

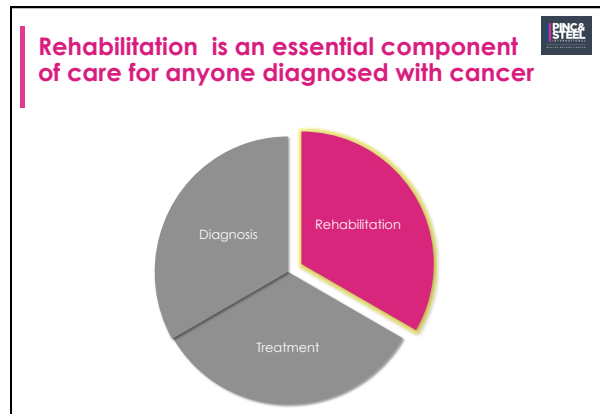


Cancer rehab: Dispelling the myths & promoting the facts 1

- ① Myth: Cancer rehab is "new" and is not supported by research
Fact: Cancer rehab research is outpacing all other fields of rehabilitation research
- ② Myth: Only a small % of cancer survivors need cancer rehab
Fact: Between 63% and 90% of patients need cancer rehab, and they have many unmet needs
- ③ Myth: Emotional recovery is independent of physical recovery
Fact: New research has shown that distress is strongly correlated with survivors' ability to function


Dispelling more myths

- ④ Myth: It is acceptable to tell patients that they need to "accept a new normal"
Fact: There are serious repercussions to not offering patients evidence-based cancer rehabilitation
- ⑤ Myth: People with advanced cancer & metastatic disease are too frail for exercise rehab
Fact: Cancer rehab can help with reducing unnecessary disability & improving quality of life
- ⑥ Myth: Cancer rehab starts after the treatment finishes
Fact: Cancer rehab spans the whole patient pathway from prehabilitation to the well recovered /end of life







- **Preventative rehabilitation**
 - essential for reducing **unnecessary suffering** & should occur early after cancer diagnosis
 - therapy, education and guidance is started to prevent functional loss
- **Restorative rehabilitation**
 - this is **not** only for patients who have obvious physical impairments & disability but should be focusing on **patient goals** and helping people look forward to living full lives

- **Supportive rehabilitation**
 - increase self-care skills & self-efficacy
 - provide reassurance & support, to empower people to **make good decisions for their long term health**
- **Palliative rehabilitation**
 - Increase comfort & function
 - Help in maintaining **independence & enjoyment of life** for as long as possible



Summary of the key components for – Moving Beyond the cancer diagnosis

	1.		2.
<p>CERTIFIED CANCER REHAB THERAPISTS</p> <ul style="list-style-type: none"> • People with cancer are one of the most medically complex populations managed by Physio & occupational therapists • Adequate training in cancer rehabilitation is essential 		<p>INDIVIDUALISED, PATIENT ORIENTATED TIERED REHAB PROGRAMME</p> <ul style="list-style-type: none"> • Full comprehensive assessment for cancer treatment related side effects • Individual tailored rehab & exercise plan and progression into tier 2 & 3 	
	3.		4.
<p>COLLABORATION</p> <ul style="list-style-type: none"> • Collaborate with other health professionals to ensure alignment of recovery goals, efficiency of process and improved outcomes 		<p>TREAT THE WHOLE PATIENT, & DEVELOP PERSON CENTRED GOALS</p> <p>Short term, long term and futuristic goals, not only from the rehab objective perspective but focusing forward on living as fully and actively as possible</p>	




Who needs cancer rehabilitation?

- People who have had or will have **surgery**
- People who have had or will have **chemotherapy**
- People who have had or will have **radiation therapy**

Early referral and ongoing support is important to improve outcomes



Key messages for health care professionals

- Following any treatment for cancer **physical rehabilitation** plays an essential role in alleviating physical impairments and restoring function so people can get back to living active lives
- Every person is affected by cancer treatments in **different ways** and needs a rehabilitation program to suit their **individual needs**
- Studies show that the majority of cancer survivors are living with physical problems from their treatment - these often go **undetected and untreated**
- Physical impairments that maybe relatively easily addressed if **detected early** can become difficult and costly to treat when they are left to progress over weeks, months and years




Key messages from the directors

- **Restoring health** is much more than just removing disease
- You should be playing a key role in helping the growing population of people affected by cancer to **thrive**
- Use the **PINC & STEEL** professional support platforms, resources and mentoring services
- Always keep learning
- Make sure you take care of **yourself** so that you can take care of others