

# Evidence Based Cancer Rehabilitation Resources and Its Role in Cancer Survivorship



Lisa VanHoose, PhD, MPH, PT, CLT, CES, CKTP

## Faculty

Lisa VanHoose, PhD, MPH, PT, CLT, CES, CKTP has practiced oncologic physical therapy since 1996. She serves as an Assistant Professor in the Physical Therapy Department at University of Central Arkansas. As a NIH and industry funded researcher, Dr. VanHoose investigates the effectiveness of various physical therapy interventions and socioecological models of secondary lymphedema. Dr. VanHoose served as the 2012-2016 President of the Oncology Section of the American Physical Therapy Association.

Disclosure: Financial: Lisa VanHoose receives an honorarium from Education Resources. Non-Financial: She has no relevant financial relationships to disclose

"Lisa presents pertinent, evidence-based information in an informal, comfortable environment that is conducive to learning and sharing. Her breadth of knowledge and experience is vast."

- Former Class Participant

## About this Course

Advances in the medical management of cancer have led to earlier detection, improved treatments, and increased survival rates. However, research shows that most cancer survivors experience long-term physical, psychosocial, and cognitive impairments during and following cancer treatment. Rehabilitation professionals are increasingly challenged to provide supportive cancer services that address quality of life, cancer-related fatigue, neuropathy, musculoskeletal deficits, and integumentary concerns.

This interactive course will discuss the latest evidence-based tools and strategies for the care of patients with diverse cancer types across the cancer continuum. Functional outcome measures and current reimbursement requirements from Medicare and private insurance companies will be addressed. Problem-based case studies and lab activities will enable participants to develop an effective therapy program for cancer survivors.

## Objectives

- 1 Understand the pathology and medical management of various types of cancer
- 2 Perform a thorough evaluation of the patient with cancer
- 3 Select functional outcome measures and evidence-based assessment tools
- 4 Develop and progress a cancer therapy plan to address cancer related side effects
- 5 Understand current reimbursement mandates of federal and private insurance companies

## Audience

This course is of interest to all healthcare professionals contemplating or currently providing oncology services

Help your patients achieve better outcomes.

## Schedule – Day 1

<b>7:30 – 8:00</b>	Registration/Continental Breakfast
<b>8:00 – 9:00</b>	Medical Management <ul style="list-style-type: none"> <li>• Diagnostics and Pathology</li> <li>• Chemotherapy</li> <li>• Radiation Therapy</li> <li>• Targeted Therapies</li> <li>• Hormone Therapies</li> </ul>
<b>9:00-10:00</b>	Current State of Cancer Survivorship <ul style="list-style-type: none"> <li>• Epidemiology</li> <li>• Side effects of medical management</li> <li>• Functional outcome measures and oncology rehabilitation reimbursement</li> </ul>
<b>10:00-10:15</b>	Break
<b>10:15-11:15</b>	Pre-treatment Considerations <ul style="list-style-type: none"> <li>• Cancer screening</li> <li>• Cancer "red flags"</li> <li>• Exercise clearance</li> <li>• Lymphatic function</li> </ul>
<b>11:15-12:00</b>	LAB: Pre-treatment
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-2:00</b>	Breast Cancer**
<b>2:00-3:00</b>	LAB: Breast Cancer
<b>3:00-3:30</b>	Lung cancer <ul style="list-style-type: none"> <li>• Anatomy, Risk factors, Pathology, Treatment and Indications for rehab</li> </ul>
<b>3:30-3:45</b>	Break
<b>3:45-4:15</b>	Brain Cancer**
<b>4:15-5:15</b>	Multiple Myeloma**
<b>5:15-6:00</b>	Case Studies

## Schedule – Day 2

<b>7:30-8:00</b>	Continental Breakfast
<b>8:00-8:45</b>	Gynecological Cancer**
<b>8:45-9:15</b>	Prostate Cancer**
<b>9:15-10:15</b>	LAB: Gynecological and Prostate Cancer <ul style="list-style-type: none"> <li>• Bladder and Bowel Dysfunction</li> <li>• Sexual Dysfunction</li> <li>• Pelvic Floor Considerations</li> </ul>
<b>10:15-10:30</b>	Break
<b>10:30-11:00</b>	Colorectal Cancer**
<b>11:00-11:30</b>	Head and Neck Cancers**
<b>11:30-12:00</b>	Demo: Head and Neck Treatment
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-2:00</b>	Cognition and Psychosocial Changes <ul style="list-style-type: none"> <li>• "Chemobrain"</li> <li>• Distress Screening</li> </ul>
<b>2:00-3:00</b>	Cancer Pain and Cancer-Related Fatigue
<b>3:00-3:15</b>	Break
<b>3:15-3:45</b>	LAB: CIPN, Cognition, and Fatigue
<b>3:45-4:00</b>	Summary and Translation to Other Cancers

\*\*Pathology, Treatment and Rehab Indications will be covered in these sections

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## Credits

This course meets the criteria for 15 contact hours (1.5 CEUs). **TX** Physical Therapy Association approved provider. The **GA** Board of PT recognizes other state board approvals. Application has been made to the **NJ** Board of Physical Therapy Examiners. This workshop meets accepted standards for continuing competence as outlined by the **CT** General Statutes.

Approved provider by the NY State Board of Physical Therapy for 18 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 15 contact hours (1.5 CEUs) - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved by the TX Board of OT Examiners.

NBCOT professional development provider - 15 PDUs

Please contact us with any special needs requests:  
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## Locations and Dates - 2020

<b>Feb 28-29</b>	Fort Worth, TX	Texas Health Fort Worth
<b>March 28-29</b>	Decatur, GA	Emory Decatur Hospital
<b>Nov 13-14</b>	White Plains, NY	Burke Rehabilitation Hospital



\$435 fee. Group rate (3 or more) \$410 must be made together. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

Cancer Rehab/VanHoose
Feb/TX March/GA Nov/NY

Course Registration Form

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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course \_\_\_\_\_

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