Dr. Margaret A. Fitzgerald
Inducted as a Fellow in the American Academy of Nursing

We are pleased to announce that Dr. Margaret A. Fitzgerald, president and principal lecturer of Fitzgerald Health Education Associates, Inc., was inducted as a Fellow in the American Academy of Nursing (FAAN). The FAAN Induction Ceremony was held October 15 at the AAN Annual Meeting and Conference on Capitol Hill in Washington, DC.

“\text{I am privileged to join the Fellows of the American Academy of Nursing and am particularly thankful for the support of Dr. Loretta Ford and Dr. Sheila Davis for their sponsorship,}” said Dr. Fitzgerald, “\text{During the festivities around the induction, I and the Class of 2011 Fellows were warmly welcomed by some of the luminaries of our profession. This was such a special event and memory I will cherish. I also extend my thanks to my family, especially my husband and business partner Marc Comstock, the staff of Fitzgerald Health Education Associates, Inc., and the thousands of nurse practitioners whose encouragement and support helped lead to this great honor.}”

The exclusive FAAN designation recognizes outstanding national contributions and achievements in nursing. Less than 1% of the nation’s NPs and registered nurses (RNs) earn this designation. Of the nearly 1,800 FAANs, Dr. Fitzgerald is the only one who is also a Fellow of the American Academy of Nurse Practitioners (FAANP) and a Certified Speaking Professional (CSP) with the National Speakers Association (NSA). FAANs are handpicked based on their contributions to nursing education, practice and research. There were 141 other NPs and RNs inducted this year and Dr. Fitzgerald was one of two from Massachusetts. She was nominated by Dr. Loretta C. Ford, co-founder of the NP movement, and Dr. Sheila Davis, global nursing coordinator for Partners in Health. FAANs help enhance the quality of healthcare by reducing health disparities and inequalities, and strengthen overall healthcare delivery across the globe.

Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN

\text{Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN}
Breastfeeding is the ideal feeding choice for both infant nutrition and immunologic protection and provides health benefits to mothers as well. This Call to Action describes specific steps people can take to participate in a society-wide approach to supporting mothers and infants who are breastfeeding. There are 20 actions described that include mothers and their families, communities, healthcare, employment, research and surveillance, and public health infrastructure that support breastfeeding. Some topics covered in these actions include improving maternity care practices, providing breastfeeding support after hospital discharge, improving clinician knowledge and skills (including breastfeeding support as a standard of care), and developing lactation care teams. The progress of each state and the country will continue to be monitored through the Centers for Disease Control (CDC) Breastfeeding Report Card, which follows breastfeeding initiation rates, continued breastfeeding at 6 months and 1 year of age as well as exclusivity rates at 3 months and 6 months of age.

The Internal Revenue Service (IRS), in February of 2011, also showed their support of breastfeeding by reversing a previous ruling that denied breastfeeding-related supplies to be covered as a health expense. This is an important milestone as many mothers who returned to work had to purchase a breast pump that could cost as much as $250. Mothers can now deduct the cost of their breast pump and other breastfeeding supplies as a medical expense and/or be reimbursed under their flexible spending account (FSA) and health savings accounts (HSA).

The development of the Surgeon General’s Call to Action to Support Breastfeeding will have a positive impact on the health of women and children as evidenced by the numerous research based benefits. It also has a positive impact on the economy of families, employers, providers and government insurers, and the nation. A 2007 study found that if 90% of US families followed the guidelines to exclusively breastfeed for the first 6 months, the US would save $13 billion annually. There will also be an environmental benefit realized; breastfeeding is a renewable natural resource which in general requires no containers, paper, fuel, transportation, with a resulting reduction in carbon footprint.

