



advocacy
CHATS

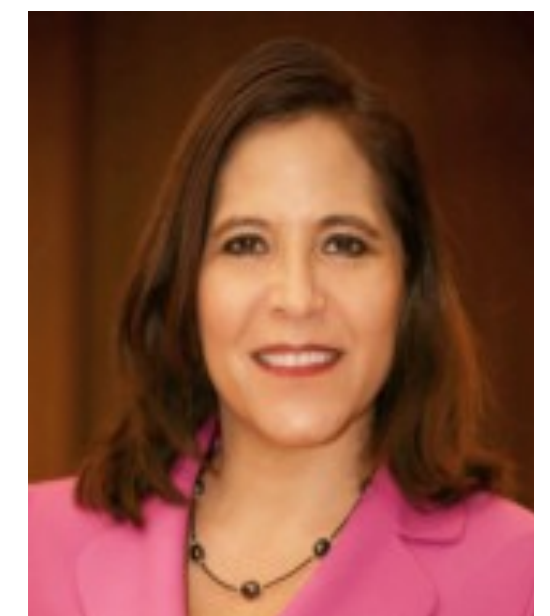
How Cancer Rehabilitation Benefits Patients

Today's Chat Agenda

- **Updates: Community Oncology Alliance (COA) and COA's Patient Advocacy Network (CPAN)**
- **Overview of ReVital Cancer Rehabilitation**
 - Different types of rehabilitation
 - How rehabilitation works for different parts of the body
 - Questions you should ask your provider about cancer rehabilitation
 - Patient Resources



Alaina Newell, PT, DPT
Director of Education
ReVital Cancer Rehabilitation



Rose Gerber, M.S.
Director of Patient Advocacy & Education
Community Oncology Alliance

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

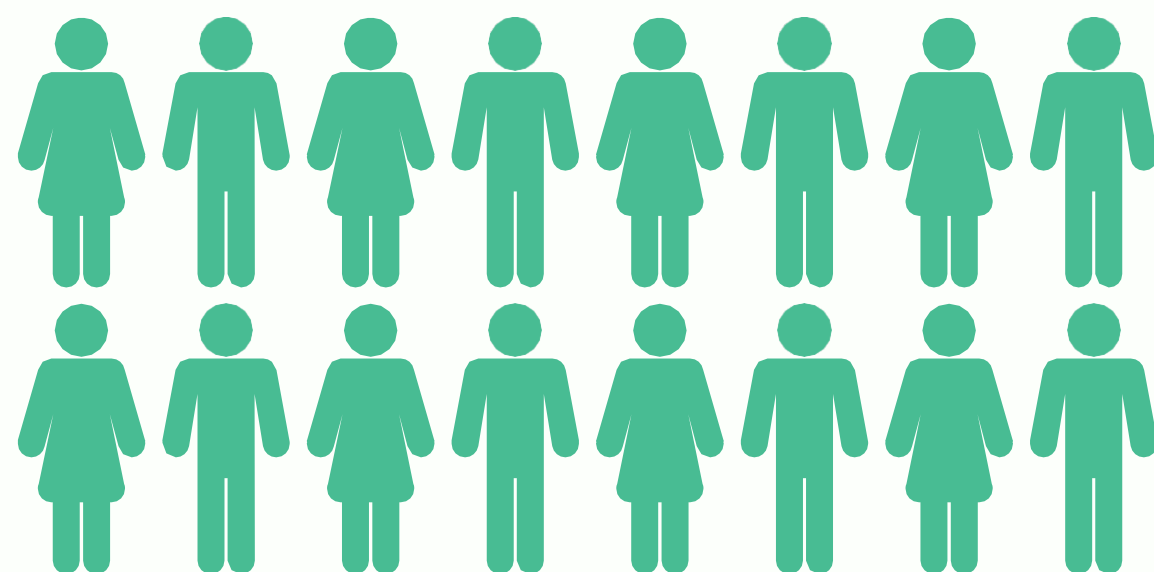


60-90% of individuals impacted by cancer have at least one need for specialized rehabilitation

- 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)

