How Cancer Rehabilitation Benefits Patients

Today’s Chat Agenda

• Updates: Community Oncology Alliance (COA) and COA’s Patient Advocacy Network (CPAN)

• Overview of ReVital Cancer Rehabilitation
  o Different types of rehabilitation
  o How rehabilitation works for different parts of the body
  o Questions you should ask your provider about cancer rehabilitation
  o Patient Resources
HOW CANCER REHAB BENEFITS PATIENTS

Alaina Newell PT, DPT
Board Certified Clinical Specialist in Oncologic Physical Therapy
Board Certified Clinical Specialist in Women’s Health Physical Therapy
LANA-Certified Lymphedema Specialist
Director of Education for ReVital Cancer Rehabilitation
Why do we need cancer rehabilitation?
FUNCTIONAL IMPACT OF CANCER CARE
The Need for Rehab Services

• Pain
• Cancer-related fatigue
• Weakness & Deconditioning
• Difficulty with recreation & participation
• Numbness/pain in hands or feet
• Trouble walking or balance challenges
• Falls or near falls
• Cognitive decline “chemo brain”
• Difficulty with daily activities
• Arthralgia & myalgia (joint & muscle pain)
• Soft tissue changes or scarring
• Speech & swallowing challenges
• Lymphedema
• Pelvic Health issues (bladder, bowel, sexual)

60-90% of individuals impacted by cancer have at least one need for specialized rehabilitation

RAISING SURVIVORSHIP STANDARD OF CARE
Expanding Care Beyond the Visible Needs

Less than 2% of rehabilitation needs are addressed

1.8 Million New Cases
606,520 Deaths
16.9 Million Survivors

CANCER REHAB

Throughout the Cancer Continuum

The Patient is the Center of All We Do

Pre-Diagnosis: Preventative
Diagnosis: Preventative
Treatment: Preventative, Restorative, Supportive
Completion of Treatment: Restorative, Supportive
Follow up: Preventative, Restorative, Supportive
Palliative Care / End of Life: Supportive, Palliative
REHAB IMPROVES CANCER OUTCOMES

REHABILITATION IN CANCER CARE

Proven Benefit

- Improved global physical health
- Improved participation in social roles and activities
- Improved grip strength
- Decreased fall risk

2013 IOM Report Delivering High Quality Cancer Care
• Part of the Cancer Care Team
• Charting a New Course for a System in Crisis

National Comprehensive Cancer Network
• Rehabilitation Services for Survivorship, Cancer-related Fatigue, Adult Cancer Pain

Commission on Cancer
• Focus on Quality
• Standard 4.6 Rehabilitation Care Services
The volume and complexity of what we know has exceeded our individual ability to deliver its benefits correctly, safely, or reliably.

― Atul Gawande, The Checklist Manifesto: How to Get Things Right
PATIENT CENTERED CANCER CARE

Patient-Clinician Interaction

Patients

Physicians Providing Oncology Care
Clinicians Providing Psychosocial Support & Spiritual Workers
Palliative Care Clinicians (Including hospice at end-of-life)
Rehabilitation Clinicians
Physicians Assistants
Pharmacists
Nurses

Institute of Medicine [IOM] 2013
CANCER REHABILTIATION TEAM

Team Approach to Improving Quality of Life

- Improve Function
- Improve participation (work, life)
- Reduce risk of late effects
- Improve quality of life

WHAT MAKES CANCER REHAB UNIQUE?

- Knowledge of the cancer medical management
  - Safety considerations
  - Effects on daily life
  - Rehab considerations

- Holistic care approach
  - Screening for and addressing all cancer and treatment-related side effects
  - Multi-disciplinary team (PT, OT, SLP)
  - Treatment throughout the cancer continuum
CANCER REHABILITATION IN ACTION
MODELS OF CARE

In-Clinic

Tele-Rehab
Does medical insurance cover Cancer Rehab?
Our Mission
To deliver outcomes that matter to our patients throughout the cancer journey by understanding their needs and goals and providing specialized, comprehensive services at the hands of compassionate, dedicated clinicians.

Our Vision
To establish comprehensive cancer rehabilitation as standard of care for people affected by cancer.

www.RevitalCancerRehab.com
What is Oncologic Physical Therapy?

Cancer and its treatments, including surgery, chemotherapy, radiation therapy, and hormone therapy, can result in physical impairments. Oncology physical therapy assists individuals who have been diagnosed with cancer to recover from these impairments – and in some cases to help prevent them all together! Our goal, as oncologic physical therapists, is to help you optimize your physical function, independence, and overall quality of life.

No matter what area of the body ails you – neck, shoulder, back, knee – physical therapists have an established history of helping individuals improve their quality of life. A physical therapist can help you learn to move without pain, while feeling renewed and ready to move on.
Thank You to Alaina Newell & Our Listeners!

Don’t miss our next advocacy chat

Wednesday, December 14th at 12:00 pm ET

What’s Legal About Cancer?
Insurance. Employment. Finances

Monica Bryant, Esq.
Chief Operating Officer
Triage Cancer