately on the unit.



## Pre-Course Work


To prepare for the Simulation and Skills days, participants must complete the corresponding ECCO modules, which range from 16-24 hours per session depending on the component content. To participate in the simulation and skills days, proof of module completion is needed. The ECCO modules are assigned in one of 3 ways:


- CommonSpirit employees will receive this assignment via Pathways
- External students can work with our team to register for/ receive access directly from AACN
- External students can access assignment directly from their internal system LMS


Students must also show proof of the required course prerequisites listed on back page.

  Cost: \$699 Simulation/Skills Day Only

  Cost: \$939 Simulation/Skills day with Online Modules

 Class is scheduled from 8 a.m. – 4:15 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



### Course Prerequisites

- Successfully pass your hospitals required EKG Competency exam OR
- Attend CEC's Cardiac Monitoring Course and successfully pass the EKG multiple choice and rhythm interpretation exam OR
- Successfully passed the CEC's Cardiac Monitoring Course Challenge exam
- Proof of current ACLS certification
- CE INFORMATION
- CE's are provided by the American Association of Critical Care Nurses. CE's are printed by course attendees after successful completion of each online module for a total of 78.6 CE hours

### Course Dates

- Please call for upcoming class dates.

# Emergency Medicine




# Emergency Department Course with Simulation and Skills


## Course Description


The Emergency Department Course with Simulation and Skills is a program designed for nurses new to the specialty area of Emergency Medicine. Following along with the Elsevier Emergency Nursing Orientation 3.0 modules, this course provides the foundation for orientation to Emergency Nursing as it blends online learning with four days of simulation scenarios and skill stations. The ENO 3.0 modules include topics such as: Triage, assessment, and rapid evaluation; cardiovascular, neurological, respiratory, maxillofacial, ocular, GI/GYN, musculoskeletal, skin, and pediatric emergencies, plus discussions regarding violence in the Emergency Department, donor services, and palliative care.

- With the four Simulation and Skills days taking place in the Collaborative Learning Center's High-Fidelity Simulation Center, the course utilizes a blend of case studies, task trainers, and high-low fidelity manikins to gain confidence and skills as students learn the practice and bedside management of patients with complex disorders, including assessment and treatment. The focus of the simulation and skills days are to promote the application and synthesis of the ENO 3.0 module content and allow the participant to practice critical thinking, communication, decision-making skills, and interventions in a safe learning environment.
- **IMPORTANT:** To prepare for the Simulation and Skills days, completion of the corresponding Elsevier Emergency Nursing Orientation 3.0 modules is highly recommended and in some cases required. Authored by the Emergency Nurses Association, access to these modules is assigned in several ways:
  - CommonSpirit employees will receive this assignment via Pathways
  - External students can access assignment directly from their internal system LMS, or directly from Elsevier or ENA

 Cost \$699

 Class is scheduled from 8 a.m. – 4:30 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



## Course Objectives

- To enable the nurse to practice at a safe and competent level when participating in the care of patients who present to the Emergency Department with a variety of complaints
- To promote synthesis and application of Emergency Services nursing care by participating in simulation and skills sessions
- To learn and practice standardized assessment, documentation, and workflow for patients in the Emergency Department
- To become familiar with common triage, critical procedures, specialty-scenarios, and psychosocial dynamics
- To introduce expected communication standards between field medicine providers and Emergency Services staff

## CE Information

CE's are provided through the Elsevier Emergency Nursing Orientation 3.0 modules, for a total of approximately 72 CEU's.

## Course Dates

- Please call for upcoming class dates.

# ENPC (Emergency Nursing Pediatric Course)

## Course Description

ENPC is the first course of its kind offered on an international level and is the only pediatric emergency course written by pediatric nurse experts. It is also the only course that carries the endorsement of a major nursing specialty organization with the purpose of providing a consistent and standardized knowledge base and approach among nurses caring for pediatric patients. The two-day program presents a systematic assessment model, integrating specialized training to identify appropriate interventions for management of the ill or injured pediatric patient. Prioritization, prevention and health promotion strategies are included. ENPC is taught using lectures, videotapes, and includes skill stations that encourage participants to integrate their psycho-motor abilities into a patient situation in a risk-free setting.


