

Learning Objectives

MedBridge

The Cancer We Forgot: Working with Patients with a Remote History of Cancer

Anna L Schwartz, PhD, FNP-BC, FAAN

Course Objectives

- Describe common late and long-term side effects of cancer that may influence a restorative program
- Explain how these side effects may cause potential physical limitations to exercise and how to adapt a rehabilitation program
- Plan a restorative program to improve function that accommodates to common physical limitations

Chapter 1: Overview of Late and Long-term Side Effects of Cancer

Treatment

- Able to differentiate between late and long-term side effects of cancer treatment?
- Describe details of a cancer-specific history that may impact function and a restorative treatment plan.
- List important consequences of cancer treatment that may cause late or long-term side effects and affect function.

Chapter 2: Cancer Treatments and Restorative Implications

- Familiarize with cardiopulmonary effects of cancer treatment and how they impact function.
- Able to describe neurologic effects of treatment and how to appropriately adapt a restorative exercise program.
- Know how to adapt exercise for patients at risk for or with lymphedema

Chapter 3: Adapting a Restorative Program for the Long Term Survivor

- Able to adapt an exercise program to an individual cancer survivor's ability and adjust to the individual's limitations.
- Set reasonable restorative goals.
- Develop a plan for restorative exercise that accounts for the patient's treatment history and known or potential limitations.