References:
NP News in Brief

Rhode Island Opens First Charter School for Nursing Education
The nation’s first middle college to offer a nursing-based curriculum kicked off the school year in Rhode Island this fall with more than 130 students from 23 districts state-wide. The Rhode Island Nursing Institute Middle College Charter School provides high school students with the opportunity to receive a diploma, college credits and certification as a nursing assistant. Students entering tenth grade will enroll into the four year program that includes a “thirteenth” year where they will receive college credit for taking courses at local college campuses. To better prepare students for the transition to college, the program also includes capstone projects, portfolio compilation, career exploration, and study. The charter school was opened as a workforce development strategy to help boost enrollment rates into nursing programs and aims for graduates to be able to enter a college of nursing with their general education requirements completed.
Read more

NP Movement Co-founder Inducted in to Hall of Fame
Pioneer of the nurse practitioner movement, Loretta C. Ford, RN, PNP, EdD, FAAN, FAANP, was inducted into the National Women’s Hall of Fame last month in Seneca Falls, New York. Dr. Ford’s life-long commitment to advancing the role of nursing is responsible for the more than 140,000 NPs practicing nation-wide today. As a pediatric public health nurse, Dr. Ford teamed up with pediatrician Dr. Henry Silver in 1965 to establish the first pediatric NP program in the US at the University of Colorado School of Medicine and Nursing. Dr. Ford is also responsible for co-developing the NP model that served as the framework for the program that emphasized using a patient’s social, psychological, environmental and economic factors to develop a care plan. In 1972, Ford became the founding dean of the University of Rochester School of Nursing paving the way for multiple NP programs that emerged in the following years. Today, NPs are able to practice independently in 16 states and the District of Columbia because of the efforts put forth by Dr. Ford.
Read more

To view an FHEA News question and answer session with Dr. Loretta C. Ford from the NP Firsts series click here.

National NP Week: Celebrating the Role of the NP
In recognition of the exceptional healthcare nurse practitioners have provided for more than 45 years, National NP Week will take place November 13-19. NPs have been acknowledged by several professional organizations for offering cost-effective and personalized healthcare. Numerous studies have supported the patient outcomes with NP care. NPs are well equipped to diagnose and treat a wide variety of patients and emphasize health education and individualized treatment plans. NPs also increase the accessibility of healthcare to patients.
Read more
For more ideas on what you can do to promote NP awareness click here.
Tell us what you’re doing to celebrate NP Week in your area.

Educational Travel
Resort Destinations

Sharpen your prescribing skills while enjoying the peaks of Mount Snow, the beaches of Hawaii, or the ancient city of Rome!

Spend your mornings honing your pharmacology knowledge base with internationally recognized presenter, Dr. Margaret A. Fitzgerald. Spend your afternoons and evenings enjoying all that these wonderful vacation destinations have to offer! Learn about the latest in drug therapy in a clinically useful format. This practical knowledge is presented in an information packed seminar featuring the latest treatment options and in-depth pharmacologic information on clinical conditions you encounter in practice.

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January 12-13, 2012
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Contact Hours!

Maui, Hawaii
February 16-17, 2012
Earn 9 Pharmacology
Contact Hours!

Rome, Italy
March 14-15, 2012
Earn 11 Pharmacology
Contact Hours!

Click Here for More Information
With more than 30 years of teaching and clinical experience, FHEA Senior Lecturer Christy M. Yates MS, FNP-BC, NP-C, AE-C, always incorporates an element of levity while presenting the FHEA Nurse Practitioner Certification Exam Review and Advanced Practice Update for family and adult nurse practitioners (NPs). As a certified asthma educator with the National Asthma Educator Certification Board, Yates is also well qualified to present programs on asthma, allergy and immunology for FHEA and several other professional organizations. Yates is certified as a family NP (FNP) by both the American Nurses Credentialing Center and the American Academy of Nurse Practitioners. Committed to providing exceptional healthcare, and acting as an advocate to her patients, Yates currently practices full-time as an FNP at Family Allergy and Asthma and part-time as a primary care provider at Family Health Centers, Inc., both in Louisville, Kentucky.

Yates is on the Editorial Advisory Board of The Nurse Practitioner Journal and has been part of several clinical research trials. She is also an active member of several professional organizations including the American Academy of Nurse Practitioners, the American College of Allergy, Asthma and Immunology and the Kentucky Coalition of Nurse Practitioners, where she served as a member of the Board of Directors among other leadership roles.

