



Cancer Survivorship: Partnering With Patients to Improve Their Experience

COURSE SYLLABUS

2022

Course Facilitator: Aronela Benea, RN, MScN

Course Lead Authors: Pamela Catton, MD and Scott Secord, MSW

Course Offering: de Souza Institute

Course Format: eLearning

Contact Information: aronela.benea@wchospital.ca

support@desouzainstitute.com

Registration: Required

A. COURSE DESCRIPTION

This survivorship course is suitable for any health care professional working with cancer survivors in the hospital or community setting. An outstanding team of interprofessional educators contributed to the content development addressing general survivorship issues common to all cancers types.

The course takes a patient-centred approach focusing on best practices and strategies to enable patients in self-management and self-care in the three core areas of survivorship: managing their health care, dealing with the consequences of cancer and its treatment, and adopting healthy lifestyle behaviours. The course includes eight modules and is self-directed and interactive. Upon completion of the course you will receive 0.5 credit in the domain of *Therapeutic and Supportive Relationships*.

B. COURSE OBJECTIVES

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

- Identify the challenges cancer survivors might face post cancer treatment in the following four domains: physical, emotional, social and spiritual
- Explain the rationale for post treatment cancer care to cancer survivors and what would be included in the post treatment care
- Direct survivors to appropriate self-management resources and supports
- Provide helpful tips to manage common side effects and late effects of cancer and treatment
- Identify strategies that can be utilized to promote wellness after cancer treatment
- Identify opportunities and develop a personal plan to build stronger practices in survivorship care

C. MODE OF LEARNING

The main mechanism to facilitate learning in this course will be eLearning.

eLearning

eLearning, offered through the de Souza eLearning centre, will cover the following activities: the application of knowledge related to the course topic, self-directed reading assignments, self-reflection activities and discussions, and module quizzes. The eLearning environment fosters a self-directed approach for participants to progress through the modules at a convenient time, either at home or work. The course timetable in Section H of the course syllabus outlines weekly expectations for participants.

- Learning and application: Sections and modules are developed to reflect the latest knowledge in Cancer Survivorship. The content is up to date and the learning format is interactive.
- Readings are intended to enhance the eLearning content surrounding key topic areas.

- Discussion forum via the eLearning platform is intended to engage all participants enrolled in the course. This is a form of learning that really depends on the active participation of the group. Online discussions regarding module content, readings or activities will enhance knowledge acquisition, reflection, understanding, and sharing. It is encouraged that you share experiences, ideas or resources from clinical practice with others in the course.
- 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:

- A baseline evaluation: this survey assesses your knowledge, attitude, confidence, and learning needs before you begin the eLearning modules of the course.
- eLearning modules/units/sections, required readings and discussion forum postings: It is expected that you will participate in a meaningful way to demonstrate learning through the weekly collaborative forum discussions. Each section will have a quiz that can be re-done, until all answers are understood.
- Section discussions: Each section will have a collaborative discussion board with weekly discussion questions posted. Participants will be marked for their participation in each week's discussion according to the discussion rubric for the course (see Appendix A).
- Randomized final exam, covering interprofessional competencies from each module.
- The passing grade for the course is 70%. A rubric articulating the grading formula is available in Appendix B.
- Post evaluation: At the end of the course, you will be required to complete a post course evaluation. This will be facilitated electronically through eLearning.

When you have met the all the above requirements, you will receive a downloadable certificate of completion via your ePortfolio account and will receive a credit towards your de Souza designation. Please note: the certificate of completion will be available two weeks after the closing of the online course.

Participants who have difficulty meeting timelines in the course, must contact the course facilitator to discuss if alternative options are feasible.

E. COMPETENCIES

A number of competencies will be evident within each module as encompassed by the learning objectives. The competencies are interprofessional. Each participant should reflect on the content addressed and how they influence them within their current practice area, and within the scope of their profession's practice.

F. 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 25 hours.

Sections and modules are to be completed sequentially; participants can choose to go ahead and complete learning activities in multiple sections on their own schedule. Participation in weekly discussions is required during the assigned week.

