

2012 Course Dates & Locations

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A Comprehensive Approach to Breast Cancer Management

An Evidence-Based Course



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 Overview and Objectives
8:15	9:00	The Breast • Breast anatomy and physiology • Stages of breast development • Risk factors for developing breast cancer and myths
9:00	9:45	Detection of Breast Cancer • MammaCare method of breast self-exam • Clinical breast exam • Mammogram, ultrasound, MRI
9:45	10:00	Break
10:00	10:30	Pathology and Diagnosis of Breast Cancer • Types of breast cancer - In Situ - Invasive/Infiltrating - Hormone Receptor Status - Her2 Gene - Triple Negative - BRCA1/BRCA2 • Diagnosis - Needle Biopsy - Surgical Biopsy
10:30	11:30	Surgical Procedures • Full or Complete Radical Mastectomy • Modified Radical Mastectomy • Simple or Prophylactic Mastectomy • Skin-Sparing Mastectomy • Partial Mastectomy • Lumpectomy with Axillary Dissection • Sentinel Lymph Node Biopsy • Jackson-Pratt Drains • Port-a-Cath (Vascular Access Device)
11:30	12:00	Post-Surgery Complications • Mondor's Syndrome/Axillary Web Syndrome/cording • Nerve Damage and Neuropathy • Shoulder and Upper Body Restrictions • Lymphedema
12:00	1:00	Lunch (on your own)
1:00	1:30	Staging of Breast Cancer • Tumor Size • Lymph Node Status • Metastases • Stage I, II, III, IV • Recurrent Breast Cancer • Nottingham Grade
1:30	2:30	Treatment Procedures • Tumor Board • Radiation Therapy and Side Effects • Systemic Therapy (Chemotherapy or Hormonal Therapy) and side effects • Complimentary/integrative therapies
2:30	3:30	Reconstructive Surgery or Prosthesis • Women's Health & Cancer Rights Act • How reconstructive decisions are made • Breast Implants with Tissue Expanders • Autologous (Body Tissue) Reconstruction • Prosthesis

Day One, cont'd

3:30	3:45	Break
3:45	4:30	Psycho-Social Implications of Breast Cancer • Breasts in Society-Functional vs. Sexual • Emotional Issues • Changes in Body Image • Effects on Family • Single Women and Dating • Changes in Intimate Relationships • Support Groups
4:30	5:00	Cultural Considerations • Impact of Culture on Diagnosis and Treatment
5:00	5:30	Questions and Review

Day Two

8:00	9:00	Skin Care and Lymphedema Prevention • Brief Overview of Lymphatic System • Skin Care Precautions • Compression Garments
9:00	10:00	Evaluation and Treatment Planning • Assess protective protraction and scapular winging • Assess BUE AROM and Strength • Assess BUE Girth • ADL Assessment • Goals/Plan of Care
10:00	10:15	Break
10:15	12:00	Exercise Protocols (Lab) • Initial Post-Surgery Exercises • Advanced Post-Surgery Exercises • Physiroller Stretches • Reconstruction Protocols and Exercises • Home Exercise Program
12:00	1:00	Lunch (on your own)
1:00	2:15	Scar & Soft Tissue Mobilization (Lab) • Mobilization Techniques • Manual Stretch • Patients Undergoing Radiation • Instructing Patients in Self-Massage
2:15	3:00	Cancer Exercise Programs • Individual and Group Exercise • Benefits and Contraindications • Assess ROM, Strength, Activities of Daily Living • Brief Fatigue Inventory & Pain Level • Side effects of Cancer Treatment • Aerobic and Strength Training • Psycho-Social Benefits
3:00	3:45	Marketing and Educating • Pre-op Class • Surgeons and Oncology Teams • Diagnostic and Treatment Codes; Reimbursement
3:45	4:15	Review and Questions

Why You Should Attend This Course

This two day intermediate level course will give therapists everything they need to develop a comprehensive post breast cancer surgery rehabilitation program as well as protocols to develop an exercise program for all cancer patients. A thorough presentation of the pathology of breast cancer, risk factors, early detection and prevention, specific surgical and reconstructive procedures, muscular, lymphatic, nerve and fascia involvement, staging, radiation and systemic treatments and side effects will be given to facilitate direct development of a comprehensive rehabilitation program. The psycho-social aspects of breast cancer and treating patients of diverse cultural backgrounds will also be discussed. Hands-on and in-depth lab instruction will be given on evaluation, initial and advanced post surgery exercises, scar and soft tissue mobilization, skin care and lymphedema prevention and treatment planning. Guidelines for developing aerobic and strength-training exercise programs for patients during and after cancer treatment will be taught; as contemporary research proves that exercise during cancer treatment enhances outcomes. Participants will learn all the necessary marketing, education and reimbursement aspects for developing comprehensive pre-op and post surgery rehabilitation and cancer exercise programs, and will be given patient education material including a home exercise program.

Course Objectives

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

- Thoroughly understand breast anatomy, breast cancer pathology and the muscular, tissue, nerve and lymphatic involvement of surgery and reconstruction procedures.
- Understand risk factors and myths and the importance of early detection of breast cancer.
- Perform the MammaCare method of breast self-exam.
- Understand radiation, chemotherapy and hormonal treatment, the side effects of each and the implications for rehab.
- Have an awareness of the many psycho-social aspects and various cultural views of breast cancer.
- Evaluate, plan and implement treatment for patients after any type of breast cancer surgery.
- Confidently perform post surgery scar and soft tissue mobilization.
- Have a thorough understanding of skin care and lymphedema prevention.
- Instruct patients in initial and advanced post surgery exercises.
- Develop exercise programs for patients during and after cancer treatment.
- Implement an individualized pre-operative class.
- Develop comprehensive post breast cancer surgery rehabilitation and cancer exercise programs including marketing, patient and clinician education, and reimbursement.

Registration Form

A Comprehensive Approach to Breast Cancer Management



Course Tuition: \$399

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 _____

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.