After earning her Bachelor of Science in Nursing from the University of Kentucky, Lexington, Kentucky, Yates went on to receive her Master of Science in Nursing from Spalding University, Louisville, Kentucky, where she has served as a guest lecturer for the NP program. Yates continues to lecture for the NP program at Bellarmine University, Louisville, Kentucky, and has been a preceptor for numerous NP students.

The following is a question and answer session with Christy M. Yates, MS, FNP-BC, NP-C, AE-C.

**Question:** What are your strengths as a member of the FHEA faculty?

**Response:** I have years of varied clinical and teaching experiences (32 years total), enjoy getting to know people and like having as much fun as possible in class. I like to add some clinical scenarios to our lectures and I have lots of humorous stories from my patients and from my personal humbling experiences. Sharing a few of these stories helps the students apply the didactic information we’re providing them to the “real world” while also enjoying some laughs, which certainly can be useful when sitting in class all day.

**Question:** What unique perspectives do you bring to your role as an FHEA faculty member?

**Response:** I have always practiced full-time as a family nurse practitioner. For the first few years as an advanced practice registered nurse (APRN), I worked in a private family practice office. While there, I obtained my women’s health certification because a lot of my patients were women and I wanted and felt the need for advanced education in women’s health. For the past 11 years, I have been working in a specialty practice (Family Allergy & Asthma) plus family practice (Family Health Center, Inc.). I also recently recertified as a Certified Asthma Educator with the Association of Asthma Educators (AAE), whose recertification process is currently only via exam. I can relate to the desire to excel in school and practice; to the exhaustion of work, school and home life; to anxiety/loss of sleep; to the excitement and even compulsion of learning; and to the fear of making mistakes on the exam and with patients. Despite the fact that there’s going to be anxiety while preparing for an exam or starting a new job, I think it helps when the instructor can relate to you. It makes learning a little easier and more fun!

**Question:** What is your greatest accomplishment as a member of the FHEA Faculty?

**Response:** My greatest accomplishment as an FHEA lecturer is definitely delivering high-quality NP review courses that have helped so many NP students and NPs over the years. Through the help of mentors and colleagues, along with feedback from students and a desire to continually learn and improve, I have developed excellent teaching skills. I feel blessed to have had the opportunity to teach for so long with the most well-respected NP education organization.
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UMass Remembers Nursing Professor through Endowed Scholarship

By Jaclyn Fitzgerald, Editor

Eileen Hayes, PhD, FNP-BC, FAANP, former coordinator and professor at the University of Massachusetts (UMass) Amherst Family Nurse Practitioner program, passed away in January 2010 but her legacy has not been forgotten. Her contributions to the nurse practitioner field will be remembered through the Eileen Hayes Scholarship, which is intended to be bestowed upon a UMass Amherst School of Nursing student annually when the endowment funding is met. Helping to fund this endowed scholarship is a wonderful way for a UMass alum or an AANP Fellow to honor the memory of Dr. Hayes.

Her career with UMass Amherst began in 1976 when she became an NP in the university health services department. Since becoming a faculty member with the university’s school of nursing in 1996, Dr. Hayes prepared hundreds NPs for clinical practice and was the recipient of the University of Massachusetts Distinguished Teaching Award and the School of Nursing’s Outstanding Teacher Award. She was not only an influential member of the UMass Amherst faculty but also an alumna, earning her master of science in 1988 and her doctorate in 1997.

Dr. Hayes had a passion for mentoring NPs, and this was evident in her teaching style and in her endeavors outside of the university. In addition to her work with UMass Amherst, she will also be remembered for her research on NP mentoring, education and practice, which was funded by the Robert Wood Johnson Foundation and the National Institutes of Health. She was a Fellow of the American Academy of Nurse Practitioners, whose mentorship program she helped to mold, and was named the NP of the Year by the Massachusetts Coalition of Nurse Practitioners.