## Course Prerequisites


All students are required to complete the ENPC provider pre-course online modules before attending class. Without completing online modules before attending class, students will not be allowed into the class.


## Course Dates

- 3/2/2026-3/3/2026 - Virtual
- 11/9/2026-11/10/2026 - Virtual

 Cost \$499

 Class is scheduled  
Day 1: 8 a.m. – 4:30 p.m.  
Day 2: 9 a.m. – 1 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



# Trauma Nursing Core Course (TNCC)

## Course Description

The Trauma Nursing Core Course (TNCC) is a one and a half day course developed by the Emergency Nurses Association to present a firm foundation in trauma nursing and to provide nurses with core or basic trauma cognitive knowledge and psychomotor skills that are associated with the delivery of professional nursing care to the trauma patient. The goal of TNCC is to improve trauma patient outcomes by providing nurses with foundational trauma knowledge, skills, and a systematic Trauma Nursing Process to guide trauma patient care. Verification of successful course completion is based on passing the written exam and the Trauma Nursing Process (TNP) psychomotor skills station. Verification is valid for four years.

## Course Objectives

- Rapid identification of life-threatening injuries
- Comprehensive patient assessment
- Enhanced intervention for better patient outcomes


## Course Prerequisites


All students are required to complete the TNCC provider pre-course online modules before attending class. Without completing online modules before attending class, students will not be allowed into the class.


## Course Dates

- 2/9/2026-2/10/2026 - Virtual
- 2/26/2026-2/27/2026 - Virtual
- 4/2/2026-4/3/2026 - Virtual
- 4/20-4/21/2026 - Virtual
- 7/6-7/7/2026 - Virtual
- 7/16-7/17/2026 - Virtual
- 10/12-10/13/2026 - Virtual
- 10/29-10/30/2026- IN PERSON

 Cost \$499

 Class is scheduled  
Day 1: 8 a.m. – 4:30 p.m.  
Day 2: 9 a.m. – 1 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



# Labor and Delivery



# AHWONN Advanced Fetal Monitoring

## Course Description

AHWONN's Advanced Fetal Monitoring Course is a one-day standardized workshop. The class builds on the essential knowledge and skills gained through the Intermediate Fetal Monitoring course. This course uses a case study approach that focuses on the analysis of more complex FHM patterns, characteristics and related case information. The class also emphasizes maternal-fetal physiology, interpretation, intervention, communication skills and risk management strategies.

## Course Objectives


At the conclusion of the program the learner will be able to:


- Describe advanced physiologic principles of maternal and fetal oxygen transfer and acid-base balance
- Compare and contrast physiologic principles and causes of adult cardiac dysrhythmias with fetal cardiac dysrhythmias
- Analyze fetal cardiac dysrhythmia patterns and describe outcomes associated with these patterns
- Analyze complex fetal heart monitoring patterns including uterine rupture, maternal-fetal hemorrhage, and abruption, utilizing NICHD FHM nomenclature/definitions
- Apply perinatal risk management principles, communication techniques and documentation strategies related to complex and challenging patient care scenarios


## Course Pre Work

Pre-reading of the course textbook prior to the class is highly recommended, specifically Chapters 10 and 11. This course uses the text *Fetal Heart Monitoring Principles and Practices* (6th edition) and the textbook can be purchased through the [www.ahwonn.org](http://www.ahwonn.org) on-line store.

 Cost \$339

 Class is scheduled from 8 a.m. – 4:30 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



### **Course Eligibility**

The Advanced Fetal Monitoring Course is an advanced level fetal monitoring course. Either successful completion of the Intermediate Fetal Monitoring Course or a basic fetal heart monitor workshop and/or certification in fetal heart monitoring is recommended for attendees. The class is open to experienced labor and delivery nurses, nurse midwives, and advanced practice nurses.

### **CE/CME Information**

7 hours of CME will be awarded to attendees participating in the entire course (no partial credit will be awarded).

