

Advanced Oncology Rehabilitation for Successful Outcomes



Presented by
Julia Osborne, PT, CLT-LANA

PT, OT, PTA and ATC - Continuing Education Course

North American Seminars, Inc.

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Day One

7:30	8:00	Registration
8:00	8:45	An Introduction to Advanced Oncology Rehabilitation <ul style="list-style-type: none"> • Cancer survivorship and oncology rehab • Introducing program design
8:45	9:15	Marketing Strategies <ul style="list-style-type: none"> • Finding action plans that work for you • Presenting evidence based practice • Oncology rehabilitation-new in the medical arena <ul style="list-style-type: none"> - How to powerfully introduce it and get referrals
9:15	10:15	Advancing the Understanding of Medical Oncology <ul style="list-style-type: none"> • Cancer pathogenesis • DNA: inherited and non-inherited mutations • Research advancement in DNA testing • Cancer growth: functional capabilities of cancer cells • Tumor classification-staging and grading • Chemotherapy and targeted therapies
10:15	10:30	Break
10:30	11:30	Advancements in Cancer Treatment <ul style="list-style-type: none"> • Chemotherapy <ul style="list-style-type: none"> - Myelosuppression <ul style="list-style-type: none"> • Neutropenia guidelines • Anemia guidelines, white blood cell counts - Cancer Related Fatigue, cardiotoxicity - Cognitive changes • Targeted therapy • Radiation therapy • Bone marrow and stem cell transplant
11:30	12:30	Oncology Exercise Program Guidelines <ul style="list-style-type: none"> • Patient evaluation and intensity management <ul style="list-style-type: none"> - Sub max testing: strength, cardio-respiratory • All patients in active care • Myelosuppression and exercise guidelines <ul style="list-style-type: none"> - Neutropenia, anemia guidelines - Low white blood cell count • Colony Stimulating meds • Cardiotoxicity • Cancer related fatigue • Chemo induced peripheral neuropathy
12:30	1:00	Oncologic Emergencies: Rehabilitation Precautions <ul style="list-style-type: none"> • Cancer and pain • SVC syndrome • Hypercalcemia • Tumor Lysis Syndrome • Increased intracranial pressure • Bone metastasis and treatment guidelines
1:00	2:00	Lunch (on your own)
2:00	3:30	Manual Therapy Program Guidelines <ul style="list-style-type: none"> • Surgery and radiation therapy • Altered fluid dynamics • Clinical significance and phases of healing • Integrative treatment guidelines
3:30	3:45	Break

Day One Continued

3:45	4:30	Oncology Techniques for Upper Body Surgery and Radiation: Breast Cancer <ul style="list-style-type: none"> • Review of diagnosis and medical treatment • Review of upper body territories and watersheds • Patient evaluation and treatment guidelines • Integrating muscle release, joint mobs, and ULNT Techniques
4:30	6:00	Demo and Lab: Hands-On Application of Integrative Techniques <ul style="list-style-type: none"> • Integrating massage, muscle release, joint mobs, and ULNT techniques • Breast surgery and radiation therapy • Axillary web syndrome/cording

Day Two

8:00	9:15	Oncology Techniques for Upper Body Surgery and Radiation Lab (cont'd)
9:15	9:30	Lymphedema Risk Reduction <ul style="list-style-type: none"> • What patients really need to know • Key education pointers
9:30	10:15	Head and Neck Cancer <ul style="list-style-type: none"> • Review of diagnosis and medical treatment • Review of head and neck lymphatic system and watersheds • Patient evaluation and treatment guidelines • Review of LMD, muscle release, joint mobs, and ULNT techniques
10:15	10:30	Break
10:30	12:00	Demo and Lab: Head and Neck Cancer <ul style="list-style-type: none"> • Accessing the superficial lymphatic system • Integrating LMD, muscle release, joint mobs and ULNT techniques • Assessing lymph node areas for treatment leverage
12:00	1:00	Lunch (on your own)
1:00	1:45	Prostate/Ovarian Cancer/Melanoma <ul style="list-style-type: none"> • Review of diagnosis and medical treatment • Review of LE, pelvic, and abdominal lymphatic system and watersheds • Patient evaluation and treatment guidelines • Integrating muscle release, joint mobs, and LLNT techniques
1:45	2:00	Break
2:00	3:30	Demo and Lab Lower Extremity Treatment <ul style="list-style-type: none"> • Accessing the lymphatic system • Applying LMD, muscle release, joint mobs, and LLNT techniques • Accessing lymph node areas for treatment leverage
3:30	3:55	Inpatient and Outpatient Program Development Strategies and Tips ICD9 and CPT codes <ul style="list-style-type: none"> • Philosophy and mission • Program goals and program criteria • Referral and intake process • Continuum of care • Discharge criteria and planning
3:55	4:00	Conclusion

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.

Why You Should Attend This Course

The Advanced Level Oncology Course is designed to highlight and broaden the clinician's knowledge and clinical skill set needed for advanced expertise in the management of patients with cancer. This course will offer the opportunity for participants to acquire a more in depth knowledge about cancer pathogenesis and how this plays out in the development of different cancers, and in the design of medical treatments of these cancers. Medical updates on the diagnosis, medical management, and treatment of cancer will be presented along with more in depth clinical presentations of the different cancers studied in the course – **Breast Cancer, Head and Neck Cancer, Prostate Cancer, Ovarian Cancer, Melanoma, Leukemia, and Lymphoma.**

Significant lab time is devoted to the development and practice of specialized manual therapy skills needed for the post surgical and post radiation management of patients with cancer. An in depth look at the tissue healing processes, including the lymphatic system, that result from surgery and radiation therapy will assist with the understanding of the use of these skills and in the selection of appropriate use of modalities. The integration of oncology exercise programs with manual therapy skills will be presented so as to ensure a comprehensive management approach of these patients. Specific exercise guidelines, clinical tests, and screening systems will be discussed for cancer patients in active treatment and post treatment phases. Considerations for exercise guidelines will include myelosuppression, cancer related fatigue, cardiotoxicity, cognitive changes, hormone changes, and bone metastasis. This course will provide an in depth look at developing specialized oncology programs. Consideration will be given to the development of inpatient and outpatient programs including marketing, program goals, referral processes, intake processes, and discharge criteria.

Course Objectives

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

- Describe cancer pathogenesis and how it is shaping environmental awareness and changing cancer management globally.
- Discuss the clinical management of breast cancer, head and neck cancer, prostate cancer, ovarian cancer, melanoma, leukemia, and lymphoma.
- Understand new advancements in cancer treatment: chemotherapy, targeted therapy, radiation therapy, immunotherapy and hormone therapy.
- Discuss the clinical implications of myelosuppression, cancer related fatigue, cardiotoxicity, hormone changes and cognitive changes in patients undergoing cancer treatment.
- Develop safe and appropriate oncology exercise programs according to the guidelines, clinical tests and screening systems presented in the course.
- Perform specialized manual therapy skills for the post surgery and radiation management of patients with cancer (upper extremities, trunk, and lower extremities).
- Utilize the appropriate modalities based on cancer history and areas of treatment.
- Design appropriate inpatient and outpatient programs with the consideration of program goals, referral and intake processes and discharge criteria.

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

This course is 15.0 contact hours/1.5 CEUs

This course is 18.0 contact hours/1.80 CEU's. for therapists licensed in District of Columbia, Illinois, New York, or Florida licensed therapists

Registration Form



Name _____ Profession _____

Home _____

Address _____

City _____ State _____ Zip _____

Credit Card _____

Exp.date _____ Phone (required) _____

e-mail (required) _____

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.