

Advanced Management of Breast Cancer Rehabilitation

This course is 15.0 contact hours/1.5 CEUs

This course is 18.0 contact hours/1.8 ceus for Florida, New York, Illinois, or District of Columbia licensed therapists.

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

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An Evidence-Based Course

Presented by
Julia Osborne, PT, CLT-LANA

North American Seminars, Inc.
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**PT, OT, PTA and ATC -
Continuing Education Course**

Day One

7:30	8:00	Registration
8:00	8:10	Introducing Breast Cancer Program Development and Design
8:10	8:30	Introducing Oncology Marketing <ul style="list-style-type: none">• Finding action plans that work for you• Presenting evidence based practice• Educating physicians about oncology rehab
8:30	9:00	Breast Cancer Survivorship <ul style="list-style-type: none">• Key concepts: marketing and program design
9:00	10:00	Breast Cancer Pathogenesis <ul style="list-style-type: none">• DNA: inherited and non-inherited mutations• Advancements in DNA research• Functional capabilities of breast cancer cells• Chronic inflammation• Chemotherapy and targeted therapies
10:00	10:15	Break
10:15	11:15	Tumor Classification <ul style="list-style-type: none">• Staging and grading• Oncotype testing• The future role of DNA analysis Types of Breast Cancer <ul style="list-style-type: none">• Breast cancer: ER+, PR+, HER2+• Triple negative breast cancer• Inflammatory Breast Cancer• Breast cancer in men• Metaplastic carcinoma• Sarcoma: primary and secondary• Paget's Disease
11:15	12:15	Oncologic Emergencies <ul style="list-style-type: none">• Cancer related pain• Bone metastases<ul style="list-style-type: none">- Type and distribution- Clinical guidelines: weight bearing• SVC Syndrome
12:15	1:00	Clinical Concepts <ul style="list-style-type: none">• An advanced look at the lymphatic system• A system within other systems• Anatomy and physiology• Watershed and territories• Lymph nodes
1:00	2:00	Lunch (on your own)
2:00	2:30	Lymphedema Risk Reduction <ul style="list-style-type: none">• What patients really need to know• Key management points
2:30	3:30	Clinical Considerations in Breast Cancer <ul style="list-style-type: none">• Integrating muscle, fascia, joint mobs, ULNT techniques with the lymphatic system
3:30	3:45	Break
3:45	4:30	Manual Therapy Program Guidelines <ul style="list-style-type: none">• The Neuro-Musculo-Skeletal System• The Lymphatic System
4:30	6:00	LAB Hands-On Application of Integrative Techniques <ul style="list-style-type: none">• Integrating muscle, fascia, joint mobs, ULNT techniques LMD of the lymphatic system• Lumpectomy and mastectomy• Reducing post surgical/radiation edema and fibrosis

Day Two

8:00	9:00	Breast Reconstructive Surgery: Expanders and Implants <ul style="list-style-type: none">• Clinical presentation of patients• The do's and don'ts when working with reconstructive surgery<ul style="list-style-type: none">- Expanders- Implants-encapsulation
9:00	9:15	Break
9:15	11:15	LAB: Hands-On Application of Integrative Techniques (continued) <ul style="list-style-type: none">• Integrating muscle, fascia, joint mobs, ULNT techniques with LMD of the lymphatic system<ul style="list-style-type: none">- Expanders and implants- Cording/Axillary Web Syndrome- Complications: infection, hematoma, seromas
11:15	12:00	Surgical Advancements <ul style="list-style-type: none">• Skin sparing surgery• Nipple sparing surgery• Muscle flap/free flap/ DIEP/gracilis gluteal flap<ul style="list-style-type: none">- Rehab implications
12:00	1:00	Lunch (on your own)
1:00	2:30	LAB: Hands-On Application of Integrative Techniques (cont) <ul style="list-style-type: none">• TRAM/Free flap and lat flap surgeries• DIEP Flap surgeries• Edema/lymphedema: UE, trunk, abdomen.• Relevant exercises-inpatient and outpatient• Home exercise program development
2:30	2:45	Break
2:45	3:15	Advancements in Breast Cancer Treatment <ul style="list-style-type: none">• Chemotherapy<ul style="list-style-type: none">- Myelosuppression- Neutropenia guidelines- Anemia guidelines- Cancer related fatigue- Chemo-induced peripheral neuropathy- Cognitive changes
3:15	3:40	Oncology Exercise Program Development <ul style="list-style-type: none">• Clinical considerations<ul style="list-style-type: none">- Myelosuppression- Cancer related fatigue- Chemo induced peripheral neuropathy• Physiology and clinical design• Patient evaluation• Intensity management
3:40	3:55	Inpatient/Outpatient Continuum of Care <ul style="list-style-type: none">• Documentation challenges• Coding and billing: ICD-9 and CPT codes• Considerations for program development• Documentation and fluctuating clinical status• Evidence based practice
3:55	4:00	Questions & Answers

