Cancer Rehab
Bridging the Gap Between Medical Prognosis and Physical Realities

Presented by Carrie Riddock, MSPT, CLT-LANA

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Day One
7:30 8:00 Registration
8:00 8:15 Introduction to Cancer Rehab
8:15 8:30 Role of Therapists in Oncology
8:30 9:30 Lecture: Carcinogenesis: The Cancer Cell - Behavior characteristics - Histology and histologic grading - Metastatic capabilities • Angiogenesis - Genetic transformation - Lymphatic system anatomy/physiology
9:30 10:00 Lecture: Tumor Classification and Staging - Solid vs. Liquid • Purpose of Staging - TNM staging • Using staging for POC Break
10:00 10:15 Break
10:15 11:00 Lecture: Current Medical and Surgical Management of the Cancer Patient • Therapeutic Approach: “Seek and Destroy vs. Target and Control” • Localized vs. Metastatic Disease • Surgery • Chemotherapy • Radiotherapy • Side effects • Hematological (Stem Cell or Bone Marrow Transplants) • Immunotherapy • Hormonal therapy • Palliative care
11:00 12:30 Lecture: Common Cancers Referred to Therapy • Breast, Lung, Prostate, Gynecological Colorectal, Head and Neck, Leukemia/ Lymphoma Break
12:30 1:30 Lunch (on your own)
1:30 3:00 Lecture Primary Adverse Effects of Cancer and Cancer Treatment: Clinical Implications • Cancer pain • Cancer related fatigue • Cardiopulmonary effects • Oncologic emergencies • Cognitive dysfunction Break
3:00 3:15 Break
3:15 4:30 Lecture and Lab: Effects of Poor Posture and Incorrect Breath Patterns on Cancer Patients • Diaphragmatic breathing, postero-latereal breathing patterns • Postural effects on musculoskeletal system Break
4:30 6:00 Lab: Introduction to Manual Skills • Pain modulating and relaxation • Breath/postural/pelvic floor retraining Break
6:00 8:00 Review from Day One and Questions
8:00 8:30 Candidates for Cancer Rehabilitation Marketing Cancer Rehab and Prehab • Post surgical, post radiation • Chemotherapy, Radiation • SCL and BMT patients • Co-morbidities • Patient/families • Oncology physicians • Decreased functional status • Fact sheets, Tumor Board
8:30 9:00 Cancer Committee

Day Two (continued)
9:00 9:45 Lecture: Treatment Categories for Cancer Patients • Patient education • Home program • Referral/case management • Postural and breath retraining • Therapeutic activities/exercise programs • Manual therapies - Upper, lower and joint anatomy - Impact of manual therapy on neuromuscular, skeletal and lymphatic systems Break
9:45 10:30 Lecture: Contraindications for Exercise and Manual Therapies and Assessment Scales • FACT series • Cancer Dyspnea Scale • FACT Fatigue • QOL • Pain and Endurance • Therapeutic activities • Neuromuscular re-education Break
Lecture and Lab: Integrating Manual Therapies incorporating the Lymphatic and Neuromuscular System • Manual lymphatic therapies • Myofascial release • Neural tension techniques • Soft tissue and joint mobilizations Break
Lecture: Common Complications Encountered by the Cancer Patient • Infection • Seromas • Neutropenia/thrombocytopenia • Anemia • Radiation fibrosis • Axillary Web Syndrome/cording • Lymphedema Lab: Therapeutic Exercise/Activity Prescription for Functional Outcomes • Fatigue • CIPN • AWD • HSN • Pelvic cancers Break
Lecture and Lab: Case Studies • Post radical neck dissection • CIPN • LE post-radiation • Breast reconstruction • Multiple myeloma Lab Physicals • Combining manual therapy skills and therapeutic exercise/activities for the cancer patient Review-Questions

