

**Program in Physical Therapy
School of Health Sciences
Oakland University**

**PT 8832– PT MANAGEMENT OF
UPPER QUARTER ONCOLOGY CONDITIONS
Winter 2018**

COURSE DESCRIPTION: Evidence-based, applied and problem solving approach to physical therapy management of individuals with cancers of the upper quarter across the continuum of care. Physical therapist practice patterns will provide a framework for care with a focus on comprehensive oncology Rehabilitation that engenders the team based approach for optimal patient outcomes.

- **DEPARTMENT OFFERING COURSE:** Physical Therapy Program
- **CREDIT HOURS:** 3 credits of instruction in an on-line format
- **DATES:** January , 2018 to April, 2018

- **INSTRUCTOR:**
 - Deb Doherty, PT, PhD, CEAS
 - Human Health Building, (248) 364-8683
 - Cell phone – 989-529-4808
 - E-mail : doherty@oakland.edu

- **OFFICE HOURS :** By Appointment
- **COURSE INFORMATION:** Course will be presented online through Moodle & Webex
- **CLOCK HOURS:** 3 - 6 hours per week

COURSE PREREQUISITES:

Course may be taken for credit which requires admission to a Physical Therapy Post-professional or Certificate Program, or with instructor permission. *PT 663 Introduction to Oncology Practice* and *PT 502 Evidence Based Clinical Practice* are recommended but not required as prior coursework.

COURSE OBJECTIVES:

At the completion of this course, the student will be able to:

1. Evaluate evidence on risk factors associated with the development of upper quarter cancers.
2. Explain the pathophysiology associated with the development of upper quarter cancers.
3. Explain clinical aspects of medical screening, diagnosis, staging and prognosis, and treatment and side effects of upper quarter cancers.
4. Appreciate the roles of other members on the Comprehensive Oncology Rehabilitation (COR) team at your facility or in your community and develop effective communication, referral, or consultation methods for timely care with a focus on nutrition counseling.
5. Develop an evidence based physical therapy screening tool for your facility that addresses the unique needs of upper trunk and upper quarter cancer diagnosis that can be used across the continuum of care.
6. Evaluate the findings of a physical therapy screening for a person diagnosed with an upper quarter cancer diagnosis and determine requirements for further management that may include patient/family education, referral to traditional physical therapy, referral to supervised group physical therapy exercise programs, development of

independent individualized home exercises, referrals to other health care professionals, or resource information.

7. Be able to discuss the side effects of oncologic surgery, radiation, chemotherapy and hormonal and biological therapies and identify which of those side effects will be successfully treated with rehabilitation.
8. Based on the results of a physical therapy examination and evaluation as well as patient/client preferences, develop a plan of care that includes evidence based interventions, such as manual therapy, exercise, lymphedema management, expected outcomes, patient/caregiver education, and referrals to appropriate health care professionals of the COR Program.
9. Based on a physical therapy plan of care for an individual in cancer survivorship, explain the benefits, indications, precautions, and contraindications of the recommended interventions, such as manual therapy, exercise, and lymphedema management.
10. Describe and explain recommended/required patient monitoring during physical therapy interventions particularly as related to cancer and treatment side effects.
11. Identify signs and symptoms that may develop during physical therapy interventions and explain appropriate reactions or responses.
12. Following physical therapy intervention(s), evaluate patient/client outcomes to determine the future course of COR management.
13. Set up a home exercise program and self-treatment techniques for each cancer survivor.
14. Describe and access websites that provide current evidence for COR interventions and outcomes related to individuals in cancer survivorship.
15. Evaluate current evidence related to rehabilitation interventions and outcomes for individuals in cancer survivorship.
16. Investigate websites and organization that provide resources for patient, caregiver, and health care professional.

OUTLINE OF CONTENT:

1. Clinical Medicine of Upper Quarter cancers
2. Upper Quarter Oncology Team Members
3. Upper Quarter Oncology Considerations and Interventions
4. Physical Therapy Management of Upper Quarter Cancers
5. Oncology Resources for Professionals, Patients, and Caregivers
6. Evidence for Physical Therapy Oncology Practice
7. Sharing and Critiquing Professional Experience in Oncology Practice
8. Case Study Presentations and Evaluations

DESCRIPTION OF TEACHING METHODS:

Online lectures, readings, and assignments that include student discussions, evidence gathering, case study video analysis, a case study presentation, and critiques.

