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GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education and Training

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*Change  
the way  
you think about  
every patient. Cancer is a very  
common diagnosis in the U.S. Learn how  
to safely and effectively treat  
your patients.*

# CANCER REHABILITATION

***An Evidence Based Course for ALL Clinicians***



## 2012

Winston-Salem, NC  
June 23-24

Louisville, KY  
July 28-29

Green Bay, WI  
September 29-30

Nashville, TN  
October 13-14

Portland, OR  
November 3-4



**Nicole L. Stout**  
MPT, CLT-LANA



GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education and Training

# Great Books



QTY TOTAL

**The Functional Toolbox: Clinical Measures of Functional Outcomes . \$89**

Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.

**The Functional Toolbox II . . . . . \$89**

Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. **Functional Toolbox I and II special: \$159.00**

**Geriatric Clinical Strategies . . . . . \$70**

Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.

**Age-Defying Fitness . . . . . \$20**

Moffat/Lewis, This cutting edge fitness book identifies five domains of physical performance: posture, strength, flexibility, balance and endurance, and explains the age-related changes that occur within the body in each of these domains. The authors also teach readers how to make accurate baseline assessments of their own bodies and how to develop a fitness program to meet their individual needs and body types. Easy-to-follow descriptions of exercises are included.

**Documenting Quality Care **UPDATED** . . . . . \$39**

Lewis, revised 2011. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.

**Health Promotion and Exercise for Older Adults . . . \$48**

Lewis, Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.

**Improving Mobility in Older Persons **UPDATED** . . . . \$48**

Lewis, The perfect handbook for therapists in a skilled nursing facility or acute care. This book has evaluation and treatment ideas for patients working on bed mobility to gait.

**Balance Assessment Tests and Treatment . . . . . \$49**

Lewis, Video assessment and treatment cards, Tinetti, Functional Reach and Unilateral Stance demonstrated. Great treatment strategies that save time.

**Orthopedic Outcomes Toolbox . . . . . \$67**

Lewis/Wilke/Wright, A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.

**Hand-Held Dynamometry . . . . . \$25**

McAndrew/Lewis, Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations

**1 Repetition Maximum Progression Pad . . . . . \$12**

This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression

**Slide Algometer . . . . . \$6**

An easy-to-use, reliable and valid measurement tool for assessing pain.

**Pocket Card 1 Repetition Maximum . . . . . \$6**

This valuable tool has 1RM values at 50% and 80% already figured out for you

**Pocket Card Bed Mobility . . . . . \$6**

This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.

**Pocket Card Sit to Stand Transfer . . . . . \$6**

This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise

**Osteoporosis Exercise Booklet . . . . . \$6**

**Self Balance Hints for Older Persons Booklet . . . . . \$6**

**AB Attack . . . . . \$20**

A comprehensive exercise DVD designed to strengthen and stabilize all muscles of the torso. Trish Muse instructor

Prices include shipping via USPS (media mail) MD residents add 5% sales tax. **TOTAL** \_\_\_\_\_  
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# Program Outline

## Day 1

7:30 - 8:00  
8:00 - 10:00

Registration & Continental Breakfast

- **Cancer Epidemiology and its relevance to rehabilitation practice**
- **Incorporating current disease screening guidelines into your practice**
- **Oncology principles**

- Tumor growth and spread
- How cancer is diagnosed
- Common disease treatment; surgery, chemotherapy, radiation therapy, hormonal therapy

10:00 - 10:15  
10:15 - 12:30

Break

**Commonly diagnosed cancers and the role of rehabilitation**

- Lung Cancer (thorotomy and acute rehabilitation)
- Hematologic cancers (leukemia, lymphoma, multiple myeloma)
- Role of Exercise during Bone Marrow Transplant
- Head and neck cancers
- The complicated shoulder and upper quadrant sequela

12:30 - 1:30

Lunch (on your own) Case Study-

Breast cancer 5 years post treatment with shoulder impingement and radiculopathy

**Commonly diagnosed cancers and the role of rehabilitation (cont)**

- GU cancers (ovarian, cervical, vulvar, prostate)

- The role of pelvic floor rehabilitation
- Exercise after hormonal ablation
- GI cancers (colorectal, pancreatic)

- Short term and late functional effects of treatment

3:45 - 4:00  
4:00 - 5:30

Break

**Commonly diagnosed cancers and the role of rehabilitation (cont)**

- Breast cancer
- Exercise indications – when and how much?
- Breast reconstruction techniques and their impact on function
- Melanoma

