



Course Syllabus: Rehab and Health Promotion  
College of Health Sciences and Human Services  
RESP 4422 Section 201  
Spring Semester, January 12, 2019 – May 10, 2019

#### Contact Information

Instructor: Jessica Fino MAM, RRT  
Office: Bridwell Hall 301  
Office hours: By appointment.  
Office phone: (940) 397-4584  
E-mail: [Jessica.fino@msutexas.edu](mailto:Jessica.fino@msutexas.edu)

#### Course Description

The focus of this lecture course is to educate the respiratory care student in the principles and practices used in pulmonary rehab programs. Topics include but are not limited to, organization and management, candidate assessment and selection, patient and family education, smoking intervention techniques, role of home and alternate care sites, and reimbursement for services.

#### Course Objectives

1. State the definition and general goals of pulmonary rehabilitation programs.
2. Describe the rationale for exercise conditioning and psychosocial support of patients with chronic pulmonary disease.
3. Describe how to evaluate and select patients for pulmonary rehabilitation.
4. Describe pulmonary rehabilitation program design including format and content.
5. List the educational content to be addressed in a pulmonary rehabilitation program to include smoking cessation strategies.
6. Describe the implementation of a pulmonary rehabilitation program including staffing, facilities, scheduling, class size, equipment and costs.
7. Describe outcome measures that can be used to evaluate pulmonary rehab programs.
8. Identify the potential hazards associated with pulmonary rehab.
9. Describe recent developments and trends in alternative site respiratory care.

10. Discuss standards as well as documentation associated with alternate care sites.
11. Describe reimbursement patterns and limitations impacting alternate care sites.
12. State how to ensure safety and infection control in alternative patient care settings.

#### Required Text

American Association of Cardiovascular and Pulmonary Rehabilitation, Guidelines for Pulmonary Rehabilitation Programs, Fourth Edition, Human Kinetics, 2011

#### Weekly Meeting Pattern

Monday, Tuesday and Thursday 10:40 – 11:50

#### Audience/ Credit

Senior Respiratory Care Students – 3 credit hours

#### Attendance Policy

Regular class attendance is required. No distinction is made between excused and unexcused absences unless the absence has been cleared through the office of the Dean of Students, Athletic Department or Academic Affairs. If a student misses a lecture, it is the student’s responsibility to work with other class members to determine what material was missed. There are facility tours included in this course. Attendance to these events is crucial to the learning experience and worth 5% of your overall grade. Additional assignments may be required if these events/tours are missed. Please refer to the MSU Student Handbook for more information.

#### Late Work

D2L is designed so that students are locked out of the system after the deadline has passed. Please make note of all deadlines and adhere to them. Anything not completed and submitted on time will be graded as a zero. Please talk with your professor, prior to the due date, regarding circumstances that may prevent you from completing an assignment on time. All assignments must be completed by 11:59pm on the due date unless otherwise specified.

#### Assignment Grading

Assignments		Percentage of Total Grade
Examinations		40%
Student Health Fair		25%
Fresh Start Campaign		30%
Attendance/Participation		5%

### Grading Scale

Letter Grade	Percentage Grade
A	90-100%
B	80-89%
C	75-79%
D	60-74%
F	Less than 60%

A minimum grade of 75, or a C, is required in all respiratory courses. All assignments must be completed by 11:59pm on the due date.

### Examinations

Course exams may consist of definitions, multiple choice, true/false, fill-in-the-blank, short answer, or essay type questions. Additionally exam grades may involve group projects and/or presentations as assigned by the instructor.

### Student Health Fair

Health Fair Presentations- As part of your project, you will create a project that summarizes, educates, and pertains to a specific topic that correlates with respiratory/health care. This project is 25% of your final grade. This project will be presented as part of the Midwestern State University Health Fair, which will be held on Friday March 8, 2019 from 9-1.

