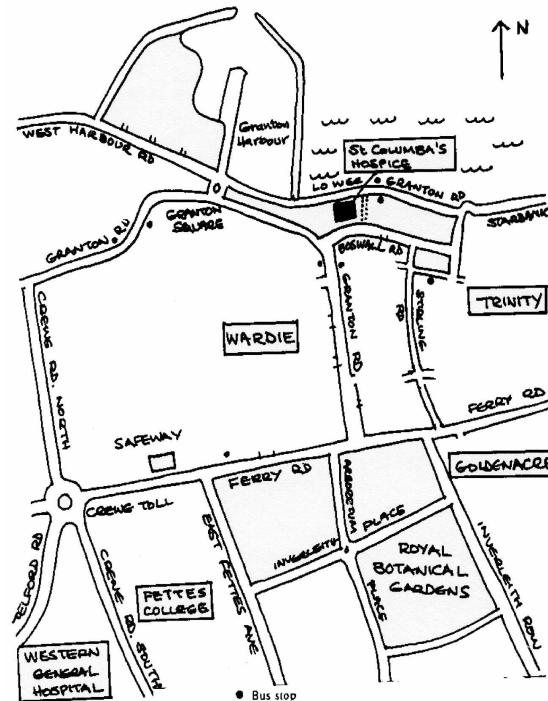


## HOW TO GET TO ST COLUMBA'S HOSPICE



## MSc in Palliative Care

# An Integrated Approach to Breathlessness in Palliative Care

Queen Margaret University and  
St Columba's Hospice

### BUS SERVICES

- 8, 14, 17 nearest stop Granton Road
  - 10, 32 & 52 nearest stop Lower Granton Road (approach Hospice by pedestrian way)
  - 23 nearest stop Lennox Row
- PARKING** is available in the lane adjacent to the entrance to the Hospice & neighbouring streets

St Columba's Hospice is an independent charity. Charity No. SC003634



Queen Margaret University  
EDINBURGH



St Columba's Hospice  
Edinburgh

## HOST DEPARTMENT: ST COLUMBA'S HOSPICE

This module is designed for members of the multi-professional health care team who are working with breathless patients in the palliative care phase of illness. The module is part of an interdisciplinary MSc in Palliative Care. It is at level 11 (Scottish Credit and Qualifications Framework) i.e. at Scottish Higher Education Masters level. It has a credit rating of 15 Masters SCOTCAT points. It may be taken as part of the MSc in Palliative Care, as an elective in other post graduate awards or as a stand alone module for continuing professional development. To undertake this module the student must have two years clinical experience as a qualified practitioner and evidence of recent academic study.

### **Rationale:**

Breathlessness is a relatively common symptom in patients receiving palliative care and one which can be distressing for the patient, family and carers. It is also difficult to manage. An integrated approach to managing breathlessness combines the pharmacological and non-pharmacological interventions in such a way as to maximise the quality of life for individual patients and also for patient groups. There is a growing body of evidence to support this approach. This module is relevant to all health care professionals working with patients in the palliative care phase of illness.

### **Aim:**

To enable the student to explore and critically evaluate an integrated approach to breathlessness in palliative care.

### **Learning Outcomes:**

On completion of the module, the participant will be able to:

- Differentiate between the normal physiology of breathing and the pathophysiology of breathlessness in the palliative phase of malignant/ non-malignant disease
- Evaluate current approaches to assessing breathlessness at the end of life and their applicability/ adaptability to the student's patient group
- Critically review current research, practice and decision-making in relation to pharmacological management of breathlessness
- Analyse current research, practice and decision-making in relation to an integrated approach to breathlessness in palliative care
- Appraise their own skills and those of their peers in:
  - Breathing retraining
  - Relaxation
  - Goal setting
  - Activity pacing
  - Clinical teaching
- Critically evaluate their own practice in relation to the integrated approach to breathlessness
- Devise a strategy for implementing and evaluating an integrated breathlessness service

### **Main Topic Areas:**

The concept of breathlessness and its impact on quality of life; physiology of breathing; pathophysiology of breathlessness in malignant/ non malignant disease in palliative care; causes of breathlessness; assessment of breathlessness; an integrated approach to breathlessness to include:

- correcting the reversible causes of breathlessness
- pharmacological management
- non-pharmacological management

Teaching/ appraising clinical skills; ethical issues in decision-making; reflective practice  
Planning, implementation and evaluation of a breathlessness service

### **Teaching and Learning Strategies:**

Modified lectures, skills rehearsal and appraisal, case study analyses, literature-based tutorials, reflective debriefings.

### **Teaching Team:**

Margaret Colquhoun, Senior Nurse Lecturer; Joan Adam, Nurse Lecturer; Kathryn Boog, Clinical Specialist Occupational Therapist; Duncan Brown, Consultant in Palliative Medicine; Fiona Cathcart, Consultant Clinical Psychologist; Rhona Else, Clinical Specialist Physiotherapist; Dorothy McArthur, Principal Clinical Pharmacist; Diana Borthwick, Honorary Lecturer & Clinical Nurse Specialist, Western General Hospital.

### **Assessment:**

A critical commentary and reflection on the student's practice in relation to the integrated approach.

This module will be in the second semester of the academic year 2007/2008. Classes will be held in St Columba's Hospice on five study days (Thursdays) at fortnightly intervals: 7 & 21 February, 6 & 20 March, 10 April 2008 from 9.15am - 4.00pm. The cost of this module will be £365.

Further information can be obtained from the Module Coordinator:

Margaret Colquhoun, Senior Nurse Lecturer  
St Columba's Hospice  
Boswall Road  
Edinburgh EH5 3RW  
Tel: 0131 551 1381, ext. 167  
email: [mcolquhoun@stcolumbashospice.org.uk](mailto:mcolquhoun@stcolumbashospice.org.uk)

Applications to:

The Admissions Department  
Queen Margaret University  
Clerwood Terrace  
EDINBURGH EH12 8TS  
Tel: 0131 317 3247

The University reserves the right to make any necessary change to the programme. The programme of study will only be offered when there are sufficient numbers to make it viable.