

# Comprehensive COPD Program Outline

## Introduction

The Comprehensive COPD Program offered by Pear Healthcare Solutions Inc. has been developed for healthcare professionals who wish to develop their knowledge and skills in the management of COPD. The program was developed and reviewed by faculty with experience in COPD management.

It has been accredited by the Canadian Council for Continuing Education in Pharmacy (CCCEP) with **7.5 CEUs** being awarded.

The Comprehensive COPD program has also been approved by the Canadian Network of Respiratory Care (CNRC). Therefore participants who successfully complete the required programs are eligible to challenge the Respiratory Educator certification exam, or the COPD Educator exam if American.

This outline provides an overview of the program, including:

- topics covered
- average hours for completion
- evaluations

## PROGRAM FACULTY

- Tom Smiley BScPhm, PharmD, CTE (author)
- Michael Boivin BScPhm, CTE, CDE (author)
- Andrea White Markham RRT, CRE, CTE (author & assessor)
- Anna Romano BScPhm, CRE, CTE (reviewer & assessor)
- Alan Kaplan MD CCFP (EM) FCFP (reviewer)

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## Program Prerequisites

### WHO IS ELIGIBLE TO TAKE THIS PROGRAM?

While anyone who is interested in these topics is eligible to take the program and receive a Certificate of Completion, only those candidates who meet the following criteria will be eligible to challenge the CNRC's credentialing exams:

- *“holds a degree or diploma in a recognized healthcare profession,*
- *scope of practice includes counseling clients” (CNRC, 2016<sup>1</sup>)*

You will be asked to identify your credentials and year and school of graduation when you enroll in the program.

For more information on the exams, including the competencies/learning objectives covered by the exams, please see [CNRC - Certification exams.](#)

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<sup>1</sup> CNRC, (2016) Requirements for Challenging the Certified Asthma Educator (CAE) Exam Retrieved from [http://cnrchome.net/certifiedasthmaeducators\(cae\).html](http://cnrchome.net/certifiedasthmaeducators(cae).html)

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## WHAT PROGRAMS DO I NEED TO COMPLETE TO BE ELIGIBLE TO CHALLENGE THE CNRC CERTIFICATION EXAM?

The programs that are required vary depending on the exam you plan to challenge.

The table below will clarify which Pear Healthcare Solutions ([www.HealtheLearning.ca](http://www.HealtheLearning.ca)) programs are required for the various CNRC certification exams.

While you may take any of the sections and take them in any order, the **following table identifies the sections you must complete to be eligible to challenge the exam.**

CERTIFICATION EXAM	COURSES REQUIRED
Certified Asthma Educator	Pear Comprehensive Asthma Program Pear Foundational Health Education Program
Certified Respiratory Educator	Pear Comprehensive Asthma Program Pear Comprehensive COPD Program Pear Foundational Health Education Program
Certified COPD Educator (US only)*	Pear Comprehensive COPD Program Pear Foundational Health Education Program
Certified Tobacco Educator	Pear Comprehensive Tobacco Education Program Pear Foundational Health Education Program

\*CNRC COPD Educator exam is available for U.S. registrants only.

If you have not yet met the criteria for one of the CNRC exams, yet have completed the equivalent of one or two programs with a different provider who is currently approved by the CNRC, you are free to take Pear's course(s) to complete your required courses and challenge the CNRC exam.

Please check with CNRC for eligibility of other programs you may have taken. The list of approved programs can be found at

<http://cnrchome.net/CNAC%20approved%20Educator%20Programs.html>

Pear Healthcare Solutions Inc. will provide CNRC with confirmation of the programs that you have successfully completed should you register to challenge an exam. You will be asked for permission for Pear Healthcare Solutions to share this information with CNRC when you register to participate in the program.

[healthlearning.ca](http://healthlearning.ca)

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## Program Content

### HOW LONG WILL EACH SECTION TAKE TO COMPLETE?

- Each section consists of a number of modules that take approximately 30-45 minutes to complete.
- You may choose to spend more time on the topic by completing supplemental reading.
- Modules conclude with a short quiz that takes approximately 5-10 minutes to complete.
- The time to complete the assessments will vary.
- Please see the table below for examples of program content and approximate time requirements for completion.

