

Rehab Techniques

CancerSmart™ Rehab Techniques is a professional training course for Rehab Professionals, and students, working in the fields of physiotherapy, kinesiology, exercise physiology and occupational therapy who have limited or no previous experience working with cancer patients. The training will also benefit experienced professionals who wish to update their knowledge and skills.

The overall goal of the course is to equip Rehab Professionals who have minimal experience in oncology with a foundation to understand the disease, and its effects and treatments, so that they can work safely with clients who have had a diagnosis of cancer.

Course Outline

COURSE DURATION: 8 HOURS - 1 DAY

Part 1 – Cancer: An Overview

- a. Cancer Staging and Grades
- b. Cancer Screening and Diagnosis
- c. Treatments
 - i. Radiation
 - ii. Surgery
 - iii. Chemotherapy
 - iv. Hormone
 - v. Immunotherapy
 - vi. Bone Marrow Transplant
 - vii. Stem Cell Transplant
- d. Side-Effects of Cancer Treatment
 - i. Fatigue
 - ii. Pain
 - iii. Lymphedema
 - iv. Depression
- e. Signs of a medical emergency

Part 2 – Cancer Rehab

- a. Exercise benefits and pre-cautions throughout the cancer experience
 - i. Prevention
 - ii. Pre-Treatment (Pre-habilitation)
 - iii. During Treatment
 - iv. Post Treatment
- b. Exercise Prescription and Testing
 - i. General Guidelines
 - ii. FITT Principle
 - iii. Measuring Intensity
 - iv. Health Evaluations
- c. Exercise Considerations
 - i. Treatment Related
 - ii. Side-Effect / Symptom Related
 - iii. Disease Specific
- d. Overview of the Role of a Rehab Professional in cancer

Following completion of this course participants will have knowledge about the needs of clients with the following types of cancer: Carcinoma, Colorectal, Melanoma, Sarcomas, Haematological Malignancies, Brain and Spinal cord Tumours, Head and Neck Cancers.

All participants in the course receive: A Rehab Professional's Workbook, an Exercise Manual and a Stretching Manual