

2009 Course Dates & Locations

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Order the Lymphedema Toolbox when you register for this course!
Lymphedema Toolbox New version 3.0

This software is designed for medical professionals who are starting a lymphedema program or who have an existing program. Stunning images of the lymphatic system and the latest information available on the treatment of lymphedema form the foundation of this product. Information from the software can be printed out for patients, professional education and marketing your program. Topics for the patient include: patient bandaging for the upper and lower extremity, patient treatment checklist, "What is Lymphedema?" information, home treatment program, guidelines & precautions, garment information, community resources, and exercises for the upper and lower extremity. Professional topics include: post-surgical guidelines, protocols for the lower extremity and protocols for the upper extremity. Professionals can study the material and submit the test with \$150 for 15 hours of continuing education. The software alone is \$129.95, **if purchased with registration the software is only \$108.** See www.healthclick.com or call 1-800-300-5512 for more information. Requires Windows 2000 or Windows XP and CD Drive. This product is guaranteed to meet your satisfaction in accordance with the software return policy.

Oncology Rehabilitation and Cancer Survivorship



Presented by
Julia Osborne, PT, CMLDT

North American Seminars, Inc.
1-800-300-5512
Fax 1-800-310-5920
www.healthclick.com

Day One

7:30	8:00	Registration
8:00	8:15	Course Introduction
8:15	8:45	Survivorship
8:45	9:00	Marketing Introduction
9:00	9:45	Cancer Pathogenesis <ul style="list-style-type: none"> • Cancer Growth • Solid Tumors and Fluid Cancers • WHO Tumor Classification • Cancer Triggers/Oncogenes • Epidemiology
9:45	10:00	Break
10:00	11:00	Medical Management of Cancer <ul style="list-style-type: none"> • Diagnostics • Chemotherapy • Radiation Therapy • Targeted Therapies • Hormone Therapies
11:00	11:30	Review of Cancer and The Lymphatic System <ul style="list-style-type: none"> • The "Power" of the System • Clinical Importance of Fluid Composition • Cancer and Transport Capacity • Clinical Importance of Territories and Watersheds
11:30	12:30	Discussing Lymphedema Prevention with Patients <ul style="list-style-type: none"> • How to know when stressing the system • How to live freely, actively, without fear
12:30	1:30	Lunch (on your own)
1:30	2:00	Rehabilitation Precautions *“Oncologic Emergencies”
2:00	2:45	Breast Cancer Pathology <ul style="list-style-type: none"> • Types of Breast Cancer • Understanding the Clinical Relevance
2:45	3:30	Medical Treatment Options for Breast Cancer <ul style="list-style-type: none"> • Surgery Types and Rehab Implications • Radiation Therapy and Rehab Implications • Targeted Hormone Therapies and Rehab Implications
3:30	3:45	Break
3:45	4:15	Rehabilitation and Altered Fluid Dynamics <ul style="list-style-type: none"> • Why a Different Approach? • Concept: Altered Fluid Dynamics
4:15	5:00	Breast Cancer Evaluation and Treatment Overview <ul style="list-style-type: none"> • Neuro-Musculoskeletal Considerations • Edema Considerations
5:00	6:00	Breast Cancer-Clinical Application Upper Body (Lab)

Day Two

8:00	9:00	Upper Body Clinical Application-Breast Cancer Lab <ul style="list-style-type: none"> • Introducing Integrative Manual Therapy Techniques • Treating Patients with Lumpectomies and Mastectomies • Reducing Post Surgical/Radiation Edema and Fibrosis • Relevant Exercises – Inpatient and Outpatient
9:00	9:15	Breast Cancer: Inpatient and Outpatient Continuum of Care <ul style="list-style-type: none"> • Program Implementation • Bridging the Gap
9:15	9:30	Lung Cancer Pathology <ul style="list-style-type: none"> • Signs and Symptoms, Diagnosis
9:30	10:00	Medical Treatment Options for Lung Cancer <ul style="list-style-type: none"> • Surgery and Rehab Implications • Radiation Therapy and Rehab Implications • Relevant Exercises – Inpatient and Outpatient
10:00	10:15	Break
10:15	10:30	Lung Cancer: Inpatient and Outpatient Continuum of Care <ul style="list-style-type: none"> • Program Implementation • Bridging the Gap
10:30	10:45	Pathology: Prostate Cancer, Ovarian Cancer, Skin Cancer <ul style="list-style-type: none"> • Signs and Symptoms, Diagnosis
10:45	11:15	Medical Treatment: Prostate, Ovarian and Skin Cancers <ul style="list-style-type: none"> • Surgery and Rehab Implications • Radiation Therapy & Rehab Implications
11:15	12:30	Lower Extremity Clinical Application Prostate Cancer Lab <ul style="list-style-type: none"> • Reducing Post Surgical/Radiation Edema and Fibrosis • Relevant Exercises – Inpatient and Outpatient
12:30	1:30	Lunch (on your own)
1:30	2:15	Leukemia, Lymphoma and BMT Pathology <ul style="list-style-type: none"> • Pathology • Bone Marrow & Stem Cell Transplants • Program Implementation • Inpatient and Outpatient – Bridging the Gap
2:15	2:30	Break
2:30	3:30	Implementing Oncology Exercise Programs <ul style="list-style-type: none"> • Cancer Related Fatigue, Cardiotoxicity, Pulmonary Toxicity • How to Decide How Much to Do and When Implementing Appropriate Exercises • Timing, Intensity, Program Design
3:30	3:50	Developing Oncology Rehab Programs <ul style="list-style-type: none"> • Marketing • Community Advocacy
3:50	4:00	Questions and Answers