### **Topics: Health Care Prevention and Screening (Respiratory)**

- a. Smoking Cessation
- b. Pertussis/Whooping Cough
- c. Asthma Prevention/Treatment
- d. Environmental Hazards
- e. Allergies
- f. Health Risk Assessments
- g. Immunizations
- h. Cardiovascular Health & Stress Management
- i. Exercise and Health/Active Living
- j. Air Quality
- k. Hand-Washing
- l. Smokeless Tobacco
- m. Smoking Hazards and Effects
- n. Cardiovascular Health Related to Fat Intake
- o. Second-Hand Smoke
- p. Cardio-Pulmonary Rehab
- q. CPR

### **Projects should include the following:**

1. Project Title

2. Description of your topic and primary source(s) examined—remember to reference all resources
3. Based on your research of the topic what do you want viewers to take away from this experience (keep in mind that many of the viewers will have no background in healthcare)
4. Use your project to highlight the most important findings and points to your audience
  - a. -Too much text is distracting—determine your main points and emphasize those
5. Be prepared to summarize your work and answer questions during the health fair
6. GO BIG or GO HOME!!!

#### Fresh Start Campaign

As a method to promote health and smoking cessation, students will be required to obtain certification as a Fresh Start facilitator. In addition to this certification, students will also be required to participate in one Fresh Start class offered by the Wichita County Public Health District. The dates and times will be included in the course syllabus. In completion of this assignment, a reflective report will be required once the student has participated in the Fresh Start class. This assignment is worth 30% of your overall course grade.

#### Important Dates

Deadline for Change of Schedule and Late Registration: January 16, 2019

Deadline to file for May Graduation: February 18, 2019

Last Day to drop with a grade of "W:" March 25, 2019

Refer to: [Drops, Withdrawals & Void](#)

#### Student Handbook

Refer to: [Student Handbook 2018-2019](#)

#### Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct. Research papers and projects must be original work for each course assignment. The faculty will not accept a submission that has been or is being submitted for another course. No Exceptions!

#### Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer

semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the Schedule of Classes each semester.

#### Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exists in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

#### Services for Students With Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Website for Disabilities Services](#).

#### College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

#### Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

## Grade Appeal Process

Students who wish to appeal a grade should consult the Midwestern State University [Undergraduate Catalog](#)

### Course Schedule:

On the next page, you will find the course schedule. I suggest printing a copy of the course schedule to help you stay organized and submit your assignment by the deadlines. Please note that changes in the course syllabus, assignments, and schedule may be made at the discretion of the professor.

	Date	Topic	Text Reference
Week 1	Jan 14	Syllabus Review	
	Jan 15	Kettering	
	Jan 17	Kettering	
Week 2	Jan 21- 27	Clinicals	
Week 3	Jan 28- Feb 3	Clinicals	
Week 4	Feb 4	Definitions and Overview	AACVPR Ch. 1
	Feb 5	Candidate Selection/Assessment	AACVPR Ch. 2
	Feb 7	United Regional Tour @ 11am	<b>Exam #1 Due</b>
Week 5	Feb 11	Health Fair Topics	
	Feb 12	Collaborative Self-Management Education	AACVPR Ch. 3
	Feb 14	<b>Clin- Sims Mock Exam</b>	
Week 6	Feb 18-24	Clinicals	
Week 7	Feb 25- March 3	Clinicals	
Week 8	March 4	Exercise Assessment & Training (6- min walk)	AACVPR Ch. 4
	March 5	Health Fair Presentations- In Class	
	March 7	Health Fair Presentations- In Class	<b>Exam #2 Due</b>
	March 8	<b>Community Health Fair</b>	
Week 9	March 11	Psychosocial Assessment & Intervention/ Outcome Assessments	AACVPR Ch. 5 & 6
	March 12	<b>Midterm Reviews @ 10 am</b>	
	March 14	Disease Specific Management/Program Management <b>TMC Mock Exam</b>	AACVPR Ch. 7 & 8 <b>Exam #3 Due</b>
	March 18- 22	Spring Break	
Week 10	March 25- 31	Clinicals	
Week 11	April 1-7	Clinicals	

