

Oncology Rehabilitation Conference

Saturday October 5, 2019

Sponsored by UVM Doctor of Physical Therapy Program and Vermont Lymphedema Network

UVM College of Medicine Larner Education Center 300

Given Medical Bldg, 89 Beaumont Ave, Burlington, VT 05405

8:30 am -5:00 pm

Guest Speaker: Mary Lou Galantino PT, PhD, MSCE, FAPTA

Conference Objectives

Participants will be able to:

1. *Describe cancer prevention and screening strategies for the general population*
2. *Identify epidemiology, pathophysiology and treatment of various cancer diagnoses*
3. *Describe differential diagnosis of long term survivors in outpatient settings and use of specific measurements for rehabilitation of treatment side effects*
4. *Identify and address all systems involved in the treatment of a newly diagnosed cancer survivor - through various case presentations*
5. *Design and implement exercise interventions to manage cancer-related fatigue, sleep related issues and pain from surgery, chemotherapy and radiation fibrosis*
6. *Consider the use of integrative oncology and cancer wellness coaching in the treatment of cancer survivors*

8:30-9:00 Registration - Larner Education Center 300; Continental breakfast and coffee available

I. 9-10:30 Introduction to Oncology Rehabilitation

- a. Cancer prevention and screening
- b. Introduction to Oncology Rehab principles
- c. Differential diagnosis for various cancer diagnoses
- d. Oncology Nutrition
- e. Exercise, natural immunity & cancer
- f. ACSM Guidelines in Prescription for exercise with cancer patients
- g. Global cancer resources

10:30-10:45 Break

II. 10:45-12:00 Available treatments and Need for Rehabilitation Services

- a. Surgical impact on function
- b. Radiation treatment
- c. Chemotherapy interventions and systemic impact
- d. Physical Therapists as Navigators and Wellness Coaches

12-1:00 Lunch: Included in cost of conference; provided to participants near classroom

III. 1:00-2:15 Treatment related impairments & considerations

- a. Cardiopulmonary implications
- b. Chemotherapy Cognitive Decline & Emotional Distress
- c. Management of Cancer-Related Fatigue
- d. Outcome measures for other neuromusculoskeletal impairments & activity/participation restrictions
- e. Manual Therapy for Chronic Pain in the age of the opioid crisis

2:15-2:30 Break

IV. 2:30-3:30 Overall wellness

- a. Chronic pain and use of psychologically informed PT (PIPT – CBT, etc)
- b. Integrative oncology- (relating to QOL overall including cancer and other co-morbidities)
- c. Wellness coaching – discussed on Friday but practice principles
- d. Yoga to Enhance QOL for Chronic Disease (CIPN, Joint Pain from Aromatase Inhibitors, improve sleep, anxiety/depression)

V. 3:30-4:15 Case studies

- a. Small break-out sessions to work on various cases and share experiences

VI. 4:15-5:00 Large Group Q & A/sharing

VII. Evidence & Resources

- a. Cancer Nutrition Services: A Practical Guide for Cancer Programs, *Association of Community Cancer Centers*
- b. Heal Well: A Cancer Nutrition Guide, *American Institute for Cancer Research*
- c. Pulmonary Function Tests- *Memorial Sloan Kettering Cancer Center*
- d. Revised Neurophysiology of Pain Questionnaire – chronic pain resource
- e. Pain Science Patient & Therapist Workbook – chronic pain resource
- f. Clinical Prediction Guideline, Low Back Pain
- g. Fact Sheets, *APTA Oncology Section*
 - i. Cancer related fatigue
 - ii. Chemobrain
 - iii. CIPN
 - iv. Head & Neck Cancer fact sheet for consumers
 - v. Head & neck cancer fact sheet for providers
 - vi. Lymphedema
 - vii. Radiation fibrosis

Journal Articles

- ✚ Portrait of Chronic Pain – Frida Kahlo. (2017). *PTJ*.
- ✚ Journal of Clinical Oncology: Screening, Assessment, and Management of Fatigue in Adult Survivors of Cancer: An American Society of Clinical Oncology Clinical Practice Guideline Adaptation (2014). *Journal of Clinical Oncology*.
- ✚ Clinical exercise interventions in pediatric oncology: A Systematic Review. (2013). *Pediatric Research*.
- ✚ Supervised exercise reduces cancer-related fatigue: a Systematic Review. (2013). *Journal of physiotherapy*.
- ✚ Cannabis in pain treatment: Clinical and Research Considerations. (2016). *American Pain Society*
- ✚ Medical Marijuana: Just the Beginning of a Long Strange Trip? (2017). *PTJ*.
- ✚ Therapeutic potential of cannabis-related drugs. (2016). *Progress in Neuro-psychopharmacology & Biological psychiatry*.
- ✚ How to Explain central sensitization with patients with ‘unexplained’ chronic musculoskeletal pain: practice guidelines. (2011). *Manual Therapy*.
- ✚ Complementary Therapies and Integrative Medicine in Lung Cancer. (2013). *Chest*.
- ✚ The Role of Rehabilitation in Cancer Treatment. (2016). *Internet Journal of Allied Health Sciences & Practice*.
- ✚ Assessment of chemotherapy-induced peripheral neuropathy using LDI flare technique (2015). *Brain and Behavior*.
- ✚ Clinical Practice Guidelines for Breast Cancer Rehabilitation: Synthesis of Guideline Recommendations and Qualitative Appraisals. (2012). *Cancer*.
- ✚ Effects of Exercise on Cardiovascular outcomes before, during, and after treatment for breast cancer. (2014). *Breast Cancer Res Treat*.
- ✚ Clinical Practice Guidelines on the Use of Integrative Therapies as Supportive Care in Patients Treated for Breast Cancer. (2014). *Journal of National Cancer Institute Monographs*.
- ✚ Depressed mood in breast cancer survivors: Associations with physical activity, cancer-related fatigue, quality of life, and fitness level. (2013). *European Journal of Oncology Nursing*.
- ✚ Implementing the exercise guidelines for cancer survivors. (2012). *Journal of Supportive Oncology*.
- ✚ Integrative Reiki for Cancer Patients: A Program Evaluation. (2014). *Integrative Cancer Therapies*.
- ✚ Lifestyle Factors in Cancer Survivorship: Where we are and where we are headed (2015). *Journal of Personalized medicine*.
- ✚ Myocardial protection During Cardiotoxic Chemotherapy.(2015). *Circulation*.
- ✚ Prospective surveillance model for physical rehabilitation of women with breast cancer: chemotherapy induced peripheral neuropathy. (2012). *Cancer*.