Technical Skills Required

Enrolled students will have completed a prerequisite Moodle competency course before registering. You also are expected to have a moderate level of computer proficiency.

You should already be comfortable doing all of the following:

- Using your chosen computer operating system and a web browser
- Following online directions for using a new program
- Typing at least 20 words a minute
- Troubleshooting basic computer problems
- Working through problems you can't resolve on your own with remote support Technicians

Required Technology & “Backup Plan”

In order to fully participate in this course you will need:

- An internet connected computer with the most updated versions of your favorite web browser installed. *Use of smartphones and tablets is not recommended.*
- In the event that your computer crashes or internet goes down, it is essential to have a “backup plan” in place where you are able to log in using a different computer or travel another location that has working internet.
- Any files you intend to use for your course should be saved to a **cloud solution** (Google Drive, Dropbox, etc.) and not to a local hard drive, USB stick or external disk. Saving files this way guarantees your files are not dependent on computer hardware that can fail.

Technical Assistance

If you have general questions about the course (such as due dates, content, etc), please contact the course instructor.

For Moodle technical issues that you cannot resolve on your own, please contact the e-Learning and Instructional Support office:

- Phone : (248) 805-1625
- Submit a help ticket : <http://www2.oakland.edu/elis/help.cfm?lms=2>
- If you have any trouble accessing any of the content in this course, please contact the course facilitator.

Participant and Facilitator Expectations

Students are enrolled into this course as a student participant role. There are grades and assignments throughout the course with specific due dates.

Students are expected to:

- Ensure that their computer is compatible with Moodle.
- Login 3-5 times a week
- Follow the calendar of events and complete all assignments by their deadline
- Respond to emails within 2 days
- Participate in a thoughtful manner
- Respect rules of [netiquette](#)
 - Respect your peers and their privacy
 - Use constructive criticism
 - Refrain from engaging in inflammatory comments.

The course instructor will:

- Login to the course every day, or at least 5 days per week
- Moderate conversations in forums
- Respond to Q&A Forum replies and email within 1-2 days
- Grade assignments within 7 days of the assignment deadline

DISCUSSION FORUMS

You will be expected to participate in discussions in this course using the discussion forum early and throughout the week. You do not need to respond in every discussion, but your discussion should start and sustain a conversation. Please make sure that your posts are thoughtful and complete. Try to be creative with your posts, and don't just repeat what others have already said.

Your participation in the discussion forum will be graded on the following:

- Posted on-time with substantive content and length (but verbosity is not encouraged)
- Establishes a sense of community through initial post & replies to others showing an understanding of activity
- Responses to others' initial posts and replies to comments under your initial post
- Formatted and proper writing

Note that other rules of “netiquette” apply – don’t flame, troll or provoke negative replies. Do not monopolize any discussions, or post much more text than what is required (be concise). Act in a way that you would if the course was face-to-face.

WEBEX

The WebEx virtual conferencing system hosts synchronous meetings. The purpose of a meeting will be to discuss question about the course content and to familiarize you with the WebEx tool. In order to use WebEx, you must have a computer with a microphone, updated internet browsers and updated java. WebEx is incredibly easy to use. If you’d like to join a test session to be sure your computer is compatible, click [here](#) .

COURSE REQUIREMENTS: 500 points

1. Ten Online Module Assignments:.....(15 pts each)150 pts
There are ten course forums to be completed for each course module.
2. Evidence in Practice Annotated Bibliography 100 pts
Using a topic approved by the instructor, students will develop an evidence based search to find three to five evidence based research articles that support physical therapy management of a topic related to this course. This bibliography will be submitted online in a forum and critiqued by fellow students.
3. Patient resource educational handout or brochure.....50 pts
4. Online Examination, Evaluation & Intervention Case patient200 pts
Student will identify a specific patient diagnosed with an upper quarter cancer that agrees to participate in a case study and approved by the instructor. Examination, evaluation, goal setting and intervention will be presented as a ppt in the final class.

REQUIRED READINGS:

Required readings are detailed in the course schedule using the required course texts or appearing on the University “Moodle” Online Educational System.