Week 12	April 8	Medical Management of Tobacco Treatment	
	April 9	<b>Fresh Start Certificate Due/ Guest Speaker</b>	
	April 11	<b>Mock Interviews</b>	
Week 13	April 15	Tobacco Campaigns and Education	
	April 16	<b>Fresh Start Classes</b>	
Week 14	April 22	Create a Tobacco Campaign ( <b>Exam #4</b> )	
	April 23	<b>Fresh Start Classes</b>	
	April 24*	Create a Tobacco Campaign ( <b>Exam #4</b> )	
	April 25	Celebration of Scholarship ( <b>Fresh Start Classes- Evening Only</b> )	
Week 15	April 29	Respiratory Care in Alternate Settings	<b>Reflective Report Due</b>
	April 30	DME Tour	
	May 2	Case Studies	
Week 16	May 6-9	Graduation Preparations!!!	

### Project Rubric

Criteria	Level 5	Level 4	Level 3	Level 2	Level 1
▼Assignment Specific Criteria	5 points Project completely captures the appropriate research. All aspects of the assignment are superbly responded to.	4 points Responds to all aspects of the assignment; Documents research appropriately; considers appropriate audience	3 points Responds to some aspects of the assignment; has some mistakes in research documentation	2 points Lacking substance within research and is minimally associated with projected audience.	0 points Does not give adequate coverage of assignment; does not document research appropriately; does not consider appropriate audience
▼Organization	5 points Project is perfectly organized and extremely detailed. This project is exemplary in focus and providing	4 points Has a well organized and detailed project that catches audience's interest; maintains focus throughout; summarizes main points	3 points Project that is mostly organized; provides adequate "road map" for the listener	2 points Project is heading in the right direction, yet is lacking the necessary organization. Difficult to follow at times.	0 points Has irrelevant and/or unorganized statements; gives listener no focus or outline of the presentation

	information to the reader.				
▼Content	5 points  Content, substance, and source material are considered exemplary throughout presentation.	4 points  Demonstrates substance and depth; is comprehensive; shows mastery of material	3 points  Demonstrates substance and depth; is comprehensive; shows mastery of material	2 points  Does not give adequate coverage of topic; lacks sources	0 points  No content of substance is presented within this project.
▼Grammar/Mechanics	5 points  Presentation is presented with no grammatical, sentence structure, spelling, or punctuation errors.	4 points  Sentence form and word choices are appropriate. Punctuation grammar, spelling, and mechanics are appropriate	3 points  Some mistakes in sentence form and word choices. Makes a few grammar, spelling, and mechanical errors.	2 points  Numerous grammatical and sentence structure errors noted throughout presentation.	0 points  Sentence form and word choices are unacceptable; Punctuation grammar, spelling, and mechanics are unacceptable
▼Professionalism	5 points  Demonstrates exceptional professionalism during Presentation and Health Fair	4 points  Demonstrates good professionalism during Presentation and Health Fair	3 points  Demonstrates average professionalism during Presentation and Health Fair	2 points  Demonstrates unacceptable professionalism during Presentation and Health Fair	0 points  Does not participate in presentation or health fair
▼Delivery	5 points  Demonstrates full knowledge of topic; explains and elaborates on all questions	4 points  Potentially has full knowledge of the topic at hand. Elaborates and explains to a minimal amount.	3 points  Shows ease in answering questions but does not elaborate	2 points  Demonstrates little grasp of information; has undeveloped or unclear answers to questions	0 points  No presentation noted. No questions or response noted
▼Design	5 points  Excellent project presentation with excellent visuals that capture the audience.	4 points  Good project presentation with good visuals that capture the audience.	3 points  Average project presentation with average visuals that capture the audience.	2 points  Poor quality project presentation with poor quality visuals that do not capture the audience.	0 points  No presentation noted
▼ <b>Overall Score</b>	▼ <b>Level 5 29 or more</b>	▼ <b>Level 4 23 or more</b>	▼ <b>Level 3 17 or more</b>	▼ <b>Level 2 11 or more</b>	▼ <b>Level 1 0 or more</b>