



Management of Dyspnea

COURSE SYLLABUS (MDYS)

2026

Course Educator:

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Course Format: Self-Directed Learning

Contact Information and Technical Support: support@desouzainstitute.com

Registration: Required

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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. de Souza DESIGNATION CREDITS

Domain of Practice Treatment and Delivery of Evidence Based Care

Learning Hours 7 hours

de Souza Credit 0.125 credits

C. 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.

D. 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.
- Readings are intended to enhance the eLearning content surrounding key topic areas.
- Technical support will be provided throughout the course.

E. MODES OF EVALUATION

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

- **Baseline Survey**: 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 Course 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 **7 learning hours** as well as **0.125 credit** towards obtaining your de Souza designation. An email will be sent to you containing instructions on how to download your certificate of completion via your “My account”.

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 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.

G. SUGGESTED 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
Final exam and evaluation		

H. COURSE EDUCATOR

[Jiahui Wong, M.D., PhD](#)

I. EDUCATOR AVAILABILITY

The educator for this course will be responsible for answering questions related to the course content, guiding online discussion, leading video conferencing sessions, and be available for questions from participants throughout the course. If you have questions about the course or are having difficulty with the course content, you can email support@desouzainstitute.com and include the course name "Course Name" in the subject line. The response time for an enquiry is within 24 hours during the week and 48 hours on the weekend.

J. VIRTUAL LIBRARY

de Souza Institute has a virtual library that you can access 24 hours a day using your de Souza Institute login and password. There are 1500 e-Journals, 200 e-books and 8 on-line databases (e.g., CINAHL, Ovid-Medline) you can access to get the additional reading materials for your course.

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

K. TECHNICAL SUPPORT

eLearning Centre Orientation

The eLearning Centre Orientation Course: eLearning Centre Orientation (ELRN01AUG24) | eLearning Centre tells you what you need to know about eLearning and how to navigate through the de Souza Institute eLearning centre and courses. It is strongly recommended that you complete this very short free course.

de Souza Institute Support

If you need assistance accessing or navigating the eLearning Centre, please refer to the eLearning Orientation course. If you experience any general technical difficulties please contact support@desouzainstitute.com.

L. POLICIES AND PROCEDURES

Click the links below to review de Souza's Policies.

[Academic Honesty and Copyright Policy](#)

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

[Request for Accommodation Policy](#)