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Program	Section	Modules (approximately 30-45 minutes each)
	Program Outline	<ul style="list-style-type: none"> <li>Faculty</li> <li>Prerequisites</li> <li>Content</li> <li>Evaluation</li> <li>Contact information</li> </ul>
Chronic Obstructive Pulmonary Disease (COPD)	Introduction to COPD	<ul style="list-style-type: none"> <li>Definition and Impact of Disease</li> <li>Pathogenesis and Pathophysiology</li> <li>Manifestations and Comorbidities Associated with COPD</li> </ul>
	Diagnosis and Staging	<ul style="list-style-type: none"> <li>Diagnosis and Evaluation</li> <li>Assessment of Severity</li> <li>COPD in the Spectrum of Other Respiratory Diseases</li> <li>Spirometry</li> </ul>
	Self-Management	<ul style="list-style-type: none"> <li>The Use of an Action Plan</li> <li>Putting the Plan Into Action</li> <li>Smoking Cessation</li> <li>Additional Therapies</li> <li>Acute Exacerbations</li> <li>End of Life and Palliative Care</li> <li>Pharmacotherapy</li> <li>Pharmacotherapy Administration</li> </ul>
	Demonstration Assignments	<ul style="list-style-type: none"> <li>Device technique (inhalers)</li> <li>Breathing and relaxation techniques</li> <li>Patient education on a COPD Action Plan</li> </ul>

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## Evaluation

### HOW MANY AND WHAT TYPE OF ASSESSMENTS ARE REQUIRED IN THESE PROGRAMS?

Each module will end with quiz of 7-10 multiple choice questions. You must achieve an average score of 70% or greater for the section to successfully complete that section. You will be given two opportunities to complete each quiz. If you do not achieve a score of 70% on any individual quiz, you may wish to contact the faculty for additional help. If you do not successfully achieve a passing score on a section, i.e. do not achieve an average score of 70% on all the quizzes in that section, you must contact the faculty to identify a learning plan that includes next steps to complete the section.

Some modules are reflection or demonstration (video) assignments. These assignments must be submitted for evaluation to Pear Healthcare Solutions Inc. and this may be done in a variety of ways:

#### Submit your assignments by doing the following:

1. Click the link [bit.ly/pearassignments](http://bit.ly/pearassignments) or copy and paste bit.ly/pearassignments into the address bar of your web browser
2. Drag and drop your file(s) into Dropbox
3. Add a title to your file with:
  - the date "YYYY-MM-DD"
  - your "First and Last Name" (e.g. "2017-01-31 John Smith")

Note: Once you submit your file, the Pear team will be notified automatically.

**If you are unable to use Dropbox for submissions, please contact Anna Romano at [a.romano@pearhealthcare.com](mailto:a.romano@pearhealthcare.com) for alternate methods.**

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## WHAT ARE THE ASSIGNMENTS REQUIRED FOR SUBMISSION?

The following table provides an overview of the assignments that require submission according to each section.

The table provides information related to the assignment and the time requirement for each assignment. Details of three of the assignments can be found in the sample rubrics found **AFTER** the table.

Program	ASSESSMENT	TIME REQUIREMENTS	OTHER INFORMATION
COPD	Demonstration of technique for 3 devices	20 minutes (includes prep and videotaping of technique)	Submit video of your demonstrations ~2 minutes per device
COPD	Demonstration of breathing (2) and relaxation *(1) techniques	20 – 30 minutes (includes prep and videotaping of technique)	Submit video of your demonstrations ~ 3 min for breathing techniques ~ 5 min for relaxation technique
COPD (OR Asthma)	Demonstration patient education* (Action Plan) and self-evaluation.	45-60 minutes (includes prep, 10 minute videotaping, etc.)	Submit video and written self-evaluation 10 minute intervention
COPD (OR Asthma OR Patient Education)	Capstone** Written assignment based on one of three cases that includes disease management and education theory.	60 minutes	Submit Word document (narrative or table or point form format acceptable)

\* The Demonstration of patient education (Action Plan) assignment must be completed in either the Comprehensive COPD or Comprehensive Asthma programs. You may choose to teach a COPD or an Asthma Action Plan.

\*\* The Capstone assignment must be completed in either the Comprehensive COPD, Comprehensive Asthma, or Comprehensive Patient Education Programs. If you completed the demonstration of patient education in COPD, then you must complete this assignment in Asthma, and vice versa. See the rubric for more information.

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## WHAT ARE THE TIMELINES FOR SUBMISSION?