Mimi Secor, MS, Med, FNP-BC, FAANP, who attended UMass Amherst with Dr. Hayes and worked alongside her at the university’s health services department, described her as an inspirational and friendly person who supported her students.

“She was always just a great mentor and colleague and friend,” said Secor. “She was always ahead of herself as an NP and mentor.”

To fully fund the endowed scholarship at UMass Amherst, a total of $27,000 will need to be raised in Dr. Hayes’s memory. Currently, $12,000 has been raised with the hope that the first Eileen Hayes Scholarship will be awarded in 2012. If you are interested in making a donation in memory of Dr. Hayes, a check made payable to the University of Massachusetts Amherst with “Eileen Hayes Scholarship” noted on it can be mailed to:

Records and Gift Processing
Memorial Hall
University of Massachusetts Amherst
Amherst, MA 01003

Dr. Fitzgerald’s Upcoming Speaking Engagements

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Topics</th>
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| November 5, 2011 | APN Conference  
Hackensack University Medical Center  
Hekemian Conference Center Auditorium  
30 Prospect Ave,  
Hackensack, NJ 07601 | [Click here for more information](#) |
| November 10-12, 2011 | FHEA NP Certification Exam Review and Advanced Practice Update—2012  
Marriott Dallas City Center  
650 North Pearl St.  
Dallas, TX 75201 | [Click here for more information](#) |
| November 30-December 2, 2011 | FHEA NP Certification Exam Review and Advanced Practice Update  
Courtyard Sacramento Midtown  
4422 Y St.  
Sacramento, CA 95817 | [Click here for more information](#) |
| January 12-13, 2012 | FHEA Pharmacology Update  
89 Grand Summit Way  
Mount Snow, VT 05356 | [Click here for more information](#) |
Understanding and Managing the Potential Risk of Opioid Addiction in your Patients

Chronic pain is often undertreated. One reason why is that healthcare professionals and patients are concerned about addiction. However, it has been shown that the risk of opioid addiction is lower than commonly perceived for patients treated on a short-term basis or who do not have a history of addiction.

Ask yourself these questions...

- What is addiction?
- How can addiction be identified?
- What behaviors are more likely to suggest addiction?
- What behaviors are less likely to suggest addiction?
- How can healthcare professionals obtain patient information to assess the risk of addiction?
- How should healthcare professionals explain the proper ways to use opioid analgesics to patients?
- How should patients be monitored for signs of addiction?

To find the answers to these questions and more information on the risk of opioid addiction, view the Addiction Issues Informational Handout.

With proper assessment and monitoring, you can help reduce the risk of addiction in your patients receiving opioid therapy.
(Yates: Continued from Page 4)

**Question:** What is the most rewarding thing about being a member of the FHEA faculty?

**Response:** I really enjoy helping students in the NP review courses “pull it all together” and experience that “ah-hah” moment and, despite the anxiety, they feel better prepared for the exam and for clinical practice. It is also so rewarding personally and professionally to work with Dr. Margaret A. Fitzgerald and the other unbelievably smart and gifted clinicians and speakers, as well as the FHEA staff.

**Question:** Why did you decide to become an NP?

**Response:** After 18 years of varied nursing experience, I thought, “What’s next to learn and do?” I have always enjoyed tackling new challenges and learning new things. I wanted to gain the knowledge and skills needed to be an advanced practice healthcare provider. I wanted to be able to be in a position where I could make a greater impact on patient’s lives, not only by delivering great care but also by being their advocate in an often bewildering healthcare system.

**Question:** What is the nature of your current NP practice?

**Response:** I work full-time as a family nurse practitioner at Family Allergy & Asthma in Louisville, Kentucky. It is a large, busy practice with multiple locations in Kentucky and surrounding areas. I see patients with a wide variety of allergic and immunologic diseases; acute and chronic, stable and unstable. Our practice has been a site for hundreds of clinical research trials, primarily allergy-related. My role in the trials is that of a sub-investigator. I also work part-time as a family nurse practitioner at Family Health Center, Inc., (Louisville, Kentucky) where the majority of the patients I see are indigent. I manage acute and chronic illnesses. There is significant pathology with poorly controlled chronic illnesses and comorbidities due to multiple factors.

