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
   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

- Therapeutic potential of cannabis-related drugs. (2016). *Progress in Neuro-psychopharmacology & Biological psychiatry*.
- 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*.
- Lifestyle Factors in Cancer Survivorship: Where we are and where we are headed (2015). *Journal of Personalized medicine*.
- Prospective surveillance model for physical rehabilitation of women with breast cancer: chemotherapy induced peripheral neuropathy. (2012). *Cancer*.