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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.

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Why You Should Attend This Course

This two-day advanced seminar is designed to expand and advance current clinical knowledge by providing more in depth clinical information needed to problem solve through a complex variety of breast cancer diagnoses. Complex diagnoses include patients with aggressive forms of breast cancer; patients with metastatic breast cancer such as bone and lung metastases; patients with associated co-morbidities such as auto-immune diseases, diabetes, CHF; patients with differential diagnoses such as superior vena cava syndrome, sarcomas, etc.; and patients with treatment complications such as seromas, hematomas, infections, open wounds, axillary web syndrome, and mondor's syndrome. Centered on systems management, a series of advanced, synchronized manual therapy treatment techniques are taught in the lab sessions. These advanced clinical treatment techniques will allow experienced therapists to build on their current expertise by being inclusive of all the major systems involved in the medical treatment of breast cancer patients, namely the musculo-skeletal system, the nervous system, the vascular system, the lymphatic system, and the endocrine system. Careful study of how each of these systems are affected in the breast cancer population will enable clinicians to apply advanced treatment concepts and integrative skills to effectively and successfully treat a multitude of complex patient scenarios that go beyond the routine post surgery and post radiation management of this population. Additionally, the integrated skills taught in the seminar will add leverage to current treatment protocols, optimize the functioning of patients, and bring about improved sustainable results. Upon completion of the course, clinicians will be able to design specific exercise protocols and use integrated systems management techniques in the advanced treatment of breast cancer patients with surgical complications, severe side effects of radiation, side effects of chemotherapy, and side effects of targeted hormone therapies. The information presented in the course will enhance therapists' ability to develop a continuum of care, lead a multi-disciplined approach, and effectively market new concepts in the management of patients with breast cancer to the medical community. The course presents evidence-based material both in the medical management of patients with breast cancer and in the rehabilitative therapy management of patients with breast cancer. The information obtained in this course can be immediately applied in the clinic to achieve sustainable, functional outcomes in patients with breast cancer.

Course Objectives

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

- Understand the anatomy of breast cancer cells, their functional capabilities, and how modern medicine is responding in its design to treat breast cancer effectively.
- Expand clinical knowledge about differential diagnoses, treatment side effects, and physical sequelea of chemotherapy, radiation therapy, and targeted hormone therapies.
- Advance understanding of the biology and physiology of the acute trauma that occurs to the lymphatic system after surgery and radiation therapy, and how this affects normal healing processes in the body.
- Understand the difference between treating "lymphedema" as a condition, and the advanced concepts of treating acute trauma of the "lymphatic system" as it relates to other body systems in the healing processes of surgery, radiation, and chemotherapy.
- Advance and integrate manual lymphatic drainage skills with orthopedic manual therapy skills to include system management of the musculo-skeletal system, the nervous system, the vascular system, the lymphatic system, and the endocrine system during and post breast cancer treatment.
- Understand complex co-morbidities and adverse treatment complications of breast cancer, how they affect the healing capacity of patients, and how treatment can be structured to minimize their effect.
- Identify clearly the specific clinical goals of specialized manual therapy skills and targeted exercise protocols for patients undergoing advanced forms of breast surgery, new chemotherapy treatments, and/or targeted radiation therapy so as to achieve optimal function, as well as sustainable treatment results.
- Have increased knowledge about advances in breast cancer diagnoses, advances in breast cancer management, and advances in breast cancer research.
- Gain and advance leadership skills in the continuum of care and multi-disciplined approach to the management of patients with breast cancer.

Registration Form

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Name

Home

Address

City

Credit Card

Profession

State

Zip

Home 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.