Your course activity completion will be reflected in your grade book. Evidence of engagement through active participation will result in a positive learning experience. You will be expected to complete all seven sections/ eight modules through the eLearning system and complete all corresponding quizzes, discussions and self-reflection activities.

G. FACILITATOR AVAILABILITY

The facilitator for this course will be responsible to answer questions related to course content, to monitor the online discussion and support discussion, to facilitate the eLearning modules, and be available to you for questions throughout the course. You can expect the facilitator to respond to your queries within a 24-hour time period during the week and within 48 hours on the weekend. Technical support is available by contacting support@desouzainstitute.com

H. COURSE TIMELINE

The following sections/modules are to be completed in sequential order according to numerical identifier.

Section/ Module	Topic	Post Date	Date to complete
Introduction	eLearning Center Orientation	Beginning of week one	End of week one
Baseline evaluation	Introduction	Beginning of week one	End of week one
1	Section one – What is All the Fuss About	Beginning of week two	End of week two
2	Section two –Managing Health Care After Cancer Treatment	Beginning of week three	End of week three
3	Section three – Survivor Assessment from a Person-centred Perspective	Beginning of week four	End of week four
4	Section four – Finding and Managing the New Normal	Beginning of week five	End of week five
5	Section five – Physical Side Effects	Beginning of week six	End of week six
6	Section six – Spirituality and Cancer	Beginning of week seven	End of week seven
7	Section seven – Making the Most Out of Life: module 7.1 and 7.2	Beginning of week eight	End of week eight
Exam	Exam	Beginning of week nine	End of week nine
Final Evaluation	Final evaluation	Beginning of week nine	End of week nine

I. FACILITATOR'S BIOGRAPHY

Aronela Benea, RN, MScN

Aronela has worked in oncology clinical care and research since 2008. In her previous role as a Clinical Nurse Specialist in Cancer Survivorship Self-Management and Self-Care at Princess Margaret Cancer Centre, she was involved in conducting holistic assessments and developing comprehensive care plans based on self-management principles for cancer survivors who experience late and persisting effects such as lymphedema and cancer related fatigue.

She completed an RNAO Advanced Practice Fellowship that focused on addressing the information and support needs of patients attending a rapid diagnostic clinic for suspicious breast abnormalities. She also developed an online module on chronic disease self-management and self-management support. Currently, she is an Advanced Practice Nurse at Women's College Hospital in the After Cancer Treatment Transition (ACTT) Clinic. She provides cancer survivorship care to patients with various cancers and facilitates their transition back to primary care practitioners.

Aronela has a special interest in cancer survivorship care and research. She has been involved in various studies exploring late and persisting effects of cancer treatment and self-management in cancer care. Aronela is a member of the CANO Research Committee, the CCO Patient Symptom Management Group and the CCO group working on Therapeutic Patient Education Guidelines in Cancer Care.

Aronela has taught survivorship classes for health care professionals from all disciplines and received feedback as one of the best educators at de Souza Institute.

J. GUIDELINES FOR ONLINE DISCUSSION

Discussion related to course content will take place in the collaborative discussion forums. The collaborative discussion forums provide you with the opportunity to share ideas and clarify your understanding of course content and readings. To receive a perfect grade, you must make at least two postings for each discussion forum. Your first posting will consist of a thoughtful reflection of the question posed. Additional postings can either initiate a line of discussion or be in response to another participant's posting.

Although your posting should fully articulate your thoughts on a given topic, it should also be concise. To avoid excessively long postings, try to keep your posting under 400 words in length. Try to avoid repetitive messages like "I agree with your posting" unless you are following them with additional information, new ideas or issues. Don't be afraid to disagree with your facilitator or peers as long as you phrase your thoughts respectfully. The idea is to stimulate a thoughtful dialogue, so we all need to take responsibility to both contribute to the discussion and keep it lively and on-going. In order to successfully pass the discussion forum, you must obtain a minimum of 11 out of 15 for each discussion week/ section. Please refer to grading rubric below (Appendix A).

K. SOCIAL FORUM

This social forum is provided for you, the participants, to post news, items of general interest, share information about yourselves and to raise topics of interest beyond the specific questions being discussed in the module-specific forums. All messages of a social nature can be posted in the social forum. This forum is open to all participants, including the facilitator.

