



---

**Management of Dyspnea**

**COURSE SYLLABUS**

Course Facilitator: Self Directed Learning

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

---

**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 **four 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*

eLearning, offered through the de Souza eLearning centre, will cover the following activities: the application of knowledge, self-directed reading assignments. 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.

## 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 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 a post course evaluation. This will be facilitated electronically 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 four week course offering time period.

## G. AUTHOR'S BIOGRAPHY

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

Advanced Practice Nurse - Clinical Nurse Specialist Oncology and Palliative Care

Cathy Kiteley holds a master's degree in nursing and works at the Trillium Health Partners, Credit Valley Site in Ontario in Oncology and Palliative Care as a Clinical Nurse Specialist. She has worked in the area of oncology and palliative care for more than 20 years. She has both her Oncology and Palliative certifications from the Canadian Nurses Association. In addition to her clinical work, she regularly mentors masters' students. She has spoken locally and nationally on a variety of topics related to cancer and has published numerous times. She has been involved with the development of an evidence based guideline on dyspnea through CCO. Her research interests include outcomes of patients who participate in non-pharmacological interventions to manage dyspnea. She is a regular facilitator at Wellspring, a wellness centre for individuals and their families who are living with cancer.

## 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](#)

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.