Required Textbooks:

Jane Rankin, Karen Robb, Nicola Murtagh, Jill Cooper and Sian Lewis. **Rehabilitation in Cancer Care** Wiley Blackwell Publishing Co. 2008. ISBN: 9781405171144

Michael Stubblefield and Michael W. O’Dell. **Cancer Rehabilitation Principles and Practice**. 2009. Demos Medical ISBN: 13-978-1-33864-33-4

Recommended Textbooks:

Maria Hewitt and Patricia A. Ganz. **Implementing Cancer Survivorship Care Planning**. Workshop Summary. A National Coalition for Cancer Survivorship and Institute of Medicine National Cancer Policy Forum Workshop. 2007. The National Academies Press. ISBN: 13-978-0-309-10318-3

Maria Hewitt and Patricia A. Ganz. **From Cancer Patient to Cancer Survivor Lost in Transition.** An American Society of Clinical Oncology and Institute of Medicine Symposium. 2006. The National Academies Press. ISBN: 0-309-10123-9

Nancy E. Adler and Ann E. K. Page. **Cancer Care for the Whole Patient, Meeting Psychosocial Health Needs.** 2008. The National Academies Press. ISBN: 13-978-0-309-11107-2

Recommended Websites:

- American Cancer Society www.cancer.org
- American College of Radiation Oncology. www.acro.org
- American Joint Committee on Cancer. www.cancerstaging.org
- American Society of Clinical Oncology. www.asco.org
- APTA Oncology Section. www.oncologypt.org
- Cancer Care. www.cancercare.org
- Cancer Net. www.cancernet.gov
- Cancervive. www.cancervive.org
- National Cancer Institute www.cancer.gov
- National Cancer Institute – Designated Cancer Centers www.3.cancer.gov/cancercenters
- National Coalition for Cancer Survivorship www.cansearch.org and canceradvocacy.org
- National Comprehensive Cancer Network. www.nccn.org
- National Institute of Health. www.nih.org

Grading Scale:

GP Numerical	Letter	Percent	GP Numerical	Letter	Percent	GP Numerical	Letter	Percent
4.0	A	100 - 96	2.9	C	79	1.9	D	69
3.9	A	95	2.8	C	78	1.8	D	68
3.8	A	94	2.7	C	77	1.7	D	67
3.7	A	93 - 92	2.6	C	76	1.6	D	66
3.6	A	91 - 90	2.5	C	75	1.5	D	65
3.5	B	89	2.4	C	74	1.4	D	64
3.4	B	88	2.3	C	73	1.3	D	63
3.3	B	87 - 86	2.2	C	72	1.2	D	62
3.2	B	85 - 84	2.1	C	71	1.1	D	61
3.1	B	83 - 82	2.0	C	70	1.0	D	60
3.0	B	80-81				0.0	E	59 and below

COURSE SCHEDULE & READINGS:

Date	TOPIC/ INSTRUCTOR	READINGS/Activities
Week 1 1-3-18 to 1-9-18 Webex: Jan 9 7-9pm EST	<ul style="list-style-type: none"> • Upper Quarter and Upper Trunk Clinical Medicine • Case Study requirements • Dissecting the pathology report 	Stubblefield & O'Dell: Chs. 10,11,26, 27, 55,57, 58, 73, 77-79; Part IV Rankin & Robb Chs. 11-15 Activities <ol style="list-style-type: none"> 1. Complete Forum for week 1 2. Identify a patient for case study
Week 2 1-10-18 to 1-16-18	Understanding Oncologic Surgical Intervention; Radiation Therapy intervention and Chemotherapy Intervention	Stubblefield & O'Dell: Chs. 10,11,26, 27, 55,57, 58, 73, 77-79; Part IV Rankin & Robb Chs. 11-15 Activities Complete Forum for week 2
Week 3 1-17-18 to 1-23-18	Physical Therapy Management of Individuals with Breast Cancer EVALUATION	Readings: Rankin & Robb Ch. 3 Stubblefield & O'Dell Chs. 8,9,13 Activities: Complete Forum for week 3
Week 4 1-24-18 to 1-30-18	Physical Therapy Management of Individuals with Breast Cancer INTERVENTION Part 1	Readings: Rankin & Robb Ch. 3 Stubblefield & O'Dell Chs. 8,9,13 Activities: Complete Forum for week 4
Week 5 1-31-18 to 2-6-18 Webex 2-6-18 7-9pmEST	Physical Therapy Management of Individuals with Breast Cancer INTERVENTION Part 2	Readings: Rankin & Robb Ch. 3 Stubblefield & O'Dell Chs. 8,9,13 Activities: Complete Forum for week 5
Week 6 2-7-18 to 2-13-18	Physical Therapy Management of Individuals with Lung & Bronchus Cancers EVALUATION	Readings: Stubblefield & O'Dell Chs. 15, 26, 27 Rankin & Robb Ch. 4 Activities: Complete Forum for week 6
Week 7 2-14-18 to 2-20-18	Physical Therapy Management of Individuals with Lung & Bronchus Cancers INTERVENTION	Readings: Stubblefield & O'Dell Chs. 15, 26, 27 Rankin & Robb Ch. 4 Activities: Complete Forum for week 7
Week 8 2-21-19 to 2-27-18	Evidence Based PT Intervention annotated Bibliography Assignment	Readings: Rankin & Robb Ch. 8 Stubblefield & O'Dell Chs. 7, 24, 25, 55, 59,60 Activities: Complete Forum for week 8

