

October 27-28, 2012

Vancouver, BC

Location:

Friedman Building, UBC, 212-2177  
Westbrook Mall  
Vancouver, BC

This two day course is applicable to physical therapists, physical therapy assistants, occupational therapists, nurses, and speech language pathologists.

Receipts and course certificates will be distributed at the completion of the seminar. Tuition fees include course materials and refreshments at break.

Course Tuition

CPA \$400.00 (CAN)  
Non CPA \$450.00 (CAN)

Deadline September 27, 2012

Late registration fee: \$20

For further questions  
please contact:

Oncology Division at  
education@oncologydivision.ca or  
visit www.oncologydivision.ca

North American Seminars, Inc.  
and



**Oncology  
Physiotherapy**

A Division of the Canadian Physiotherapy Association

present

# Advanced Management of Breast Cancer Rehabilitation



An Evidence-Based Course

Presented by  
**Julia Osborne, PT, CLT-LANA**

## Day One

7:30	8:00	<b>Registration</b>
8:00	8:10	<b>Introducing Advanced Breast Cancer: Oncology Rehabilitation</b>
8:10	8:30	<b>Introducing Oncology Marketing</b>
8:30	9:00	<b>Breast Cancer Survivorship</b>
9:00	10:00	<b>Breast Cancer Pathogenesis</b> <ul style="list-style-type: none"><li>• DNA: Inherited and Non-Inherited Mutations</li><li>• Hormones – Steroidal and Protein Based</li><li>• Chronic Inflammation</li><li>• Functional Capabilities of Breast Cancer Cells</li></ul>
10:00	10:15	<b>Break</b>
10:15	11:00	<b>Types of Breast Cancer</b> <ul style="list-style-type: none"><li>• Triple Positive Breast Cancer</li><li>• Triple Negative Breast Cancer</li><li>• Inflammatory Breast Cancer</li><li>• Medullary Carcinoma</li><li>• Metaplastic Carcinoma</li><li>• Mucinous Carcinoma</li><li>• Paget's Disease</li><li>• Papillary Carcinoma</li><li>• Phyllodes Tumors</li><li>• Tubular Carcinoma</li></ul>
11:00	11:30	<b>Tumor Classification</b> <ul style="list-style-type: none"><li>• Staging and Grading</li><li>• Oncotype Testing</li></ul>
11:30	1:00	<b>Advancements in Breast Cancer Treatment</b> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Myelosuppression<ul style="list-style-type: none"><li>- Neutropenia Guidelines</li><li>- Anemia Guidelines</li></ul></li><li>• Cancer Related Fatigue</li><li>• Chemo-Induced Peripheral Cognitive Changes</li><li>• Targeted Therapy</li><li>• Hormone Therapy<ul style="list-style-type: none"><li>- Rehab Implications</li></ul></li></ul>
1:00	2:00	<b>Lunch (on your own)</b>
2:00	3:00	<b>Surgical Advancements</b> <ul style="list-style-type: none"><li>• Skin Sparing Techniques</li><li>• Muscle Flap/Free Flap Surgeries<ul style="list-style-type: none"><li>- Rehab Implications</li></ul></li></ul>
3:00	3:30	<b>Radiation Therapy</b> <ul style="list-style-type: none"><li>• Rehab Implications</li></ul>
3:30	3:45	<b>Break</b>
3:45	4:30	<b>Manual Therapy Program Guidelines</b> <ul style="list-style-type: none"><li>• The Neuro-Musculo-Skeletal System</li><li>• The Lymphatic System</li></ul>
4:30	6:00	<b>LAB Introduction: Hands-On</b> <ul style="list-style-type: none"><li>• Myofascial Trigger Point Release</li><li>• Neural Tension Release</li></ul>