### **Course Dates**

- Tuesday, January 13, 2026
- Friday, March 13, 2026
- Thursday, May 21, 2026
- Tuesday, July 21, 2026
- Friday, September 18, 2026
- Monday, November 9, 2026

# AHWONN Intermediate Fetal Monitoring

## Course Description

The Intermediate Fetal Monitoring Course is designed to enhance and validate the knowledge and skills of experienced health care professionals. This comprehensive one-day course offers demonstration, practice and testing of the following skills:

- Auscultation performing Leopold's maneuver
- Placement of an intrauterine pressure catheter and spiral electrode
- Tracing interpretation
- Identification of indicated intervention
- Communication and documentation

## Course Objectives


At the conclusion of the program the learner will be able to:


- Demonstrate the decision making process necessary for the proper selection and verification of fetal heart monitoring (FHM) techniques
- Analyze fetal heart rate patterns, uterine activity and their implications for fetal well-being
- Correlate indicated clinical interventions with related maternal-fetal physiology
- Describe the role and responsibility of the professional nurse in the use of FHM in intrapartum care
- Simulate the psychomotor skills used in FHM
- Communicate verbal and written data to verify accountability


## Course Materials

This workshop consists of one full and exciting day of didactic information as well as skill stations designed to give you the opportunity to demonstrate your skills. There will be required pre-work via on-line modules, lecture material, skill stations, and an on-line test. Module access will be available 30 days prior to your class and must be completed at least 24 hours before your class begins - no exceptions. Class entry will not be allowed if not completed by this deadline.

 Cost \$339

 Class is scheduled from 8 a.m. – 4:30 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



## Course Pre Work

Online modules MUST be completed at least 24 hours before the course begins - no exceptions. You will receive access to the modules 30 days prior to the class start date and if not completed by 24 hours before in-person class day, you WILL NOT be admitted to the in-person class - no exceptions. Modules should take approximately 3 hours to complete. Additionally, please read sections 1-5 in the AWHONN Principles and Practices textbook (6th edition) prior to the class date.

## Course Eligibility

The Intermediate Fetal Monitoring Course is not an introductory level fetal monitoring course. The workshop builds on the knowledge and skills of experienced nurses. It is designed for registered nurses with a minimum of six months clinical nursing experience using fetal heart assessment and monitoring technology in an intrapartum setting

## CE/CME Information

11.25 hours of CE or 15.25 hours of CME will be awarded to attendees participating in the entire course (no partial credit will be awarded).

## Course Dates

- Thursday, February 12, 2026
- Tuesday, April 28, 2026
- Monday, June 8, 2026
- Wednesday, August 26, 2026
- Friday, October 30, 2026
- Thursday, December 3, 2026

# ALSO Provider Course

## Course Description

Advanced Life Support in Obstetrics (ALSO) is an evidence-based, interprofessional, and multidisciplinary training program that equips the entire maternity care team with skills to effectively manage obstetric emergencies. This comprehensive course encourages a standardized team-based approach amongst physicians, residents, nurse midwives, registered nurses and other members of the maternity care team to improve patient safety and positively impact maternal outcomes.


## Course Objectives


- Discuss methods of managing pregnancy and birth urgencies and emergencies, which standardizes the skills of practicing maternity care providers.
- Demonstrate content and skill acquisition as evidenced by successful completion of online course examination, skills workstations, and group testing stations.
- Provide safe team leadership through various emergency obstetric scenarios.
- Demonstrate effective team communication strategies focusing on patient safety.


## Course Pre Work

Learners will be provided an email that includes a URL/link to the online ALSO Provider Course. Content consists of a pre-test; recorded lectures; online case studies; recorded workstation demonstrations; post-test and a course evaluation. After completion of the evaluation, the learners must Claim Credit to show as 'Complete' in the Sponsor's Course Dashboard and to qualify to attend the Live Course.

 Cost \$525

 Class is scheduled from 8 a.m. – 5 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



### **CE/CME Information**

The AAFP has reviewed ALSO Course and deemed it acceptable for up to 8.00 AAFP Prescribed credit. Term of Approval is from 4/13/2026 to 4/13/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The American Academy of Family Physicians is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 9.60 contact hours applicable for APRN, RN, LPN, or LMHT relicensure. Kansas State Board of Nursing provider number: LT0278 - 0312. This is an advanced level course and may not be suitable for all general continuing nursing education.

