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# Objectives and Program Schedule

MedBridge

*Cancer Rehabilitation for Ambulatory Older Adults*

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## Chapter 1: Overview of Cancer

This chapter will give the learner a general understanding of common cancers and their treatment regimens and acute and long term side effects. We'll also gather relevant cancer-specific history to tailor a rehabilitation program. Finally, we'll finish by thinking about what you should talk about with your patient.

1. *List common side effects of different cancer treatments regimens.*
2. *Describe how to take a cancer-specific history to tailor a rehabilitation program.*
3. *Describe acute side effects of treatment that give direction to a restorative treatment plan.*

Lecture and Demonstration: 16 minutes, Learning Assessment: 10 minutes

## Chapter 2: Cancer Treatments and Restorative Implications

Many treatments cause unique side effects. Side effects of treatment in relation to developing an exercise program will be reviewed as well as special considerations for adapting exercise for the older adult cancer survivor. We'll discuss the side effects of common chemotherapy drugs, examine the impact of acute and long-term treatment side effects on functionality, and list common concerns or risks.

1. *List acute and long-term side effects of treatment and how they may impact function.*
2. *Discuss restorative implications specific to older adults in the ambulatory setting.*
3. *Describe important consequences of cancer treatment that may cause acute side effects that limit function.*

Lecture and Demonstration: 26 minutes, Learning Assessment: 10 minutes

## Chapter 3: Adapting a Restorative Program

In this chapter the learner will be able to apply knowledge of cancer, cancer treatment and common side effects to develop a restorative program that is tailored to the individual needs of adult cancer survivors. We'll review how certain chemotherapeutic agents may influence balance, strength, cardiopulmonary function, and how to adapt a program for that patient. Identify reasonable restorative goals within the cancer survivor's ability, and develop a plan for initiating a restorative exercise program. We'll wrap up our course with a question and answer session.

1. *Describe how to adapt a restorative program for patients with impaired strength, balance, and cardiopulmonary function as a consequence of cancer treatment.*
2. *Plan reasonable and attainable restorative goals for an older adult cancer survivor in ambulatory care.*

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3. *Develop a restorative exercise program for older adult's cancer survivors in ambulatory care.*

Lecture and Demonstration: 24 minutes, Learning Assessment: 10 minutes

**Total Time: 2 hours**