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About the Educator

Carrie M Riddock, MSPT, CLT-LANA received her Masters of Science in Physical Therapy from Virginia Commonwealth University/Medical College of Virginia in 1997. She received her specialist certification in Lymphedema Management from the Academy of Lymphatic Studies in 2007 and in 2009 her National Lymphedema Certification (LANA). Her specialty and passion is in cancer rehabilitation. She served as the Director of Lymphedema Therapy Services at VCU’s Massey Cancer Center and has worked at Bon Secours Cancer Institute’s Lymphedema Center as the lead therapist. She has developed a post-operative cancer patient exercise protocol and regularly trains therapists and oncology nurses in its implementation. Carrie served a vital role in securing Bon Secours Cancer Institute’s accreditation from the NAPBC (National Accreditation Program for Breast Centers) and in receiving the American Cancer Society/Commission on Cancer’s Service Excellence award. She continues to advance the knowledge of physical rehabilitation for cancer survivors throughout the medical community by providing in-services to Oncologists, Surgical Oncologists, General Surgeons, Plastic Surgeons, Nurse Practitioners, and local Physicians. She is a regular contributor/speaker to local area Lymphedema and Cancer Support Groups including the Susan G Komen’s Central Virginia Breast Cancer Coalition and has presented lecture series to both VCU and Mary Baldwin University doctoral PT students as well as presented at the 2016 American College of Rehabilitative Medicine Conference on Chemo-Induced Peripheral Neuropathy. Currently, she is working with Bon Secours Health System to develop oncology rehabilitation programs, while training therapists and providing treatment to patients with cancer throughout the state of Virginia.

Recommended Reference Tool for Every Therapist

Treatng Patients’ with a Diagnosis of Cancer

The Lymphedema Toolbox™ is a software program that provides the therapist with patient and professional education on a range of topics dealing with lymphedema. The information in the software (over 400 pages with illustrations, photos and movies) is designed to be printed and provided to patients and professionals.

Why You Should Attend This Course

This intermediate continuing education course is applicable for PT’s, PTA’s, AT’s and OT’s who wish to further their current skill sets to include specialized treatments for the patient with cancer. The emphasis in this course is on learning the current medical and surgical management for the following cancers: breast, prostate, lung, colorectal, gynecological, lymphomas and leukemias. The therapist will learn how and when to most effectively intervene throughout the continuum of care to treat side effects encountered from cancer, and it’s treatments, including pre-habilitation programs.

This course will expand on the therapists’ knowledge of the tissue healing and disease processes and how each system of the body is affected from surgical, hormonal, immunotherapy, chemotherapy, and radiation treatments. Extensive lab time will be devoted to perfecting and applying both manual therapy skills and developing appropriate therapeutic exercise/activity programs. Treatment approaches learned in this course will allow the therapist to effectively develop treatment protocols for the achievement of functional outcomes, allow for maximum reimbursement, and reduce hospital readmissions for the patient with cancer.

This course will enable the therapist to become a knowledgeable and active participant of the oncology team and effectively market cancer rehab services while working towards making cancer rehabilitation a standard of care.

Course Objectives

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

• Describe the underlying mechanisms of carcinogenesis, the current medical and surgical management for the treatment of cancers and their associated side-effects.
• Describe the relationship between cancer treatments and tissue healing and how common side effects impact patients with cancer.
• Identify histologic presentation, staging and grading of cancer in order to understand the therapeutic intent of oncologic management and develop appropriate plans of care.
• Identify cancer diagnoses that would benefit from rehab intervention and where in the continuum of cancer care therapists can most effectively intervene.
• Perform specialized manual therapy skills and develop individualized therapeutic exercise/activity programs with existing orthopedic skill sets to decrease pain, fatigue, and edema.
• Describe the physical and social impact of cancer treatments, functional goals, and appropriate plans of care for the following diagnoses: breast, head and neck, gynecological, prostate, lung, colorectal, leukemias, and lymphomas to achieve functional outcomes and reduce hospital readmissions.
• Identify and utilize appropriate billing codes to maximize reimbursement for the patient with cancer.
• Develop prehabilitation programs, functional goals, and appropriate plans of care for the following diagnoses: breast, head and neck, gynecological, prostate, lung, colorectal, leukemias, and lymphomas to achieve functional outcomes and reduce hospital readmissions.

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