L. VIRTUAL LIBRARY

de Souza Institute has a virtual library that can be accessed by those registered in this course or any other de Souza Institute continuing education program. This resource enables you to access over 1500 e-Journals, 200 e-books and 8 on-line databases such as CINHALL or Ovid-Medline. You can use the virtual library to access the required reading materials for your course. The virtual library can be accessed 24 hours a day at any location that has internet access using a login and password.

The direct link is <https://library.desouzainstitute.com>

Required readings and optional readings are provided for each section of the course. Readings are available through the virtual library and online, to supplement learning in the course modules. Required reading elements will be included in the quizzes and final exam. Optional reading elements are there to supplement your learning, and should be done based on the participant's perceived learning need.

M. 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 have questions about the content of a course, please email your course facilitator.

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.

N. 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.

Appendix A: Grading Rubric

Grading Criteria	Grading for Discussion Forum Collaboration and Contribution			
	0	1	2	3
Timely collaborative forum discussion contributions	Late or not posted or No responses to other participants and facilitator(s)	Only 1 topic posted per discussion forum within timeline Or Only 1 response to other participants or facilitator(s)	1 topic posted per discussion forum within timeline Or 2 responses posted to other participants or facilitator(s) within timeline	1 topic posted per discussion forum within timeline AND 2 or more response posted to other participants or facilitator(s) within timeline
Able to identify key concepts	Late or not posted or No evidence that concepts are identified in collaborative discussion	Incomplete posting that offer limited understanding of core concepts	Provides posting containing a clear understanding of all core concepts	Provides additional evidence, resources or information related to key concept(s) to enhance the learning experience
Demonstrates comprehension of concepts in various contexts	Late or not posted or No evidence to infer relationship between theory and practice	Provides example(s) of application in practice with limited application of patient-centred approach (where applicable)	Provides example(s) of application in practice and describes a holistic patient-centred approach (where applicable)	Provides example(s) of application in practice and describes a holistic patient-centred approach including analysis (where applicable)
Knowledge integration through critical thinking and/or reflection	Late or not posted or No evidence of critical thinking and/or reflective thought pertaining to personal perspectives and professional development	Little evidence of critical thinking/reflective thought pertaining to personal perspectives and professional development	Evidence of some reflective thought pertaining to personal perspectives and professional development	Evidence of strong reflective thought pertaining to personal perspectives and professional development
Integration of a collaborative approach in addressing key issues	Late or not posted or No mention of collaborative person-centred care	Posting brief or vague in describing working with patients and other professionals (where applicable)	Posting articulates a detailed example of how patients, families and other providers are involved collaboratively in care delivery (where applicable)	Posting articulates process and results of team based care, i.e., working together, sharing a common goal, leveraging resources, and providing right service in the right place (where applicable)

Your grade is the sum total score for each category, ranging from 0 to 15.

A grade higher than 11 (73%) is considered satisfactory.

Appendix B: Grading Rubric for Course

Component	Description	Percentage of Final Grade
Section Quizzes	<p>Complete:</p> <ul style="list-style-type: none"> • Section 1 • Section 2 • Section 3 • Section 4 • Section 5 • Section 6 • Section 7 <p>Each quiz is worth 4.3% of the quiz section final mark.</p>	30%
Unit Collaborative Discussion Forums	<p>Complete a unit collaborative discussion for each of the following sections:</p> <ul style="list-style-type: none"> • Section 1 • Section 2 • Section 3 • Section 4 • Section 5 • Section 6 • Section 7 <p>Each collaborative discussion if worth 5.7% of the discussion component's final mark.</p>	40%
Final Exam	<p>The exam will not be available to you until all components of the course are complete.</p> <p>Passing grade for the final exam is 70%.</p>	30%
Final Grade	<p>The overall passing grade for this course is 70%.</p> <p>Note: You must pass the final exam to pass the course (i.e., a final exam grade less than 70% will result in failing the course). Final exam grades less than 70% will be counted as 0 in the final course grade calculation.</p>	