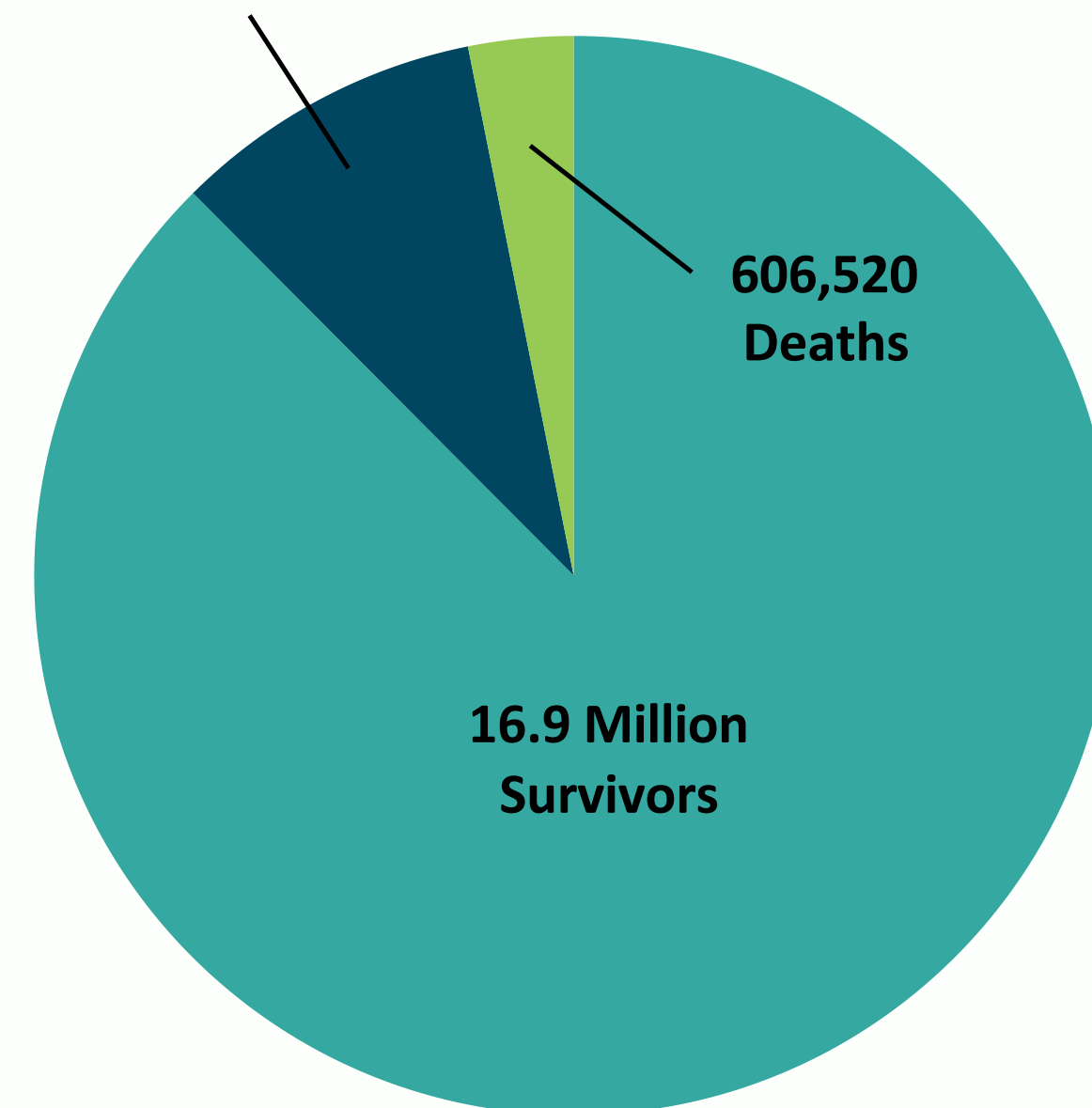
RAISING SURVIVORSHIP STANDARD OF CARE

Expanding Care Beyond the Visible Needs



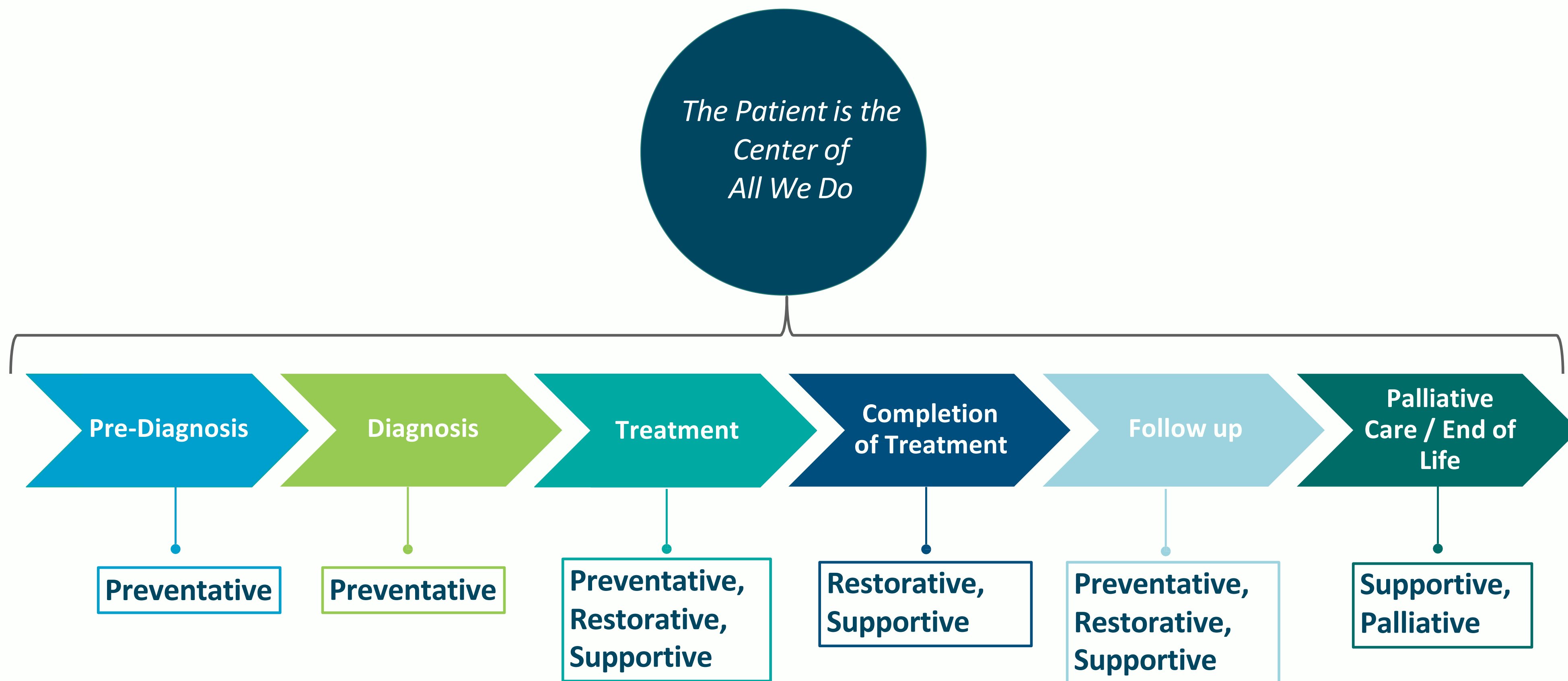
Less than 2% of
rehabilitation needs
are addressed

