



Shoulder Rehab after Breast Cancer

COURSE SYLLABUS (SREB00ODM20)

2020

Course Author: Patrice dePeiza

Course Offering: de Souza Institute

Course Format: eLearning

Contact Information: support@desouzainstitute.com

Pre-requisite: None

Registration: Required

A. COURSE DESCRIPTION

The Shoulder Rehab after Breast Cancer course was created in collaboration between Cancer Care Ontario (CCO) and de Souza Institute. This course consists of five online modules based on the latest evidence. The content and structure of the course is based on the [Reducing Effects on the Shoulder Through Oncology Rehab and Education \(RESTORE\) program](#) for patients offered at Toronto Rehabilitation Institute (TRI).

The following areas are covered in the modules:

- Shoulder anatomy and functional impairments due to breast cancer treatments
- Myofascial restrictions and release
- Axillary web syndrome (AWS), also known as cording
- Scar management
- Lymphedema

This course has been designed for clinicians working with patients living with breast cancer. Participants will have **6 weeks** to complete the course.

Domain of Practice Treatment and Delivery of Evidence Based Care

Learning Hours 10 hours

de Souza Credit 0.25 credit

B. COURSE OBJECTIVES

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

- Identify the anatomy of the shoulder region.
- Explain risk factors associated with shoulder dysfunction after breast cancer.
- Recognize functional limitations (in lifting, carrying, etc.) caused by shoulder impairments.
- List risk factors for symptoms associated with cording, scar formation, myofascial dysfunction and lymphedema.
- Become familiar with standardized tools used in the assessment of common late and/or persistent adverse effects and functional impairments post-breast cancer and/or cancer treatments.
- Teach patients how to manage adverse effects and functional impairments throughout the survivorship phase of their recovery.
- Use a variety of techniques and treatment options to reduce adverse effects and functional impairments.
- Describe strategies to monitor and maintain treatment gains over time.

C. MODE OF LEARNING: eLearning

The eLearning environment fosters a self-directed approach. You can progress through the modules and exercises at a convenient time, at home or work. The course timetable, in **Section F** of the course syllabus, outlines our suggested weekly expectations for participants.

- **eLearning Modules**: Five modules were developed by the de Souza education team to reflect the latest knowledge in shoulder rehabilitation after breast cancer. The content was created in 2019 and includes interactive application exercises and demonstration videos.

D. MODES OF EVALUATION

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

- **Baseline Participant Survey**: This survey assesses your knowledge, attitude, and confidence before you begin the eLearning modules for the course.
- **eLearning Modules**: You must complete all **5 sections (5 modules)** before your access to the course ends.
- **Unit quizzes**: There is a quiz at the end of each section. You must achieve a **minimum grade specified in each quiz** to pass. The quiz is open book and you have **three attempts** at the quiz to achieve a passing grade.
- **Course Evaluation/Feedback Survey**: At the end of the course, you will be required to complete a post survey where you can provide your feedback on whether the content met your professional practice needs. This survey is facilitated electronically through eLearning.

When you have met the all of the above requirements, you will receive **10 learning hours, 0.25 de Souza credit** towards obtaining your de Souza designation, and an email containing instructions on how to download your certificate of completion via your “My Account”.

E. EXPECTATIONS FOR PARTICIPANTS

To be successful in completing this course, you are encouraged to set aside 2 hours each week to complete the activities. The total learning hours for this course is 10 hours.

Once you complete the course, you will no longer have access to the course modules. Demonstration videos will be available for clinicians and patients on a de Souza website.

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

Learner Agreement and Baseline Participant Survey	0.0 learning hours
Section 1 Functional Impairment of the Shoulder	2.0 learning hours
Section 2 Myofascial Release	2.0 learning hours
Section 3 Cording or Axillary Web Syndrome	2.0 learning hours
Section 4 Scar Management	2.0 learning hours
Section 5 Lymphedema	2.0 learning hours
Course Evaluation / Feedback Survey	0.0 learning hours
TOTAL	10.0 learning hours

F. SUGGESTED COURSE TIMELINE

You can complete all the activities in the course at your own pace. However, you must complete all course requirements within **six weeks** of starting the course.

G. FACILITATOR AVAILABILITY

This course is self-directed. If you have content related questions, course support is available by contacting support@desouzainstitute.com. You can expect a response to your questions within 48 hours during the week.

H. COURSE AUTHOR

Patrice de Peiza, OT Reg. (Ont.), ND, MScCH, CLT

Patrice de Peiza is a licensed Occupational Therapist (OT), Naturopathic Doctor (ND), and a certified lymphedema therapist (CLT). Patrice currently works full-time as an OT at the University Health Network (UHN) in Toronto, Ontario, Canada.

Patrice is extremely passionate about cancer rehabilitation. She is well aware of the limited availability of formal cancer rehabilitation education and patient services nationwide, despite the growing need and patient demand. To fill this gap, Patrice aspires to help clinicians acquire the knowledge and skills necessary to effectively treat patients with cancer using the best evidence currently available, and hopes that this course will help toward that end.

In 2017, Patrice received the honour of "*OT of the Year*" at UHN and was nominated for the same award in 2018. Patrice was also the recipient of the UHN Oncology Program Health Professions Fellowship, whereby she developed the **RESTORE** (Reducing Effects on the Shoulder Through Oncology Rehab and Education) program to help patients with breast cancer address the late and/or persistent adverse effects of their cancer treatments. The RESTORE program has served as a framework for the development of this online shoulder rehabilitation course for clinicians seeking to effectively treat patients with breast cancer who are experiencing shoulder dysfunction.

Patrice holds undergraduate and professional degrees from McGill University and the University of Toronto (U of T), respectively. She completed a Master of Science in Community Health at U of T, where she maintains a status appointment in the Department of Occupational Science and Occupational Therapy and has won teaching awards.

I. 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 CINAHL or Medline. You can use the virtual library to access the additional reading materials for your course. The virtual library is accessible 24 hours a day using your de Souza username and password.

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

J. TECHNICAL SUPPORT

eLearning Centre Orientation

The eLearning Centre Orientation is designed to introduce you to online learning and to 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 that 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 are experiencing any technical difficulties, please contact support@desouzainstitute.com.

K. POLICIES AND PROCEDURES

Click the links below to read about de Souza Institute's Academic Honesty and Copyright Policy; as well as the Cancellation, Incomplete and No Show policy.

[Academic Honesty and Copyright Policy](#)

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

Course content and resources provided in this course are based on best available evidence at the time of review. Local protocols and policies vary among healthcare organizations; please consult specialized health care professionals within your organization if you have specific questions related to local protocols and policies.