### **Course Dates**

- Date: 4/13/2026

# POEP (Perinatal Orientation & Education Program) with Simulation and Skills

## Course Description

The POEP (Perinatal Orientation & Education Program) with Simulation and Skills is a program designed for nurses new to the specialty of labor and delivery. Following along with the POEP Educational Modules found within AWHONN, this course provides the foundation for orientation to Perinatal Nursing as it blends online learning with five days of simulation scenarios and skill stations. The AWHONN POEP modules include topics such as: Reproductive, preconception, interconception health and infertility; adaptation to pregnancy; the process of labor and birth, including complications, perinatal safety, infections, and loss; postpartum assessment and care; newborn assessments, care, and complications; and lastly Cesarean birth and post-anesthesia care.


## Course Objectives


- Promoting consistency and standardization in perinatal care processes and procedures
- Understanding current trends and best practices
- Developing or overhauling perinatal orientation or continuing education programs
- Establishing comprehensive, high quality care for mothers and infants, from preconception to post-birth education and home care
- Improving the mother's and baby's transition from hospital to home
- Reducing risk and complications of pregnancy


## Course Prerequisites

- Must have 2 - 4 months Unit Orientation prior to attending this course
- At minimum, must have completed "Introduction to Fetal Monitoring Course" available via the [awhonn.org](http://awhonn.org) store OR completed the Intermediate Fetal Monitoring course

 Cost \$875

 Class is scheduled from 8 a.m. – 4:30 p.m.

 For additional information regarding this course, please contact us at Collaborative Learning Center Education and Support Team.

 If you know the course dates you wish to register for, please fill out this form.



### **CE/CME Information**

CE's are provided by the Association of Women's Health, Obstetric and Neonatal Nurses, which is accredited as a Provider of Continuing Education by the American Nurses Credentialing Center's Commission on Accreditation. AWHONN is approved by the California Board of Nursing, Provider #CEP580, for 67 CE hours for students participating in the POEP modules and the Simulation/Skills days.

### **Course Dates**

- Please call for upcoming class dates.

# Neonatal



# Cardiac S.T.A.B.L.E.

## Course Description

Cardiac STABLE is designed for any healthcare provider who is responsible for recognizing and stabilizing neonates with severe CHD. This class will be valuable to nurses, advanced practice nurses, respiratory therapists, physician assistants, and physicians who require the knowledge to recognize the subtle and non-subtle cardiac changes during initial and ongoing assessments. \*\* This class is an online class via Zoom

## Course Objectives

At the conclusion of the program the learner will be able to:

- Recognize abnormal assessment findings that are common in CHD.
- Describe differential diagnoses that are similar to CHD.
- Compare stabilization techniques when dealing with ductal vs. non-ductal dependent lesions.
- Determine the underlying concepts of ductal dependent left heart obstructive lesions and their lethal consequences.
- Distinguish the modifications to the STABLE learner course to reduce morbidity and mortality in those neonates with CHD.

## Course Pre Work

- The Cardiac S.T.A.B.L.E. textbook is recommended reading prior to class and can be borrowed from the Collaborative Learning Center.

## CE/CME Information


CE Certificates will be issued after 100% attendance. Dignity Health is approved by the California Board of Registered Nursing, as a provider of Nursing Education, Provider ##17758, for 5 contact hours.


## Course Dates


- Thursday, October 8, 2026

**Hello humankindness**<sup>®</sup>

 Cost \$125

 Class is scheduled from 8 a.m. – 1 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



# S.T.A.B.L.E.

## Course Description

Based on the mnemonic to optimize learning and retention, S.T.A.B.L.E. was created to assist with standardizing and organizing care in the pre-transport/post-resuscitation period. S.T.A.B.L.E includes the care modules of Sugar, Temperature, Airway, Blood pressure, Lab work, and Emotional support with the ultimate goal of improving future patient care.

## Course Objectives

At the conclusion of the program the learner will be able to:

- Identify infants at risk for hypoglycemia.
- Describe initial IV fluid therapy for sick infants.
- Differentiate the mechanisms of heat loss and gain.
- Describe the normal physiologic response to cold stress.
- Recognize the signs of respiratory distress
- Interpret blood gasses during the neonatal period.
- Discuss the three types of shock and methods used to treat.
- Identify appropriate lab tests for those infants who are receiving post-resuscitation/ pre-transport care.
- Explain ways healthcare providers can support parents of sick infants.