**1.8 Million
New Cases**

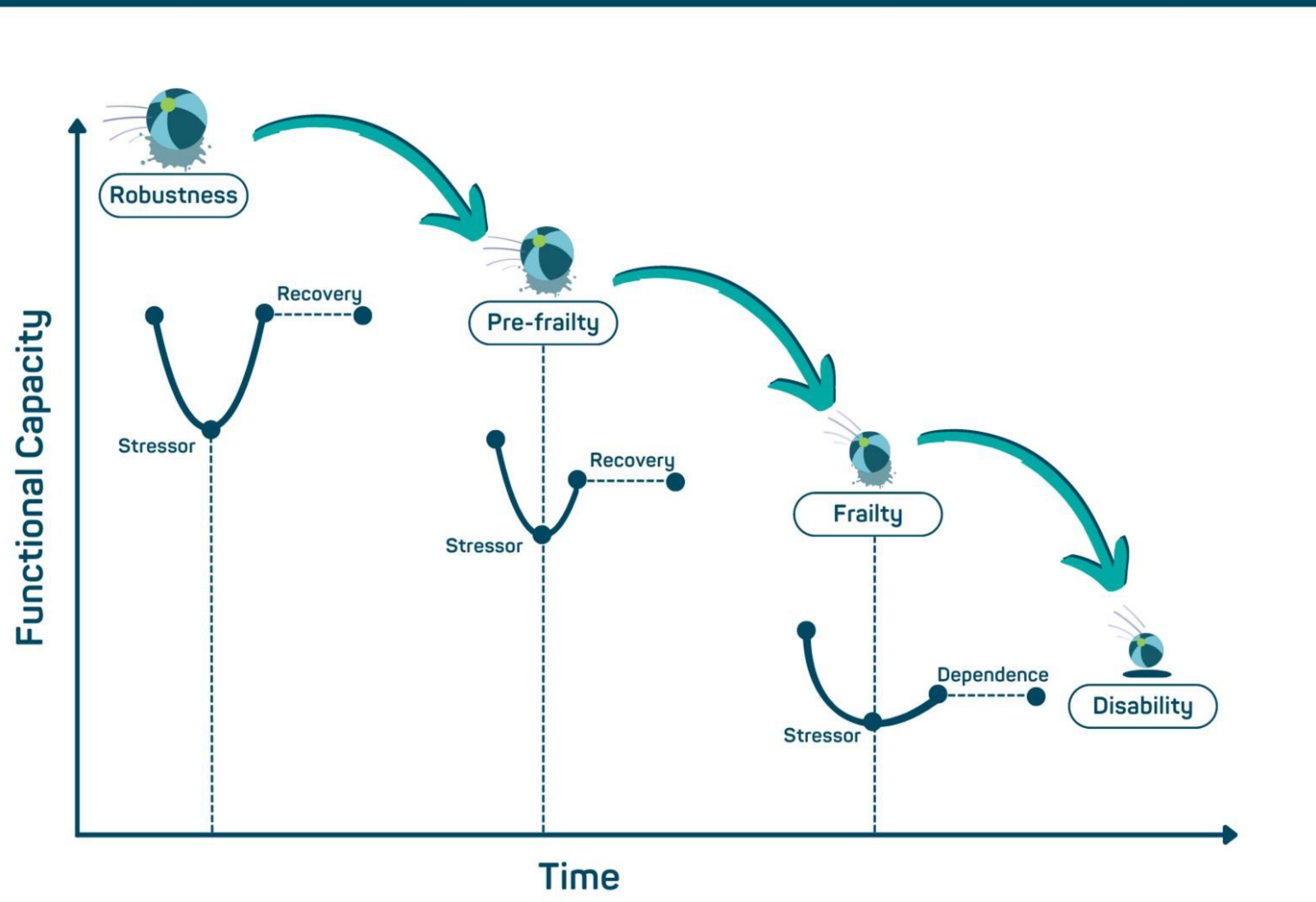


CANCER REHAB

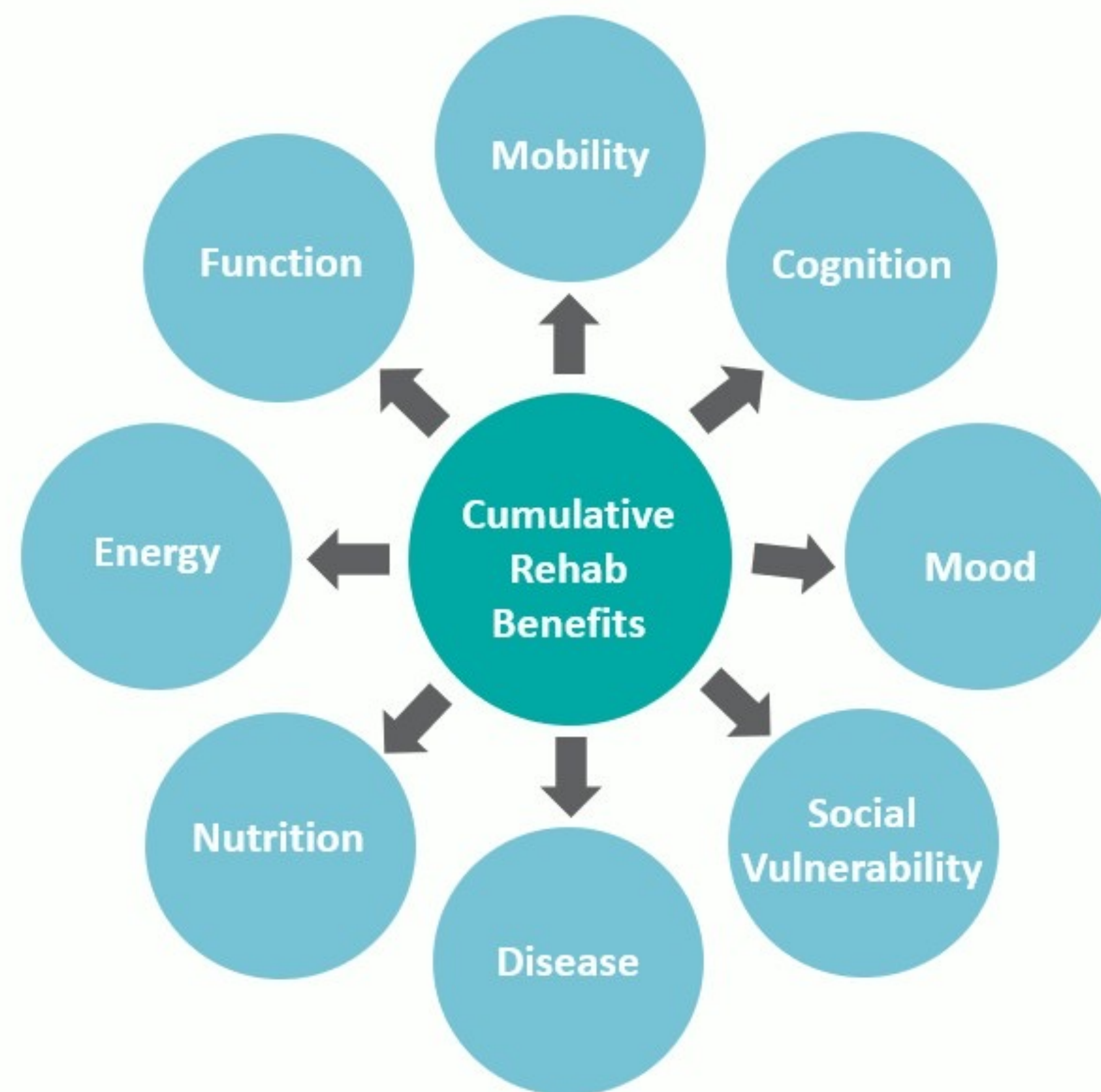
