

5/5/2023 **(PLEASE READ THE WHOLE MESSAGE)**

Hi Leahi Licensed Nurses and CNAs:

- ❖ There is one Module that have been loaded on Relias Learning to complete.
  - **RANGE OF MOTION EXERCISES:** Range of Motion Exercises (ROM) help to keep joints, muscles, and tendons flexible which reduces pain, improves balance and strength, and prevents formation of contractures. Many of our Residents need the assistance of caregivers to perform these exercises and movements. This video, by the Wisconsin Technical College Systems, provides important key considerations when assisting a resident with ROM and also demonstrates how to perform ROM properly to the various body parts. The total time to view the video and take the final exam is approximately 30 minutes.
- ❖ To access Relias Learning go to <https://leahi.training.reliaslearning.com>
- ❖ Once signed in, you will see the loaded module in your learning page. Click on the **green** “start” button. Take the final exam for the module once you view the video. A passing score of 100% for the exam is required.
- ❖ This in-service should be done during your work time. If you choose to do it on your off time or at home, no OT will be given. Ample time is given to complete the module. Please do not wait until the last minute.

Start Date: **Friday, May 5, 2023**

Deadline: **Friday, May 26, 2023**