About the Educator

Julia Osborne, PT, CMLDT 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.

Why You Should Attend This Course

This oncology course focuses on "Cancer Survivorship", a phrase captured by the international media, which describes a new continuum of cancer management that is emerging within the entire field of medicine. There are currently 10 million cancer survivors in the United States and it has become very evident that cancer survivors not only need rehabilitative care during their cancer treatment, but also need ongoing rehabilitative care after completing their treatment programs.

Throughout this two days, you will be presented with evidence-based information and the tools needed to care for the cancer patient throughout the continuum of care. Your ability to address the symptoms involved with "survivorship" will enhance the cancer patient's ability to have a more productive, healthy quality of life.

You will gain a greater understanding of the pathophysiology of different cancers; specifically breast cancer, head and neck cancer, CNS cancers, prostate cancer, ovarian cancer, lung cancer, and skin cancers and the role of rehabilitation with regards to these cancers in relation to surgery, chemotherapy, radiation therapy and hormone therapy. Specific detail will also focus on cancer diagnostic procedures, surgical procedures and cancer treatment. The laboratory session will enhance the clinician's clinical and manual therapy skills needed in the management of the musculoskeletal effects of post surgical and post chemotherapy treatment.

The concepts and techniques presented in this course will assist the clinician with providing a comprehensive oncology program from the initial acute care stages of cancer to the progression to the outpatient and home maintenance program.

Course Objectives

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

- Understand the need for a specialized treatment approach to oncology patients.
- Understand cancer pathogenesis and the medical management of cancer.
- Recognize clinical side effects of cancer surgery, chemotherapy, and radiation therapy.
- Realize and understand the important connection between the lymphatic system and cancer.
- Perform a comprehensive evaluation of the breast cancer patient.
- Know how to perform the appropriate treatment protocols for the breast cancer patient.
- Create oncology treatment and exercise programs addressing the musculoskeletal and cardiovascular needs of oncology patients with other cancers.
- Understand the clinical implications of cancer related fatigue.
- Know and understand the appropriate exercise guidelines for cancer related fatigue.
- Setting up an Oncology Rehabilitation Program including creating an appropriate treatment environment, billing procedures and marketing strategies.

Certificates of attendance are provided upon successful completion of the course.

This course is 15.0 contact hours/1.5 CEUs.

This course can be used for continuing education competency for license renewal for OT's and PT's in the state of California. NAS is an approved provider by the IDPR for physical therapy ceus in the state of Illinois. Provider #216000074. NAS courses presented in Maryland are submitted to the Maryland Board of Physical and Occupational Therapy for ceu approval for license renewal. NAS courses presented in Ohio are submitted to the OPTA for physical therapy ceu approval. NAS courses presented in Florida are submitted for approval to the FPTA for physical therapists. FLOT provider # 50-1442. North American Seminars, Inc. is an AOTA provider for continuing education, NAS Provider #4487. AOTA does not endorse specific course content, products, or clinical procedures. The Illinois, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, Delaware, Rhode Island, Missouri, North Carolina, Virginia and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements.

Osborne09

Registration Form

Oncology Rehab and Cancer Survivorship

Course Tuition: \$425

register online and save on tuition for this event
with shoulder software, \$533.00 (\$108.00)

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com



Name _____ Profession _____

Home Business _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Credit Card _____

expiration date _____ e-mail _____

Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.