Throughout the Cancer Continuum



CANCER REHAB LEVELS UP RECOVERY



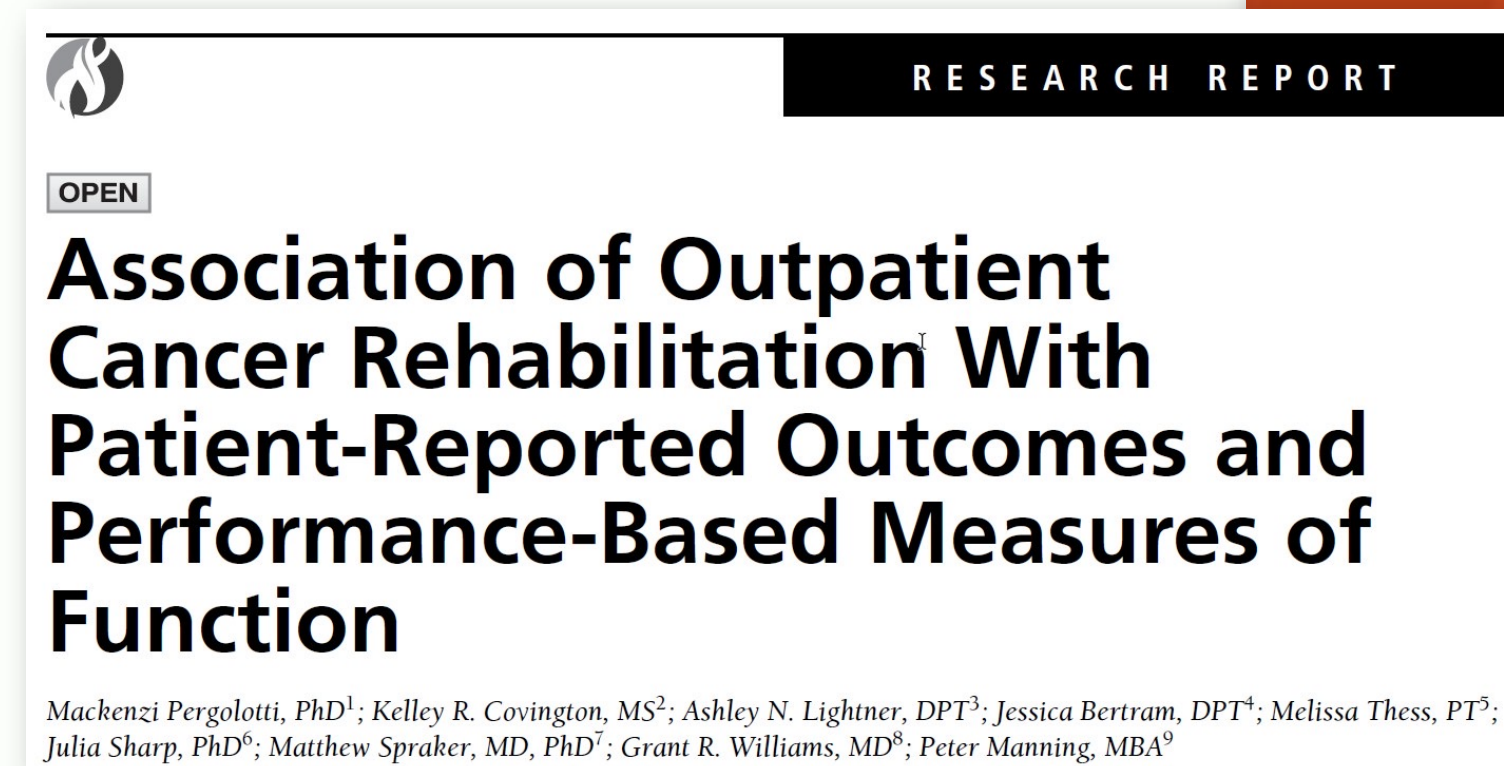
REHAB IMPROVES CANCER OUTCOMES



