

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.



Call 1-800-300-5512 or Go online to: www.healthclick.com/courses/nas45.cfm for hotel and course location information. Future course dates & information are added weekly

Advanced Oncology Rehabilitation for Successful Outcomes



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	8:45	An Introduction to Advanced Oncology Rehabilitation • History of Oncology Rehabilitation • Cancer Survivorship
8:45	9:30	Advancing the Understanding of Medical Oncology Cancer Pathogenesis • DNA: Inherited and Non-Inherited Mutations risk factors - DNA and Mutagens - Environment, Personal, and Household Products - Infection including Bacterial and Viral - Hormones • Cancer Growth • Tumor Classification
9:30	10:30	Advancements in Cancer Treatment • Chemotherapy • Myelosuppression • Cancer Related Fatigue • Cardiotoxicity • Cognitive Changes • Bone Marrow and Stem Cell Transplant • Targeted Therapy • Radiation Therapy • Immunotherapy • Hormone Therapy
10:30	10:45	Break
10:45	11:45	Oncology Exercise Program Guidelines • General Considerations - All Patients in Active Treatment - Leukemia and Lymphoma Patients • Neutropenia Guidelines • Anemia Guidelines • Bone Metastasis Guidelines • Patient Evaluation and Intensity Management
11:45	1:00	Manual Therapy Program Guidelines • Surgery and Radiation Therapy • Altered Fluid Dynamics • Clinical Significance of Phases of Healing • Integrative Treatment Guidelines
1:00	2:00	Lunch
2:00	3:00	Oncology Techniques for Breast Cancer • Review of Diagnosis and Medical Treatment • Review of Upper Body/Trunk • Lymphatic System and Watersheds • Patient Evaluation and Treatment Guide lines • Integrating Muscle Release, Joint Mobs, and ULNT Techniques
3:00	3:15	Break
3:15	3:45	Demo and Lab. Demo: Hands-On Application of Integrative Techniques • Lumpectomy and Mastectomy • Expanders and Implants • Tram Flap and Lat Flap Surgeries • Radiation
3:45	5:00	Lab: Hands-On Clinical Application of Techniques

Day One (continued)

5:00	6:00	Oncology Techniques for Upper Body Surgery and Radiation (cont'd) Head and Neck Cancer • Review of Diagnosis and Medical Treatment • Review of Head and Neck Lymphatic System and Watersheds • Patient Evaluation and Treatment Guidelines • Integrating Muscle Release, Joint Mobs, and ULNT Techniques
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Day Two

8:00	9:15	Oncology Techniques for Upper Body Surgery and Radiation (cont'd) Head and Neck Cancer Demo and Lab • Demo: Hands-On -Application of Integrative Techniques • Lab: Hands-On Clinical Application of Techniques
9:15	10:15	Oncology Techniques for Lower Body Surgery and Radiation Prostate/Ovarian Cancer/Melanoma • 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
10:15	10:30	Break
10:30	12:00	Demo and Lab Lower Extremity • Demo: Hands-On Application of Integrative Techniques • Lab: Hands-On Clinical Application of Techniques
12:00	1:00	Lunch
1:00	2:00	Inpatient Program Development • Philosophy and Mission • Guidelines for a Team Approach • Program Goals and Program Criteria • Inpatient Referral and Intake Process • Inpatient Criteria for Continued Stay • Inpatient Discharge Criteria and Planning
2:00	3:00	Outpatient Program Development • Philosophy and Mission • Guidelines for a Team Approach • Program Goals and Program Criteria • Outpatient Referral and Intake Process • Outpatient Discharge Criteria and Planning
3:15	3:45	Marketing Strategies • Finding Action Plans the Resonate with You
3:45	4:00	Questions & Close

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.

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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.

The advanced 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.

For District of Columbia, North Carolina and Florida licensed therapists, this course is 18.0 contact hours/1.80 CEU's.

This course meets the continuing education requirements for physical therapists licensed in Virginia and North Carolina. This course has been submitted for approval to the Maryland Board of Physical Therapy Examiners. This course can be used for continuing education competency for license renewal for OT's and PT's in the state of California. 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. IL PT Provider #216000074. The Maryland, 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. FL OT provider #50-1442. BOC Provider #P2047.

advOsborne09

Registration Form

Advanced Oncology Rehabilitation Course Tuition: \$425

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

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.

Name _____ Profession _____

Home Business _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Credit Card _____

expiration date _____ e-mail _____

Location of attendance _____