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## Day Two

8:00	9:45	<b>Clinical Considerations in Breast Cancer - An Advanced Look at the Lymphatic System</b> <ul style="list-style-type: none"><li>• A System within other Systems</li><li>• Anatomy and Physiology</li><li>• Upper Body/Trunk Lymphatic System</li><li>• Territories and Watersheds</li><li>• Lymph Nodes<ul style="list-style-type: none"><li>- Proximity to Joints, Ganglia, Proprioceptors</li></ul></li><li>• Integrating Muscle, Fascia, Joint Mobs, ULNT Techniques with the Lymphatic System</li><li>• Modalities – TENS, Laser, US, E-Stim</li></ul>
9:45	10:00	<b>Break</b>
10:00	11:45	<b>LAB: Hands-On Application of Integrative Techniques</b> <ul style="list-style-type: none"><li>• Lumpectomy and Mastectomy</li><li>• Expanders and Implants</li><li>• TRAM/Free Flap and Lat Flap Surgeries</li><li>• Reducing Post Surgical/Radiation Edema and Fibrosis</li><li>• Cording/Axillary Web Syndrome</li><li>• Mondor's Syndrome</li><li>• Complications: Infection, Hematoma, Abscess</li><li>• Lymphedema: UE, Trunk, Abdominal</li><li>• Relevant Exercises – Inpatient and Outpatient</li></ul>
11:45	12:30	<b>Oncology Exercise Program Development</b> <ul style="list-style-type: none"><li>• Clinical Considerations</li><li>• Exercise Physiology and the Breast Cancer PT</li><li>• Patient Evaluation</li><li>• Intensity Management</li></ul>
12:30	1:30	<b>Lunch (on your own)</b>
1:30	2:30	<b>Clinical Sequela of Breast Cancer</b> <ul style="list-style-type: none"><li>• Bone Metastasis<ul style="list-style-type: none"><li>- Treatment Guidelines</li></ul></li><li>• Breast Cancer and Pain</li><li>• Oncologic Emergencies with Breast Cancer</li></ul>
2:30	3:00	<b>Lymphedema Risk Reduction</b> <ul style="list-style-type: none"><li>• Patient Education</li></ul>
3:00	3:15	<b>Break</b>
3:15	3:30	<b>Inpatient/Outpatient Continuum of Care</b> <ul style="list-style-type: none"><li>• Considerations for Program Development</li><li>• Coding and Billing</li><li>• Documentation and Fluctuating Clinical Status</li></ul>
3:30	3:55	<b>Marketing Strategies - Finding Action Plans the Resonate with You</b> <ul style="list-style-type: none"><li>• Creating a Business Interface</li><li>• Communicating with Physicians</li><li>• Communicating with the Community</li><li>• Communicating through the Media</li></ul>
3:55	4:00	<b>Questions &amp; Answers</b>

## About the Educator

**Julia Osborne, PT, CLT-LANA** graduated with a BSc. (Honors) in Physiotherapy from the University of Cape Town, South Africa. In her years of practice prior to specializing in oncology rehabilitation she gained extensive clinical experience in the treatment of Adult, Geriatric, and Pediatric patients in outpatient and inpatient settings. Her specialty areas, in addition to Oncology Rehabilitation, include Combined Decongestive Therapy, Chronic Pain Management, Advanced Manual Therapy Techniques, and Woman's Health. She is certified in the management of Lymphedema. Over the past six years Julia has focused her career on the development of Oncology Rehabilitation in Physical Therapy. She has developed treatment protocols for post surgical and radiation care, symptom control, patient guidelines for prevention of onset of lymphedema and other secondary complications, and she has developed a lymphedema education & resource center for outpatients. Julia has also authored several course manuals for oncology rehabilitation. These include Clinical Model of Lymphedema Management for PT's, Oncology Rehabilitation Manual for PT's, Post Surgical and Post Radiation Management of Patients with Breast Cancer, and Cancer Survivorship – How can Physical Therapy Make a Difference?

Julia is an Affiliate Faculty member of the Doctor Of Physical Therapy Program at Regis University and teaches an introductory oncology rehabilitation class to students. Public speaking has become a successful addition to Julia's career. She has been a speaker at the APTA 2005 Spring Conference in Denver, CO; and at the Day of Caring 2005 and 2006 Conferences in Denver, CO. She has also conducted 3 and 5 day seminars in Oncology Rehabilitation for HealthOne Medical Centers, and Physiotherapy Associates. Professional groups to which Julia has presented include the American Mammography Annual Conferences, Radiation Oncology at Swedish Medical Center, Sally Jobe Breast Center Physician Conferences, and the Y-Me TeleConferences. Julia is frequently invited to speak at patient support groups and at community events in Denver.