## Course Pre Work


The textbook for S.T.A.B.L.E. is recommended reading prior to class. The textbook can be loaned up to a month before class from the Collaborative Learning Center.


## CE/CME Information

CE Certificates will be issued after 100% attendance. Dignity Health is approved by the California Board of Registered Nursing, as a provider of Nursing Education, Provider ##17758, for 8 contact hours.

 Cost \$125

 Class is scheduled from 8 a.m. – 4:30 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



## Course Dates

- Wednesday, January 28, 2026
- Thursday, March 12, 2026
- Wednesday, May 20, 2026
- Wednesday, July 15, 2026
- Thursday, September 10, 2026
- Tuesday, November 3, 2026

# Emergency Care of the Neonate

## Course Description

A learning experience focused on emergent care of the neonate targeting clinicians who may encounter neonatal emergencies in practice such as Labor & Delivery, Postpartum and Emergency Department personnel. This class builds on the concepts learned in the S.T.A.B.L.E course and includes hands-on simulation and training with opportunities to practice skills such as IV insertion, emergent umbilical line set-up and assisting with infant intubation.

Simulation experiences fostering use of focused neonatal assessment and recognition of the compromised neonate as well as preparing a neonate for transfer to a higher level of care will be provided.

Highlights include education and training on appropriate use of oxygen and the T-piece during resuscitation, thermoregulation, neonatal medications, lab results and documentation standards.


The class will utilize the PSSAT (Pre-Transport, Stabilization, and Self-Assessment) tool and pre-stabilization checklist created by S.T.A.B.L.E. to reinforce S.T.A.B.L.E concepts in real time providing a safe place for clinicians to practice the critical thinking and skills needed to safely care for a compromised neonate.


## Course Objectives


At the conclusion of the program the learner will be able to:

- State the significance of safe care.
- Describe the S.T.A.B.L.E. process of Anticipate, Recognize, Act, and Reassess.
- Identify the conditions which require stabilization or transport.
- Identify the different medications used to stabilize a neonate.
- Explain the indications for the different respiratory modalities.
- Illustrate the use of the T-piece resuscitator.
- Practice the use of the Pre-transport Stabilization Assessment Tool.
- Explain the process for peripheral IV insertion.

 Cost \$125

 Class is scheduled from 8 a.m. – 4 p.m.

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: [CLCEducationSupport@commonspirit.org](mailto:CLCEducationSupport@commonspirit.org) or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



### **Course Prerequisites**

- A current S.T.A.B.L.E. provider card is highly recommended prior to this class.

### **Course Dates**

- Wednesday, April 8, 2026
- Wednesday, December 2, 2026

# NRP

## Course Description

A resuscitation course for providers of basic and advanced life support to neonates. Emphasis is on recognizing need for resuscitation and management of the first minutes of neonatal resuscitation. Class time is spent practicing skills related to neonatal resuscitation, including working with a team and demonstrating ability to manage a simulated neonatal resuscitation.

## Course Objectives

- By the end of this course the participant will be able to:
- State the 8th edition guidelines and performance expectations of neonatal resuscitation
- Demonstrate appropriate resuscitation procedures in proper sequence for a compromised newborn
- Demonstrate knowledge of neonatal resuscitation by successfully completing the online exam


## Course Prerequisites


- Self-study the Textbook for Neonatal Resuscitation, 8th Edition
- Complete the NRP Provider - Advanced Curriculum
- Print and bring the certificate of completion to turn in - Certificate of Completion of NRP Provider - Advanced Curriculum

## In-Person Instructor Led Skills Testing

Skill station validation course is 2-hours. All learners may practice all skills but stay within their scope of practice during actual resuscitation.

 Cost \$125

 Questions? Please contact the Collaborative Learning Center Education and Support Team via email: CLCEducationSupport@commonspirit.org or phone: 916-733-6330.

 If you know the course dates you wish to register for, please fill out this form.



## Course Dates

- Thursday, January 22, 2026
- Wednesday, February 11, 2026
- Tuesday, March 10, 2026
- Thursday, April 16, 2026
- Thursday, May 14, 2026
- Wednesday, June 3, 2026
- Wednesday, July 8, 2026
- Monday, August 24, 2026
- Wednesday, September 16, 2026
- Thursday, October 29, 2026
- Thursday, November 12, 2026