**All assignments must be received by Pear Healthcare Solutions at least 6 weeks prior to the CNRC credentialing exam to be assured that you will be eligible to challenge the exam.** This timeline allows time for Pear Healthcare Solutions faculty to score submissions, provide feedback, for resubmissions and scoring to occur should this be required and Pear Healthcare Solutions consultation with CNRC regarding eligible candidates within 10 days of the exam.



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## MAY I SEE THE RUBRICS?

The following are samples of the rubrics for the demonstration assignments for this program.

### Device Demonstration Rubric

Device Criteria	Satisfactory/ Not satisfactory	Comments
Key messages include: <ul style="list-style-type: none"> <li>• Priming information if appropriate</li> <li>• Preparation of device</li> <li>• How to place device in mouth etc.</li> <li>• Inhalation instructions</li> <li>• How to repeat if necessary</li> <li>• How to know if dose was delivered</li> <li>• How to know if device is empty</li> <li>• Medications available in device</li> <li>• Expiry date of device/medication</li> <li>• Storage information</li> </ul>		
Cleaning instructions include: <ul style="list-style-type: none"> <li>• Wash?</li> <li>• Dry cleaning?</li> <li>• How to take apart/put together if required</li> <li>• Frequency</li> </ul>		

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## Demonstration of Diaphragmatic Breathing

Criteria	Satisfactory/ Not Satisfactory	Comments
Provide rationale for use of technique.		
Provide step by step instruction of technique.		
Demonstrate technique. Correct hand placement Inhalation with no movement of upper chest or shoulders Exhalation using pursed lips		

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## Either Controlled Cough or Forced Expiratory Technique (AKA huffing)

Criteria	Satisfactory/ not satisfactory	Comments
Introduction and rationale.		
Overview of technique.		
Step by step instruction and demonstration. Helpful hints.		
Explain how many coughs/huffs per breath		
Position for cough/huff.		
Take a few breaths...may be deep...using diaphragmatic breathing.		
Take a breath in and hold your breath for three seconds.		
Perform controlled cough OR Perform huffing		
Inhale softly through nose.		
Discuss handling of sputum.		
Discuss repetition during session.		
Identify frequency.		

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## Relaxation Technique

Criteria	Satisfactory/ not satisfactory	Comments
Identifies the technique		
Discusses rationale for technique in managing symptoms		
Provides introduction to the technique which may include brief overview of 'how to'		
Leads patient step-step through the technique		
Completes the entire lesson (may choose to 'speed up' the lesson but covers each step of the technique)		
Includes information related to length of time spent on each session and frequency of sessions		
Uses appropriate language for patient		
Uses appropriate tone and setting for relaxation technique		

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## Demonstration of Patient Education on Action Plan Rubric

This rubric is used for self-assessment prior to the reflection and by the faculty to provide you feedback.

Criteria	Comments
BOPPPS	B – O – P – P – P – S –
Linked to patient goal	
Age/stage	
Identified barriers	
Appropriate use of theory/model to overcome barriers	
Build in success	
Effective communication	
Patient in control	
Patient involved and doing the work	
Built knowledge	

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## **SAMPLE RUBRIC: The reflection rubric for patient interaction**

The will identify where you have met the criteria for your reflection. Faculty may also make comments on your reflection regarding statements you make, however these may not affect the scoring.

Reflection contains:	Yes/ No	Comments
Overall reaction to viewing your video.		
Identification of what was accomplished in the session		
Identification of gaps in the session		
Exploration of reaction to above (i.e. reaction to accomplishments and gaps)		
Exploration of rationale for reaction		
Development of goal statement based on findings		
Development of plan to improve skills. Plan includes strategies to achieve goal and to evaluate progress/success.		

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## HOW LONG DOES IT TAKE TO RECEIVE FEEDBACK ON MY ASSIGNMENTS?

Written and videotaped assignments will be assessed and feedback provided within 10 working days of submission unless otherwise notified by faculty. Online quizzes provide immediate feedback once submitted.

## Other Information

### HOW LONG DO I HAVE TO COMPLETE EACH SECTION?

You have 2 years from your registration to complete the section. In some cases, extensions may be granted, e.g. maternity leave. Extensions are granted on a case-by-case basis. If you require an extension you must apply in writing to the Director of Respiratory Education (Anna Romano) including:

- Request for extension
- Reason for extension
- Revised completion date
- Any other relevant information

### WHO DO I CONTACT WITH QUESTIONS?

If you have any questions about the content of the modules or quizzes, or the assessments, please contact Anna Romano at [a.romano@pearhealthcare.com](mailto:a.romano@pearhealthcare.com)