**Question:** What is your greatest accomplishment in your NP practice?

**Response:** My greatest accomplishment in my practice is delivering care to patients with the level of competence that I have strived to achieve and witnessing the positive patient outcomes from my care, including patient satisfaction.

**Question:** What is the most rewarding thing about being an NP?

**Response:** I’m really blessed to be able to make a positive impact on someone’s health and life. It’s wonderful being a part of helping someone feel better in multiple aspects of their life. I especially love working long-term with patients.

The smiles, hugs and thanks make it all worthwhile.

**Question:** What unique perspectives do you bring to your role as an NP?

**Response:** I believe that my experience, my love for getting to know people and my communication skills are a nice combination. It helps patients feel comfortable talking with me and I think they know I’ll be their advocate. My primary care experience helps me tremendously in my specialty practice and vice versa.

**Question:** You are also a certified asthma educator and present recorded programs on asthma, allergy, immunology, and cardiac rhythms for FHEA. What made you decide to achieve this certification and how has it impacted your clinical practice?

**Response:** I was practicing in a specialty field and I wanted to gain the knowledge needed to excel in my career. The National Asthma Education Certification Board offers an exam based on scientific evidence for asthma management. The Association of Asthma Educators and American Lung Association both offer certification review courses that cover the information not only needed for the exam, but what I wanted for daily practice. Many practical issues were covered, such as use of inhalers, nebulizers and spacers. I have since helped teach the Asthma Educator Review Course for the American Lung Association and helped mentor nurses in my practice. Not a day goes by that I don’t apply this information to my practice.

For a complete list of upcoming Fitzgerald Health NP Certification Exam Review and Advanced Practice Update courses taught by Christy M. Yates, MS, FNP-BC, NP-C, AE-C, click here. For a list of online programs by Yates click here.

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**What our Customers Say...**

“This is just a note to let you know that I was successful in passing the FNP exam by ANCC. I had taken the ANP exam about three years ago and recently completed the family requirements. I have taken your review course in preparation for both exams and found them to be very valuable. I love the study guide and have used many of the suggested resources. Christy Yates was the instructor I had in Denver this year, and three years ago I learned a great deal from Wendy Wright in Chicago. For the ANP course, I took it before my last two semesters and it really was great to keep me focused and prepared for those classes and clinical experience. Thanks for all of your help.”

— Marcia Hagen, FNP-BC
Confidential Care for Teens

At every opportunity, clinicians should meet with adolescent patients alone. Routinely asking parents to leave the room for part of each visit sends an important message to teens. Adolescents speak more honestly about risky behavior and sexual activity if they are able to discuss these issues privately. This interaction encourages responsibility and independence as teens make the transition into young adulthood.

Studies have found that teenagers are much more likely to seek out STI testing, reproductive health counseling, and birth control when parents are not required to provide consent. A recent study found that 47% of sexually active teens visiting a family planning clinic would forego clinic services if their parents were notified that they were seeking birth control, and another 11% of teens reported that they would delay testing or treatment for STIs or HIV. However, virtually all of these teens (99%) reported that they would continue to have sex regardless of the availability of confidential health services. Providing confidential contraception to minors significantly increases contraception use and safety.

Unfortunately, adolescent access to confidential reproductive health care varies by state. Only 21 states and the District of Columbia explicitly allow teens access to birth control without parents’ knowledge. The remaining 29 states have various types of restrictions. For instance, a teen in New York has the right to confidential contraceptive care. But if this same teen lived in Texas or Oklahoma, her parents would have to be notified that she seeks contraception. It’s important to know your state’s laws.

Whether or not you are lucky enough to practice in a state that protects teens’ confidentiality, you should spend at least part of most office visits with teens speaking privately. Teens appreciate the opportunity to meet with clinicians alone. You’ll get better information, allowing you to provide better care. Education is always legal, even when prescribing contraception isn’t.

