

# RSPT 61C: HOME & REHABILITATIVE RESPIRATORY CARE

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	2
<b>Hours:</b>	2 lecture per week (24 total per quarter)
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	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 patients 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
  - Foods to avoid
  - Special diets
- Other Considerations for Home Care Patients
  - Aseptic technique
  - Home environment evaluations
  - Patient compliance issues
  - Elderly patients
  - Pediatric patients
  - Psychosocial issues
  - Ethical issues

## **Lab Content**

Not applicable.

## **Special Facilities and/or Equipment**

CPAP generators and associated patient attachment devices. Oxygen therapy equipment.

## **Method(s) of Evaluation**

Based on quizzes, written papers, midterm and final exam.

## **Method(s) of Instruction**

Lecture.

## **Representative Text(s) and Other Materials**

Hodgkin, J. Pulmonary Rehabilitation: Guidelines to Success. 4th ed. Mosby, 2008. ISBN; 978-0323045490. This textbook is still relevant.

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

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

## **Discipline(s)**

Respiratory Technologies