Week 9 2-28-18 to 3-6-18	Patient Resources & Community Support	Activities: <ul style="list-style-type: none"> • Create Community Resource (See Rubric) • Complete Forum for week 9
Week 9 3-7-18 to 3-13-18 Webex 3-13-18 7-9pm EST	Patient Resources & Community Support	Activities: <ul style="list-style-type: none"> • Submit Community Resource (See Rubric) • Complete Forum for week 10 • Present Patient Resource Document and Annotated Bibliography on Webex
Week 11 3-14-18 to 3-20-18	Identify all members of Survivorship Team	Readings: Rankin & Robb Ch. 5 Stubblefield & O'Dell Chs. 44 – 54, 72 Complete Forum for week 11
Week 12 3-21-18 to 3-27-18	Discussion regarding Detox after treatment is completed	Readings: On Moodle Complete Forum for week 12
Week 13 3-28-18 to 4-4-18	Case Study ppt Presentations & Peer Critiques	Prepare for presentation of Case Study
Week 14 4-5-18 to 4-10-18 Webex 4-10-18 7-9pm EST	Case Study ppt Presentations & Peer Critiques	Activities: Present Case Study Evaluation ppt on webex

ACADEMIC CONDUCT:

1) Academic conduct statement

Students are expected to adhere to the procedures for Academic Conduct described in the University Graduate Catalog. Please read and refer to the University Graduate Catalog, Policy on Academic Conduct. This policy states that “All members of the academic community . . . are expected to practice and uphold standards of academic integrity and honesty. Academic integrity means representing oneself and ones work honestly. Misrepresentation is cheating since it means students are claiming credit for ideas or work not actually theirs and are thereby seeking a grade that is not actually earned.” Examples of cheating include “cheating on exams, using books

and/or notes when not authorized to do so, copying from someone else's work or ideas without giving that person credit . . . Both direct quotations and paraphrases must be documented. Even if students rephrase, condense, or select from another person's work, the ideas are still the other person's and failure to give credit constitutes plagiarism of another's idea." This policy will be applied in this and all courses in the Program in Physical Therapy. Students found guilty of academic misconduct by the university will be subject university sanctions and to sanctions from the program by the Physical Therapy Promotion and Honors Committee including probation, suspension or dismissal.

2) Accommodations /Disability support services statement:

Any student with a documented disability needing academic accommodations is required to speak with the Office of Disability Support Services to make arrangements. The office is located in room 106 North Foundation Hall. For information or to make an appointment call 370-3266.

3) Emergency Preparedness Statement

Emergency Preparedness: All students are encouraged to become familiar with the Oakland University Emergency Preparedness Website, Policies and Procedures.

See: <http://www4.oakland.edu/?id=5410&sid=188> In particular, students are strongly encouraged to:

- 1) Take the 15-minute *Violence Prevention Training Course* available on the site
- 2) Sign up to receive text message alerts in the event of a major campus emergency by visiting the **Emergency Notification** Web site (Grizz ID and valid OU e-mail address required)
- 3) Know how to contact the OUPD in the event of an emergency:
 - Call **911** from any campus phone
 - Call (248) 370-3333 from a cell phone
 - Text the dispatch office at **911@oakland.edu**
 - E-mail the dispatch office at **911@oakland.edu**
- 4) Know how to **submit anonymous tips** online in non-emergency situations.