



News Release

For Immediate Release

STAFF SENSITIVITY TRAINING PUTS THE “SHOE ON THE OTHER FOOT”

CRANSTON, Rhode Island (October 2011) – Have you ever tried to walk with corn kernels in your shoes? It doesn't feel very good. That's what staff at Cedar Crest Nursing & Rehabilitation Centre experienced during a recent Sensitivity Training. The class was designed to increase awareness of normal age-related changes that may challenge daily life abilities of the patients in their care, including physical and sensory changes. For example the discomfort of walking with kernels in one's shoes is similar to the painful sensation experienced by people with peripheral neuropathy.

Karen Casale, Discharge Planner for Cedar Crest, who took part in the training said how effective the session was, “it really helped put us in the place of our patients”. Some of the other activities included wearing glasses covered with plastic wrap to imitate cataracts and other vision impairments; wearing a disposable brief filled with water to simulate incontinence; and wearing plastic gloves with taped fingers to suggest what it feels like to try and button a shirt with rheumatoid arthritis. According to Gina DiRaimo, RN, Case Manager, who ran the training, the goal was to have participants become more sensitive to the challenges many older people endure in hopes that the staff will more compassionate and responsive. According to DiRaimo, “the employees felt scared, not in control. I really feel it made them more sensitive to their patients and residents”.

Cedar Crest Nursing & Rehabilitation is a member of The Cedars, a family-owned and operated company with a 40-year history of providing high quality long-term care, post-hospital care, memory care, respite care, along with home health care through Cedar Home Health. For more information, visit www.cedarsliving.com

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