Helpful Resources


Sources

Information on the laws in your state
Information on the debate around teen access to confidentiality
Handout on nonprescription birth control methods

Contact Hour Tracker

Never lose track of your certification, professional license and contact hour data again!

Thousands of your colleagues have already discovered this time saving tool. Contact Hour Tracker is a no-cost internet service available on Fitzgerald Health Education Associates’ NP Expert website.

- Store all your certification and license documentation dates and CE requirements.
- Keep track of all your continuing education hours as they occur.
- Contact Hour Tracker logs FHEA earned contact hours automatically.
- Enter contact hours from any CE provider.
- Monitor deadlines and CE requirements for multiple agencies.
- Track your progress toward contact hour goals.
- Set up electronic “alarm clocks” to receive automatic e-mail reminders for all upcoming license and certification renewal dates.
- Print contact hour summaries by category and source to help complete certification and license renewal paperwork.

Go to www.npexpert.com to register.

Fitzgerald Health Raffle Winners

Fitzgerald Health Education Associates recently held a raffle drawing at the NP Association of New York State Conference in Saratoga Springs, New York. We would like to congratulate Donna C. Smith for winning the boxed book set of four Cherry Ames Nursing Stories, by Helen Wells. Raffles are held at all of our exhibit locations.

Need a Speaker?

If you are interested in having Dr. Fitzgerald or one of our other talented associates speak at your school, local, regional or national conference, please e-mail: services@fhea.com for more information. Conference administrative services are also available.

FHEA News welcomes articles, news, comments and ideas from its readers! Please e-mail jaclyn@fhea.com with submissions.
Wound repair is a necessary skill for all NPs and PAs. The art of suturing is the process of preparation, thinking, documentation, taking a good history and physical examination, immunizing your patient, delivering the proper type of anesthesia, and performing a professional suture. This workshop will be a full day course with the utilization of a pig's foot, anesthesia tips, 4-0 nylon suture, and a disposable stapler. Dermabond and other newer products will be covered as an introduction to the use of a bio-adhesive in the care of lacerations. We will start with the "keystone stitch," which is the simple suture. We will move on to running sutures, horizontal mattress sutures, vertical mattress sutures, and running intra-cuticular stitches. Malpractice prevention techniques will help secure your future.

Clinical Pharmacology for NPs and Advanced Practice Clinicians

Boston, MA—March 26-31, 2012

Presented by:
Margaret A. Fitzgerald, DNP, FNP-BC, ANP-BC, FAANP, CSP, FAAN
Sally K. Miller, PhD, ACNP-BC, ANP-BC, FNP-BC, GNP-BC, CNE, FAANP

Earn 45 Contact Hours!

This 5 ¼ day course addresses the growing need for a thorough course in the principles of pharmacotherapeutics. Prescribing has become a major part of the role of advanced practice nurses while at the same time, prescribing has become more complex and polypharmacy is more prevalent with the possibility of adverse interactions. Thus, a course of this caliber is critical to the preparation of advanced practice nurses. Because states’ requirements vary, it is important that you contact your state board of nursing for details regarding educational requirements for prescriptive authority. This course is also available on-line. (Contact hours differ from the live course.)

Advanced Pathophysiology for NPs and Advanced Practice Clinicians

Atlanta, GA—April 23-28, 2012

Presented by:
Sally K. Miller, PhD, ACNP-BC, ANP-BC, FNP-BC, GNP-BC, CNE, FAANP
Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN

Earn 45 Contact Hours!

This 5 ¼ day course is presented by highly acclaimed clinician-educators who currently maintain clinical practice, thus bringing clinical relevance to the classroom in addition to their knowledge and teaching skills in pathophysiology. FHEA instructors consistently rank at the top of speaker ratings at national conferences. Both the course material and testing material are kept up-to-date on subject matter. The electronic components of this program are updated as needed to reflect the current state of practice. This course is also available on-line. (Contact hours differ from the live course.)

Click here for more information about these and other courses