

Course Dates & Locations

Check out www.healthclick.com for the most recent course dates and location

Call 1-800-300-5512 or Go online to:

www.healthclick.com/courses/nas48.cfm for hotel and course location information. Future course dates & information are added weekly!

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

This course is 15 contact hours, 1.5 ceus. 18 contact hours/1.8 ceus for therapists licensed in Florida, North District of Columbia



BOC provider #P2047 | IL PT Provider # 216000074
This course can be used for continuing competency for license renewal for occupational and physical therapists in the State of California. This course has been approved by the Nevada state Board of Physical Therapy Examiners for 1.5 units of continuing education. This course meets the continuing education requirements for physical therapists in the states of Washington, Oregon, Montana, Alaska, Idaho, Utah, Rhode Island, Colorado, Massachusetts, Connecticut, New Hampshire, North Carolina, Virginia, Missouri and Vermont. The TPTA has approved this course for physical therapists licensed in Texas, approval number: Lymphedema-Oncology Series 46075A. This course meets the requirements for CEU's from the Oklahoma Board of Medical Licensure. FL OT Provider number 50 - 1442. NAS is approved by the IDPR for physical therapists licensed in the state of Illinois. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA provider # 4487. AOTA does not endorse specific course content, products, or clinical procedures. The Illinois, Missouri, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, Maryland, South Carolina, North Carolina, Virginia, Delaware, Rhode Island and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements.

A Comprehensive Approach to Breast Cancer Management

An Evidence-Based Course



Presented by
Linda Canyon, OTR/L
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 <ul style="list-style-type: none"> •Breast anatomy and physiology •Stages of breast development •Risk factors for developing breast cancer and myths
9:00	9:45	Detection of Breast Cancer <ul style="list-style-type: none"> •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 <ul style="list-style-type: none"> •Types of breast cancer <ul style="list-style-type: none"> -In Situ -Invasive/Infiltrating -Inflammatory/Paget's disease •Diagnosis <ul style="list-style-type: none"> -Needle Biopsy -Surgical Biopsy
10:30	11:30	Surgical Procedures <ul style="list-style-type: none"> •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	Staging of Breast Cancer <ul style="list-style-type: none"> •Tumor Size •Margins •Lymph Node Status •Stage I, II, III, IV •Recurrent Breast Cancer
12:00	1:00	Lunch (on your own)
1:00	2:00	Reconstructive Surgery or Prosthesis <ul style="list-style-type: none"> •Women's Health & Cancer Rights Act •How reconstructive decisions are made •Breast Implants with Tissue Expanders •Autologous (Body Tissue) Reconstruction •Prosthesis
2:00	3:00	Treatment Procedures <ul style="list-style-type: none"> •Tumor Board •Radiation Therapy and Side Effects •Systemic Therapy (Chemotherapy or hormonal therapy) and Side Effects •Complementary Therapies
3:00	3:30	Post-Surgery Complications <ul style="list-style-type: none"> •Mondor's Syndrome •Nerve Damage and Neuropathy •Shoulder Problems •Lymphedema

Day One, cont d

3:30	3:45	Break
3:45	4:30	Psycho-Social Implications of Breast Cancer <ul style="list-style-type: none"> •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 <ul style="list-style-type: none"> •Native American •Spanish and Latin American
5:00	5:30	Questions and Review

Day Two

8:00	9:00	Skin Care and Lymphedema Prevention <ul style="list-style-type: none"> •Brief Overview of Lymphatic System •Skin Care Precautions •Compression Garments
9:00	10:00	Evaluation and Treatment Planning <ul style="list-style-type: none"> •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) <ul style="list-style-type: none"> •Initial Post-Surgery Exercises •Advanced Post-Surgery Exercises •ROM and Strengthening •Physiroller stretches •Home Exercise Program
12:00	1:00	Lunch (on your own)
1:00	2:15	Scar & Soft Tissue Mobilization (Lab) <ul style="list-style-type: none"> •Mobilization techniques •Manual Stretch •Patients undergoing radiation •Instructing Patients in Self-Massage
2:15	3:00	Cancer Exercise Programs <ul style="list-style-type: none"> •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 <ul style="list-style-type: none"> •Pre-op Class •Surgeons and Oncology Teams •Diagnostic and Treatment Codes; Reimbursement
3:45	4:15	Review and Questions

About the Educator

Linda Canyon, OTR/L has been specializing in post breast cancer surgery rehabilitation and lymphedema management for the past 14 years; having pioneered these programs in the Four Corners Region of the South-west. She graduated with degrees in Occupational Therapy and Psychology in 1979 from The College of St. Catherine in St. Paul, Minnesota. She currently practices at the San Juan Regional Cancer Center in Farmington, New Mexico and has rehabilitated well over a thousand women of diverse cultural backgrounds following breast cancer surgery. She has worked in home health, hospital, inpatient and outpatient rehab settings including on the Navajo and Jicarilla Apache reservations as well as the cancer treatment center in Durango, CO. She has held seminars in New Mexico and Colorado on post-breast cancer surgery rehab and lymphedema management and is a certified trainer for clinicians in the MammaCare method of breast exam. With funding from the San Juan Medical Foundation and filming by Northern Navajo Medical Center Media Production, and in conjunction with an oncology nurse and a Navajo breast cancer survivor, she developed an educational DVD in Navajo (with English subtitles) on lymphedema prevention and treatment and post surgery exercises that won Telly national healthcare awards in three categories.

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.

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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 _____

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.