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



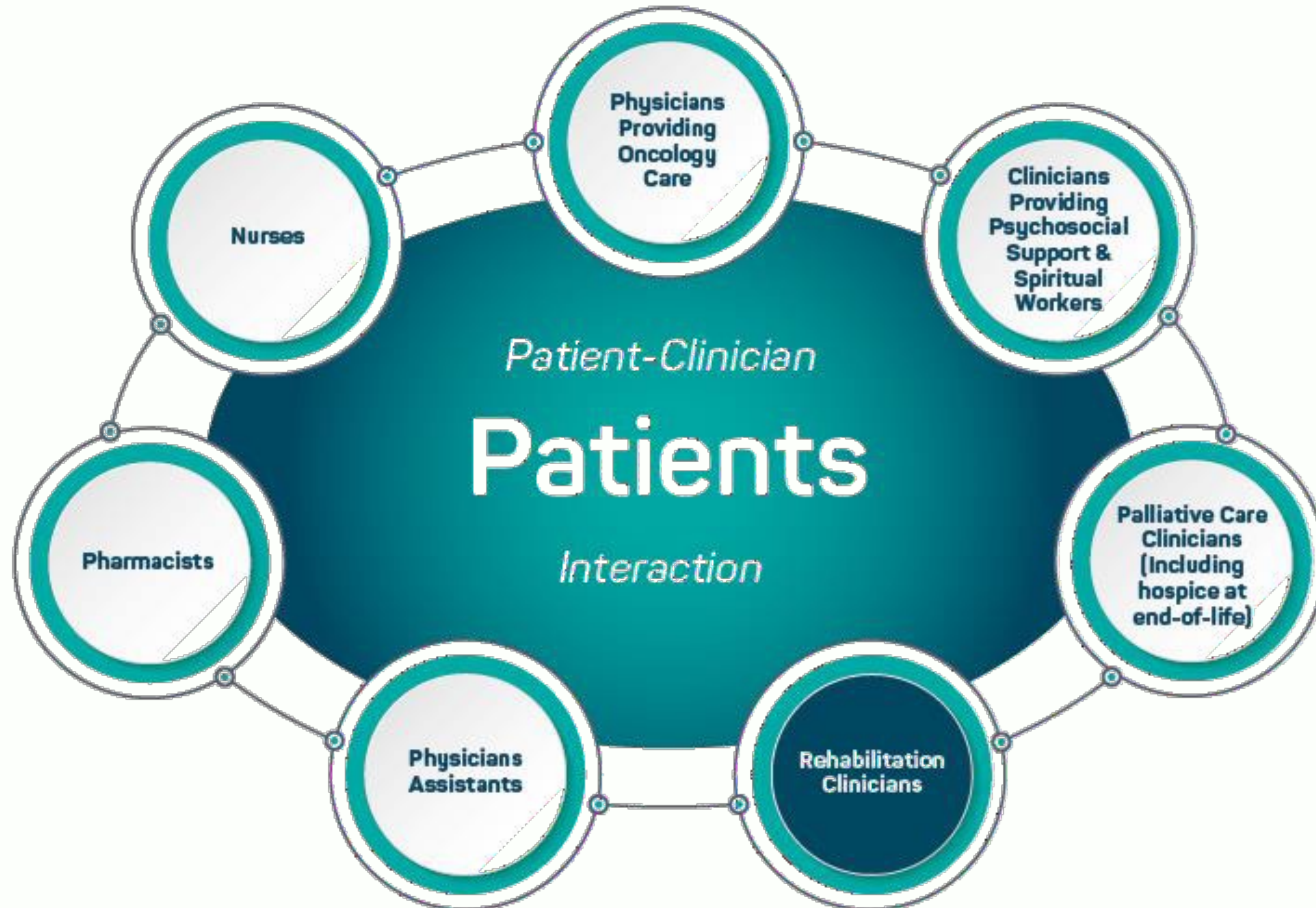
Commission on Cancer

- *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