



Nightingale College Offers Free Online Courses on Ventilators and Personal Wellness for Nurses, Healthcare Professionals and the Public

Carefully curated courses teach ventilator operation and wellness management during the COVID-19 pandemic; free access now available through uCertify

May 5, 2020 (Salt Lake City) – [Nightingale College](#), a national leader in blended learning programs for nursing education, today announced the free availability of two courses designed to support nurses, health care professionals and consumers during the COVID-19 pandemic. These courses train them on managing ventilators and maintaining wellness in stressful situations.

Both courses are free of charge and have been carefully vetted by Nightingale College’s nursing educators and curriculum development team, most of whom have earned PhDs in their fields. The courses are non-CEU and offered [here](#) on uCertify.

“As healthcare professionals confront the COVID-19 pandemic, these courses directly support the efforts to save lives of patients and health care workers,” said Mikhail Shneyder, president and CEO of Nightingale College. “Our mission is to continuously provide the nursing community with expert perspectives to build their professional knowledge and prepare them to be valuable assets to their local communities. With Nightingale’s extensive experience in distance learning, we have responded quickly to what communities need.”

The first course, Ventilator Management, has been designed to help healthcare professionals who may not have deep background or experience in the use of ventilators to understand key topics including how ventilators work, ventilator operations, how and when they are used, etc. The course includes an introduction by Dr. Robert Arnot, as well as curated content from the Centers for Disease Control and Kahn Academy.

“The content for each course has been carefully researched and curated to provide the highest level of reliable and useful education for a wide range of learners,” noted Juliet Kolde, Ph.D., RN, CNE, Nightingale College’s senior manager, curriculum and faculty development.

The second course is also oriented around the COVID-19 pandemic, with its content focused on wellness during a pandemic. With most communities in various stages of social distancing and shelter-in-place requirements, the course covers topics including nutrition, how to implement habit

changes, the human microbiome, circadian medicine, and several other areas related to personal and family wellness. It is structured in units and provides learners several tools to improve their and their family's overall wellness.

“In the current pandemic – and also just in regular life – it's extremely important for families to focus on wellness in order to give them the best chance of managing difficult times,” said Nicole Lamb, MSN, RN, CNM, and wellness coach at Nightingale College. “Understanding topics like the importance of nutrition, the human circadian rhythm and how to recognize and change poor habits makes people active participants in their own wellness and better able to handle difficult stresses.”

Headquartered in Salt Lake City, Nightingale College's mission is facilitating the educational achievement, personal growth and professional development for its learners, alumni and collaborators, as well as serving diverse communities and elevating health.

Because Nightingale College has invested in the right technology and platform, it considers itself to be ahead of the curve on distance learning than many other schools, allowing it to succeed in its objective to train nurses in communities that are currently experiencing or will experience nursing shortages. Nightingale College recently opened its 20th location in Anchorage, Alaska, with a full cohort of learners beginning May 4, 2020.

For more information about Nightingale College and its nursing programs, click [here](#).

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About Nightingale College

Headquartered in Salt Lake City, Nightingale College is a pioneer in distance learning. The College offers nursing programs with its fully accredited distance education for learners to earn associate's, bachelor's, and master's nursing degrees. Supporting the growing need for nurses and providing strategies to combat the nursing shortage, the College's programs work to develop and maintain a steady supply of homegrown nurses, with the help of local health care systems. Nightingale College emphasizes graduating future nurses who are confident, competent and compassionate. Since its establishment in 2010, the College has graduated more than 1,000 nurses and is currently operating throughout Utah, Idaho, Wyoming, Colorado, Iowa, Kansas, Pennsylvania, Alaska and Nevada. To learn more about Nightingale College, its mission and programs, visit nightingale.edu.

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