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**Management of Dyspnea**

**COURSE SYLLABUS**

Course Facilitator: Self Directed Learning

Course Author: Cathy Kiteley RN, MScN, CON(c), CHPCN(c)

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**Course Offering:** Cancer Care Ontario / de Souza Institute

**Course Format:** eLearning

**Contact Information:** [support@desouzainstitute.com](mailto:support@desouzainstitute.com)

**Registration:** Required

## A. COURSE DESCRIPTION

The Dyspnea Symptom Management course is a collaboration between Cancer Care Ontario (CCO) and de Souza Institute. This course consists of three online modules promoting an evidence-based wholistic approach to dyspnea care. The content and structure of the course is based on *Cancer Care Ontario's Guide-to-Practice: Dyspnea*.

The following areas are covered by the online modules:

- Emotional impact and meaning of dyspnea
- Etiology and pathophysiology of dyspnea
- Incidence and prevalence of dyspnea
- Anatomy and physiology of the respiratory system
- Screening and comprehensive assessment of dyspnea
- Symptoms and underlying medical conditions
- Non-pharmacological approaches to the management of dyspnea including day-to-day strategies to help with shortness of breath
- Pharmacological interventions

The course is designed for front line multidisciplinary providers, including family physicians; nurses; and allied health care providers. Participants will have **five weeks** to complete the course.

<b>Domain of Practice</b>	Treatment and Delivery of Evidence Based Care
<b>Learning Hours</b>	7 hours
<b>de Souza Credit</b>	0.125 credits

## B. COURSE OBJECTIVES

The course covers core competencies outlined in the CCO symptom management guideline for dyspnea management. The course also includes foundational knowledge in dyspnea management and patient education.

By the end of this course, you will be able to:

- Define dyspnea and explain the etiology of cancer related dyspnea.
- Explain common themes and impacts of dyspnea and explain the importance of a wholistic approach in assessment and management.
- Outline the physiology of breathing and pathophysiology of dyspnea.
- Identify the importance of using evidence based tools to assess dyspnea.
- List risk factors that contribute to dyspnea.
- Explain methods and tools used for screening and assessment of dyspnea (for cancer patients).
- List tests that may be utilized to determine underlying cause(s) of dyspnea.

- List the major non-pharmacological and pharmacological approaches for the management and treatment of dyspnea.
- Apply patient education principles to promote patient participation in treatment.

## C. MODE OF LEARNING

The main mechanisms to facilitate learning in this course will entail eLearning.

### *eLearning*

The eLearning environment fosters a self-directed approach for participants to progress through the modules at a convenient time, either at home or work.

- Learning and application. Sections and modules are developed by the content expert and de Souza education team to reflect the latest knowledge in the assessment and management of dyspnea. The content is up to date and the learning format is interactive.
- Technical support will be provided throughout the course.

## D. MODES OF EVALUATION

As part of the evaluation process, you are required to complete the following:

- Baseline evaluation: this survey assesses your knowledge, attitude, confidence, and learning methods before you begin the eLearning modules for the course.
- eLearning modules: It is expected that you will complete all activities, case studies within all the modules.
- Exit Exam: You have to complete a multiple choice exam with a passing grade of 80%.
- Post Evaluation: At the end of the course, you will be required to complete the online post course evaluation through eLearning.

When you have successfully met all the above requirements, you will receive an email containing instructions on how to download your certificate of completion, and will receive credit towards obtaining your de Souza designation.

## E. EXPECTATIONS FOR PARTICIPANTS

To be successful in completing this course, you are encouraged to set aside 2 to 3 hours each week to complete each section as learning is primarily self-directed. The total learning hours for this course is 7 hours.

Your course activity completion will be reflected in your grade book. You will be expected to complete all sections/modules through the eLearning system.

## F. COURSE TIMELINE

All sections/modules are to be completed within the five week course offering time period.

The course is composed of the following sections:

Section	Topic	Suggested timeline
1	What is dyspnea	1.0 hour
2	Screening and assessment of dyspnea	3.0 hours
3	Management and treatment of dyspnea	3.0 hours
<b>Final exam and evaluation</b>		

## G. AUTHOR'S BIOGRAPHY

### **Cathy Kiteley RN MSc CON(c), CHPCN(c)**

Advanced Practice Nurse - Clinical Nurse Specialist Oncology and Palliative Care

Over her career, Cathy has engaged extensively in research, professional practice and education. She holds a master's degree in nursing from U of T and has been involved in teaching activities at de Souza Institute, LEAP and the University of Toronto. Prior to retiring from her full time role at Trillium Health Partners, she was an active clinician and regularly mentored nursing, inter-professional and medical students in oncology and palliative care. She was part of the development team for several CCO symptom management guides. She taught and evaluated workshops in emotional care, led an innovation in triaging and navigating palliative care referrals at Trillium, and she also facilitates numerous programs at Wellspring cancer wellness centre.

## H. TECHNICAL SUPPORT

### eLearning Centre Orientation

If this is the first time you are taking a course offered by de Souza Institute, please complete the eLearning Centre Orientation course (free of charge). This course is designed to introduce you to online learning and help you understand how to navigate through the de Souza Institute eLearning centre and courses. It is strongly recommended that you complete this orientation so you will be able to successfully navigate de Souza's eLearning environment.

### de Souza Institute Support

If you need assistance accessing or navigating the eLearning Centre, please refer to the eLearning Orientation course. If you have questions or have any general technical difficulties please contact [support@desouzainstitute.com](mailto:support@desouzainstitute.com).

## I. POLICIES AND PROCEDURES

[Academic Honesty and Copyright Policy](#)

[Cancellations, Incomplete and No Show Policy](#)

[Request for Accommodation Policy](#)

Course content and resources provided in this course are based on best practice guidelines from provincial and national bodies. Please consult your educator if you have specific questions related to local protocols and policies as they vary among healthcare organizations.