.”*

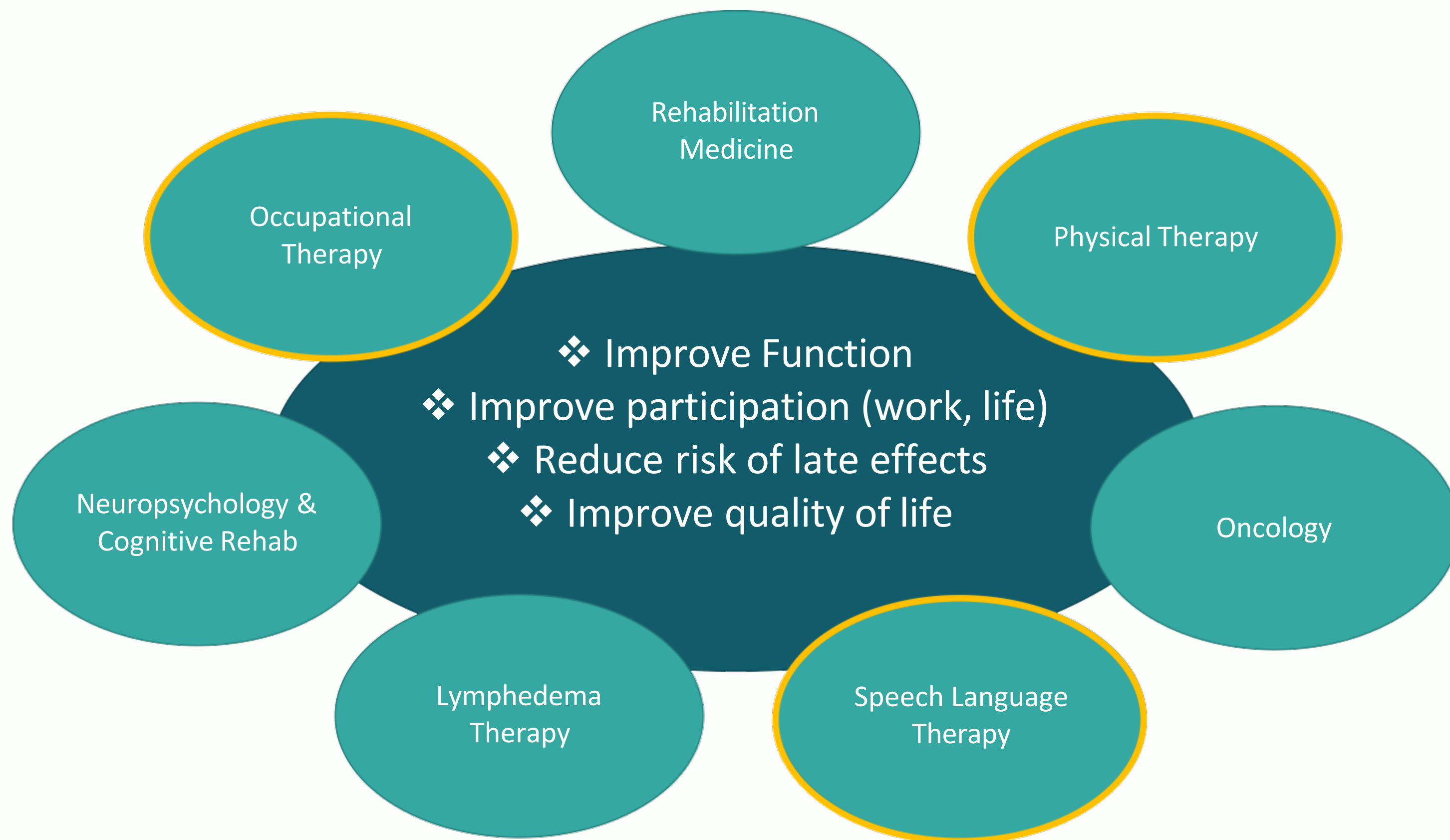
*— Atul Gawande, The Checklist Manifesto:
How to Get Things Right*

