

# RSPT 61C: HOME & REHABILITATIVE RESPIRATORY CARE

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
Units:	2
Hours:	2 lecture per week (24 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade Only
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Create a patient care plan for a respiratory patient.
- Compare and contrast home positive pressure ventilators, negative pressure ventilators and ICU style positive pressure ventilators.

## Description

Introduction to rehabilitative respiratory care. Discussion of respiratory therapy procedures and equipment used in the treatment of home care patients. Intended for students in the Respiratory Therapy Program; enrollment is limited to students accepted in the program.

## Course Objectives

The student will be able to:

- Write a patient care plan for a respiratory patient.
- Create a lesson plan appropriate for patient education.
- Design a basic respiratory rehabilitation program.
- Discuss the negative affects of smoking and the benefits of quitting.
- Create a discharge plan for a respiratory patient.
- State indications for the use of home oxygen therapy.
- Compare and contrast home positive pressure ventilators, negative pressure ventilators and ICU style positive pressure ventilator.
- State set-up, maintenance, troubleshooting and aseptic procedures for home care equipment.
- Discuss the importance of proper nutrition and ways to improve the home care patient's eating habits.
- Discuss psychosocial, ethical, compliance, and age related issues as they apply to home care patients.

## Course Content

- Patient care plans
  - Purpose of plan
  - Format of plan
  - Patient assessment techniques
  - How to utilize patient care plans
- Lesson plans

- Purpose of plan
  - Format of plan
  - Special considerations for respiratory patients
  - Introduction to teaching techniques
- Rehabilitation programs
    - Benefits of rehabilitation programs
    - Components of program
    - Personnel required
    - Equipment and facilities required
    - Educational component
    - Assessments and goal setting
    - Out patient vs. in patient programs
  - Smoking cessation
    - Hazards of smoking
    - Benefits of quitting
    - Role of respiratory therapist in smoking cessation programs
    - Coping strategies
    - How to promote success
  - Discharge planning
    - Importance of plan
    - Components of plan
    - Members of planning team
    - Role of home care company in discharge planning
  - Home oxygen therapy
    - Supply systems
    - Administration devices
    - Oxygen conserving devices
    - Medicare reimbursement requirements
    - Home evaluation
    - Benefits of home oxygen therapy
  - Home mechanical ventilation
    - Positive pressure machines
    - Negative pressure devices
    - Positive pressure machines vs. negative pressure devices
    - Home ventilation vs. ICU mechanical ventilation
    - Benefits of home mechanical ventilation
  - Additional home respiratory equipment
    - Apnea monitors
    - Oximetry
    - Suction
    - Peak flow meters
    - CPAP
    - BiPAP
    - Small volume nebulizers
    - Large volume nebulizers
    - IPPB
  - Nutrition
    - Causes of malnutrition
    - Problems associated with malnutrition
    - Obesity
    - Fluid needs
    - Methods to improve appetite

- vi. Foods to avoid
- vii. Special diets
- j. Other considerations for home care patients
  - i. Aseptic technique
  - ii. Home environment evaluations
  - iii. Patient compliance issues
  - iv. Elderly patients
  - v. Pediatric patients
  - vi. Psychosocial issues
  - vii. Ethical issues

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

1. CPAP generators and associated patient attachment devices. Oxygen therapy equipment.
2. When taught online, students must have access to a computer with internet access.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Quizzes  
Written papers  
Midterm and final exam

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture

## Representative Text(s) and Other Materials

Hodgkin, J.. Pulmonary Rehabilitation: Guidelines to Success, 4th ed.. 2008.

While this text is over five years old, it still represents the standard in the field.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Assigned readings from textbook: approximately one chapter per week, averaging 30-40 pages.

## Discipline(s)

Respiratory Technologies