

Outline for Cancer Rehab Course

Day 1

Morning

- Introduction & overview of cancer pathology: Staging, growth, metastasis, and treatment protocols
- Cancer pain
- Hematological issues
- Effects of Corticosteroids

Coffee Break

- Neurological problems related to chemotherapy and radiotherapy (peripheral, cardiac, central)
- Metabolic issues : cachexia anorexia-evidence on management(CNR)
- Cancer fatigue

LUNCH Break

Afternoon

- Radiation fibrosis
- Articular problems related to chemotherapy, radiotherapy and surgery
- Management of bone metastasis

Coffee break

- Lymphedema

Question period

Day 2

Morning

- Framework for assessment & decision –making
- Exercise interventions at all stages of disease

Coffee break

- Biophysical modalities in patients with cancer: Guidelines for use based upon the stage of disease and physiological mechanisms underlying their effectiveness
- Psychosocial issues
- Management of patients in the home setting

Lunch Break

Afternoon

- 3 Case studies
 - Bone disease multiple myeloma
 - Fatigue
 - Palliative pain

Day 3

Specific problems and physiotherapy interventions related to:

Morning

- Breast cancer: Post-operative management (partial and total mastectomies with axillary node dissections), post-reconstruction rehab protocols (tram-flap procedures, prosthetic replacements)
- Rehabilitation of lung cancer patients
- Head and neck cancers: Rehabilitation following surgery and reconstruction

Coffee break

- Young adult cancers(ages 18 to 40): unique issues associated with treatment
- Gynecological cancers & Gastrointestinal cancers
- Hematological cancers: Rehabilitation interventions including post bone marrow and stem cell transplantation

Lunch break

Afternoon

Case Studies: “Putting it all together”