

# Exercise Design Training

## How to Build Your Own Exercises

This training was created to assist healthcare managers design and conduct their own internal exercises to meet the CMS Preparedness Rule requirements.

This training will help those who have minimal experience in exercise design acquire the basic knowledge, tools and resources needed to test their organizations plans and procedures. It will focus primarily on designing and conducting discussion-based exercises as well as how your organization might participate in a functional or full scale community based exercise.

Each participant will receive an exercise design workbook to use during various guided activities. This workbook will assist in developing the foundational steps needed to begin any type of exercise and will become a reference tool for future planning efforts.

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### Topics Covered

Four Phases of the Exercise Cycle: Design and Development, Conduct, Evaluation, and Improvement Planning | Participate in a Sample Tabletop Exercise

### Target Audience

Adult family homes | Ambulatory care clinics | Ambulatory Surgery Centers | Assisted Living | Behavioral health | Boarding homes | Community clinics | Home health | Home care | Hospitals | Hospice | Nursing homes | Palliative care | Pediatric care | Other ancillary services (dialysis, blood, and surgical) | Tribal Healthcare and Government

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**Contact Siri McLean if you are interested in hosting  
this training: [siri.mclean@nwhrn.org](mailto:siri.mclean@nwhrn.org)**



NORTHWEST HEALTHCARE  
Response Network®

2 Hours

Max Participants: 30

Registration open to all  
Healthcare partners.

*Exercises play a  
vital role in preparedness by enabling  
stakeholders to test  
and validate plans  
and capabilities.*

*- Homeland Security  
Exercise & Evaluation  
Program (HSEEP)*