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## Why You Should Attend This Course

This two-day advanced seminar is designed to expand and advance current clinical knowledge by providing more in depth clinical information needed to problem solve through a complex variety of breast cancer diagnoses. Complex diagnoses include patients with aggressive forms of breast cancer; patients with metastatic breast cancer such as bone and lung metastases; patients with associated co-morbidities such as auto-immune diseases, diabetes, CHF; patients with differential diagnoses such as superior vena cava syndrome, sarcomas, etc.; and patients with treatment complications such as seromas, hematomas, infections, open wounds, axillary web syndrome, and Mondor's syndrome. Centered on systems management, a series of advanced, synchronized manual therapy treatment techniques are taught in the lab sessions. These advanced clinical treatment techniques will allow experienced therapists to build on their current expertise by being inclusive of all the major systems involved in the medical treatment of breast cancer patients, namely the musculo-skeletal system, the nervous system, the vascular system, the lymphatic system, and the endocrine system. Careful study of how each of these systems are affected in the breast cancer population will enable clinicians to apply advanced treatment concepts and integrative skills to effectively and successfully treat a multitude of complex patient scenarios that go beyond the routine post surgery and post radiation management of this population. Additionally, the integrated skills taught in the seminar will add leverage to current treatment protocols, optimize the functioning of patients, and bring about improved sustainable results. Upon completion of the course, clinicians will be able to design specific exercise protocols and use integrated systems management techniques in the advanced treatment of breast cancer patients with surgical complications, severe side effects of radiation, side effects of chemotherapy, and side effects of targeted hormone therapies. The information presented in the course will enhance therapists' ability to develop a continuum of care, lead a multi-disciplined approach, and effectively market new concepts in the management of patients with breast cancer to the medical community. The course presents evidence-based material both in the medical management of patients with breast cancer and in the rehabilitative therapy management of patients with breast cancer. The information obtained in this course can be immediately applied in the clinic to achieve sustainable, functional outcomes in patients with breast cancer.

## Course Objectives

### Upon completion of this course, participants will be able to:

- Understand the anatomy of breast cancer cells, their functional capabilities, and how modern medicine is responding in its design to treat breast cancer effectively.
- Expand clinical knowledge about differential diagnoses, treatment side effects, and physical sequelae of chemotherapy, radiation therapy, and targeted hormone therapies.
- Advance understanding of the biology and physiology of the acute trauma that occurs to the lymphatic system after surgery and radiation therapy, and how this affects normal healing processes in the body.
- Understand the difference between treating "lymphedema" as a condition, and the advanced concepts of treating acute trauma of the "lymphatic system" as it relates to other body systems in the healing processes of surgery, radiation, and chemotherapy.
- Advance and integrate manual lymphatic drainage skills with orthopedic manual therapy skills to include system management of the musculo-skeletal system, the nervous system, the vascular system, the lymphatic system, and the endocrine system during and post breast cancer treatment.
- Understand complex co-morbidities and adverse treatment complications of breast cancer, how they affect the healing capacity of patients, and how treatment can be structured to minimize their effect.
- Identify clearly the specific clinical goals of specialized manual therapy skills and targeted exercise protocols for patients undergoing advanced forms of breast surgery, new chemotherapy treatments, and/or targeted radiation therapy so as to achieve optimal function, as well as sustainable treatment results.
- Have increased knowledge about advances in breast cancer diagnoses, advances in breast cancer management, and advances in breast cancer research.
- Gain and advance leadership skills in the continuum of care and multi-disciplined approach to the management of patients with breast cancer.

## Registration form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_

Email \_\_\_\_\_

CPA# \_\_\_\_\_

Profession \_\_\_\_\_

Make cheques payable to  
Oncology Division

Send registrations and payment to:

Oncology Division  
c/o Ann Rankin  
1617 Braid Rd  
Delta, BC V4L 1T5

Withdrawal by Registrant: All course withdrawal requests must be received in writing. Withdrawal requests received more than 21 days prior to the course date will be refunded in full, less a \$20.00 administration fee. Withdrawal requests received between 21 days and 15 days before the course date will be refunded 50%. No refunds will be given for withdrawal requests received within 15 days of the course date. Cancellation of Course: In the event that Oncology Division chooses to cancel a course, all registration fees paid will be refunded in full. Course fees will not be refunded for travel delays caused by weather or other acts of God which prevent any registrant from attending.