PATIENT CENTERED CANCER CARE



CANCER REHABILITATION TEAM

Team Approach to Improving 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



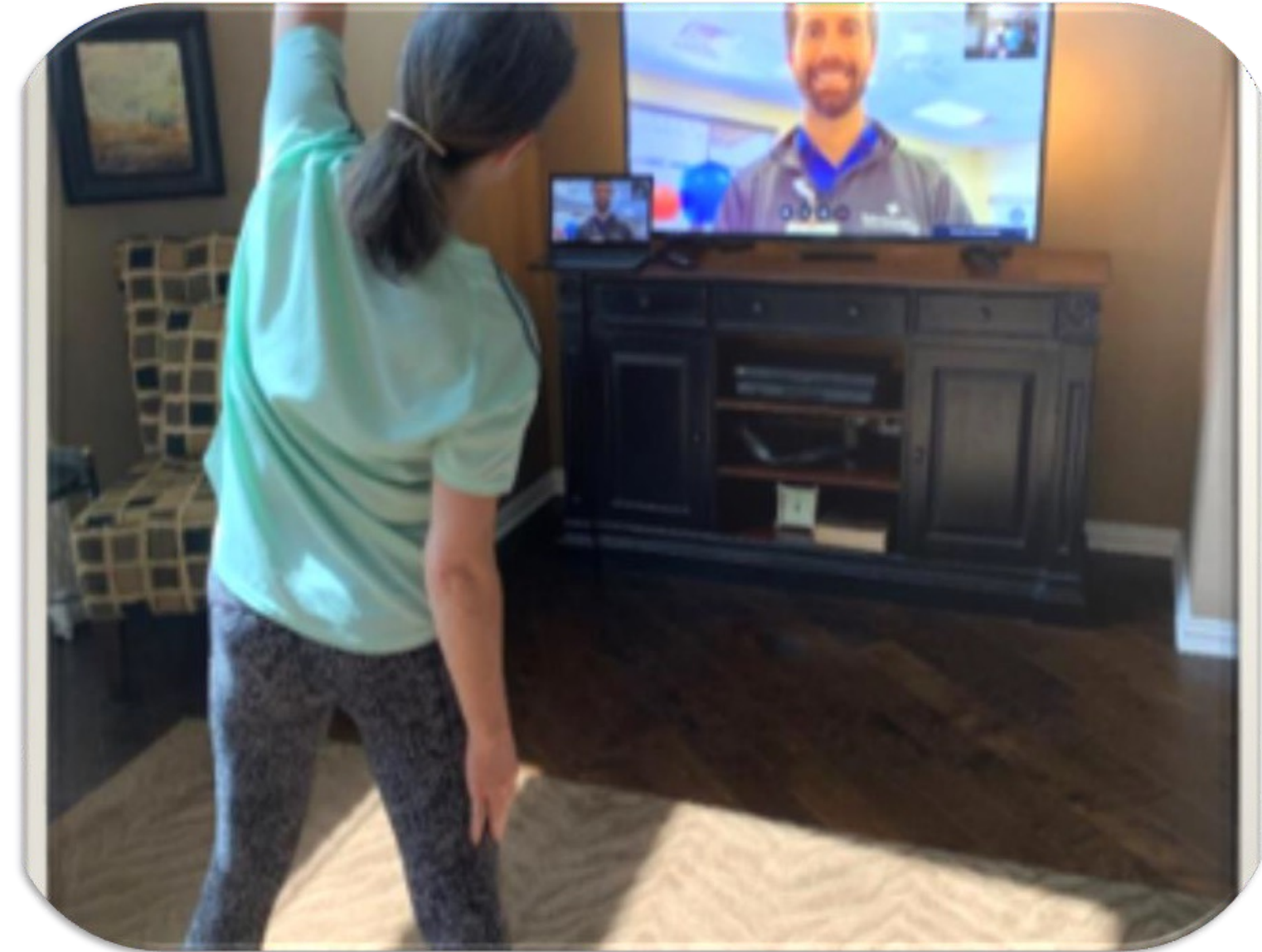


CANCER REHABILITATION IN ACTION

MODELS OF CARE



In-Clinic



Tele-Rehab

*Does medical insurance
cover Cancer Rehab?*

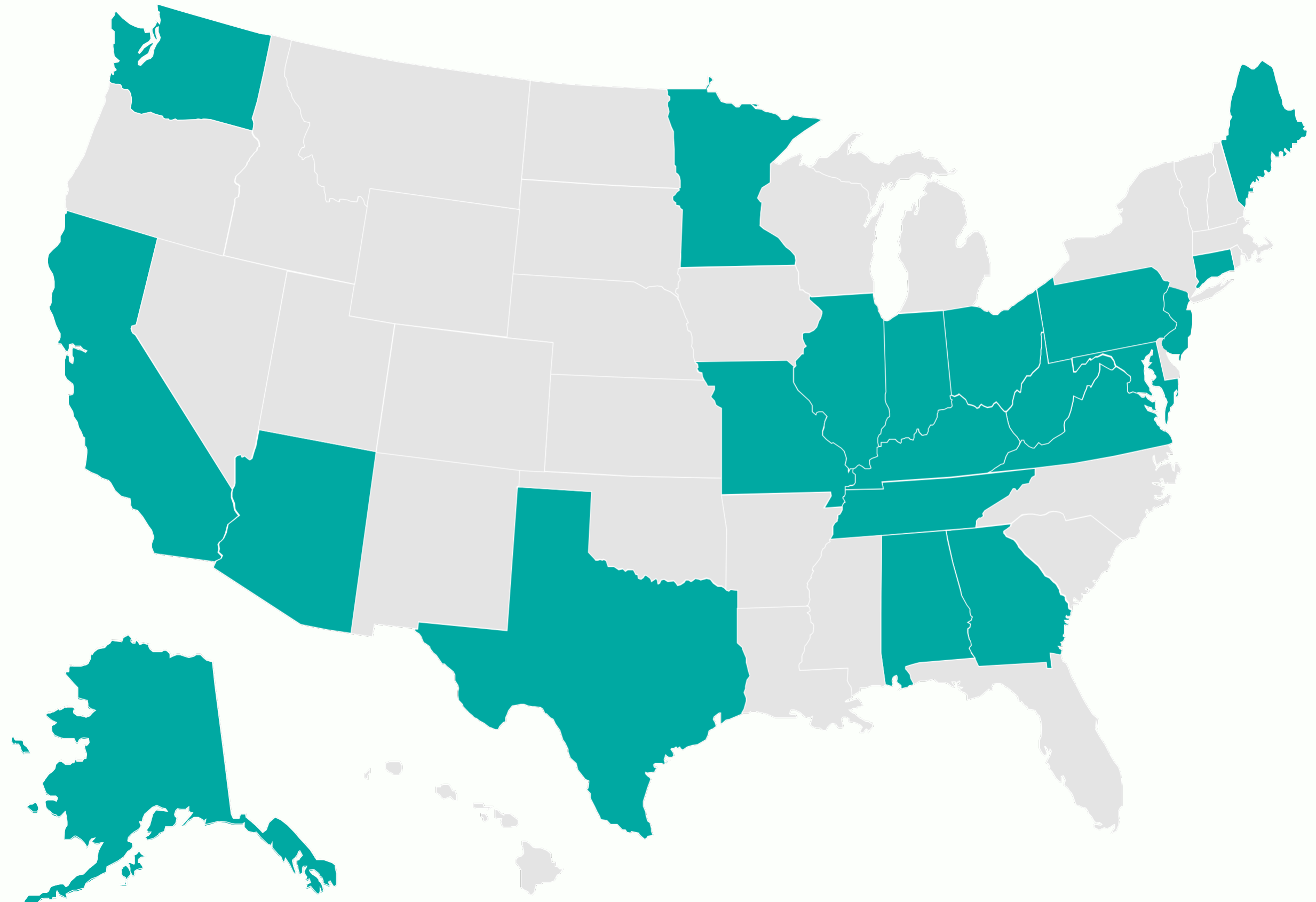
REVITAL CANCER REHAB

Our Mission

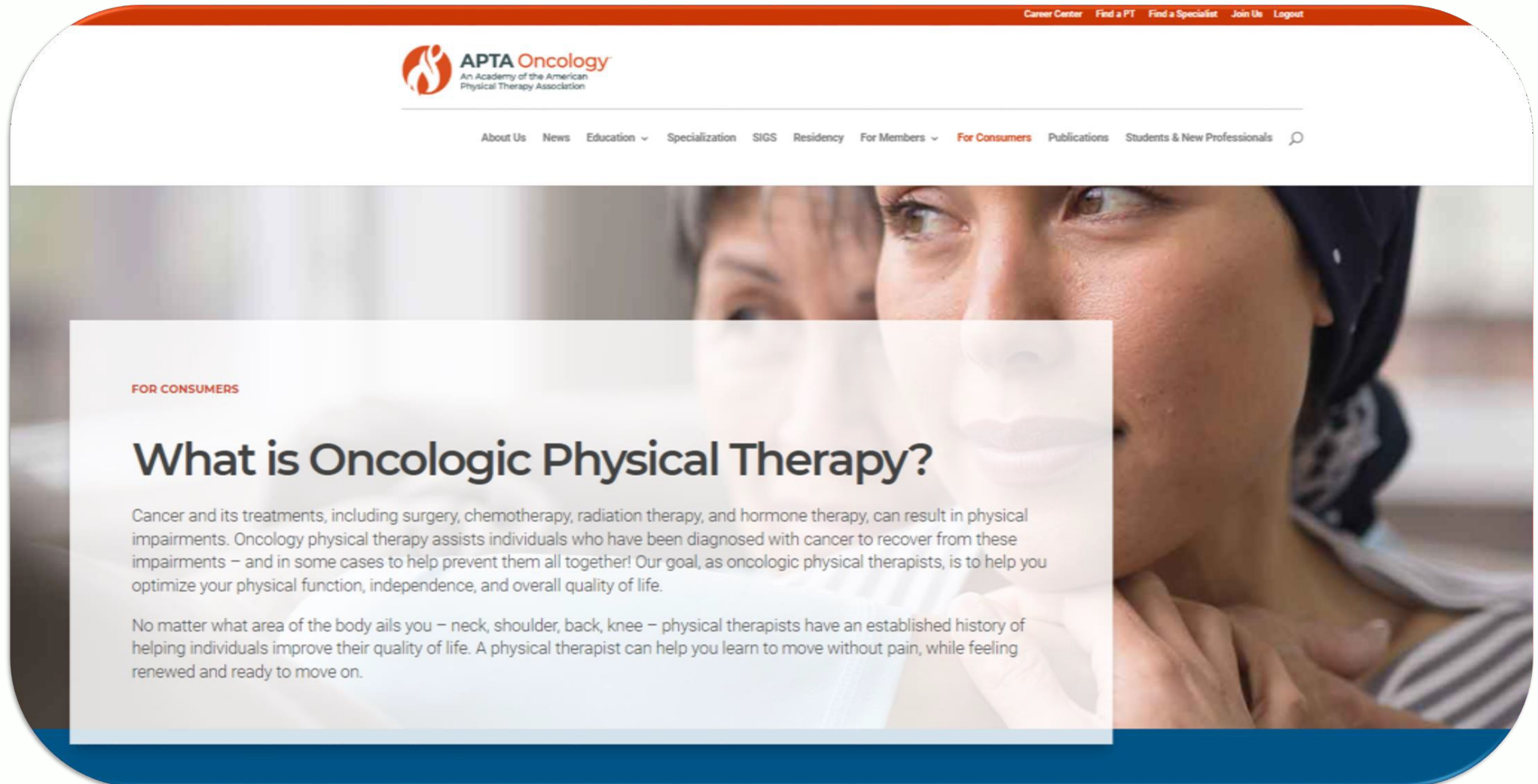
To deliver outcomes that matter to our patients throughout the cancer journey by understanding their needs and goals and providing specialized, comprehensive services at the hands of compassionate, dedicated clinicians.

Our Vision


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



www.RevitalCancerRehab.com



Career Center Find a PT Find a Specialist Join Us Logout

 **APTA Oncology**
An Academy of the American
Physical Therapy Association

About Us News Education ▾ Specialization SIGS Residency For Members ▾ **For Consumers** Publications Students & New Professionals 🔍

FOR CONSUMERS

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.



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 Therapist

ReVital Director of Education



844-473-8485



amnewell@selectmedical.com

akhodges@selectmedical.com



22+ states throughout the US



www.ReVitalCancerRehab.com

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