Case studies

Questions and Answers

## DAY 2

8:00 - 8:30  
8:30 - 10:45

Review from Day 1

- Integrating the principles of oncology into practice: Evaluation and Tests and Measures
- History and intake pertinent to the cancer treatment history
- Pain assessment – cancer treatment and its impact on pain presentation
- Review of systems
  - Cardiovascular and pulmonary
  - Acute and Late effects of Chemotherapy and Radiation therapy
- Treatment toxicities and how they impact CV response to exercise
- Musculoskeletal
  - Bone integrity and bony metastasis

10:45 - 11:00  
11:00 - 12:30

Break

**Integrating the principles of oncology into practice: Evaluation and Tests and Measures**

- Review of systems
  - Neuromuscular
    - Central and peripheral nervous system
    - Brain metastasis
    - Balance and falls
  - Integumentary
    - Scar tissue management
    - Radiation fibrosis
    - Lymphedema
  - Lab Values
    - Safely assessing tolerance to exercise
    - Thrombocytopenia
    - Neutropenia
  - Outcomes tools specific to oncology

12:30 - 1:30

Lunch (on your own) Case Study- Osteosarcoma with lower extremity limb salvage procedure

1:30 - 2:30

**Integrating the principles of oncology into practice: Exercise prescription and Modalities**

- Exercise evaluation and prescription
- Fatigue
- Precautions/contradiction

2:30 - 3:15  
3:15 - 3:30  
3:30 - 4:45

Case studies - complete plan of care

Break

**Metastatic disease and palliative care**

- Opioid use and pain management
- Exercise indications
- End of life care and hospice

4:45 - 6:00  
6:00 - 6:30

Group Case studies

Questions and Answers

## Faculty

Nicole L. Stout MPT, CLT-LANA, physical therapist, clinical researcher and CLT-LANA lymphedema specialist. She received a Bachelor of Science degree from Slippery Rock University of Pennsylvania and a Master of Physical Therapy degree from Chatham College and is currently pursuing doctoral studies in Health Policy at George Washington University. She is currently the principal investigator on two research protocols studying upper extremity morbidity associated with breast cancer treatment at the Breast Care Center at the National Naval Medical Center in Bethesda, Maryland. Ms. Stout has lectured and taught internationally on lymphedema and cancer rehabilitation and holds adjunct faculty appointments at several universities. She is an internationally recognized expert in breast cancer morbidity and early intervention.

Currently Ms. Stout is a member of the Board of Directors of the American Physical Therapy Association. She also serves on the steering committee for the American Lymphedema Framework project. She has authored and co-authored over a dozen articles and chapters about cancer and lymphedema.

## Description

1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime. Do you know the principles of cancer and its treatment? Some treatment side effects last a lifetime, others do not present until years after the treatment is complete. How do you choose rehabilitation interventions that are safe and effective? This comprehensive course will provide the evidence-base for you to incorporate rehabilitation strategies in any setting for patients who have had cancer or those undergoing cancer treatments. This engaging and animated course covers current screening guidelines, basic disease and treatment principles including short term and late effects that will impact a patient's rehabilitation treatment plan.

You will learn:

Impairments and functional limitations directly related to common cancer diagnoses and treatment. Short term and late effects of cancer treatment and how this impacts patients across the lifespan. Current evidence based rehabilitation strategies will be described in detail including: exercise prescription, contraindications and precautions with exercise & modalities. You will identify in a problem based format, with group interaction, using real case examples; the latest in evaluation, treatment and progression of care.

## Objectives

*Upon Completion of this Seminar, Participants will be able to:*

- Describe the cancer diagnosis, pathology and staging.
- Explain medical and surgical management of common cancer diagnosis.
- Choose & perform appropriate screening/systems review and tests and measures.
- Design appropriate treatment interventions for common impairments seen in individuals at various stages of the disease process.
- Discuss the need for appropriate modality selection and use based on the cancer history and/or treatment.
- Order and describe precautions and contraindications for exercise.

## Feedback from Course Participants

“ I would highly recommend this course to anyone treating patients. Cancer has such a major role in our patient's lives, it is vital to understand how it is treated and what our role should be. Nicole Stout, MPT, CLT-LANA uses evidence based information to give you the tools to become a confident expert clinician.”

## Locations

Wake Forest  
Baptist Health  
Winston-Salem, NC  
June 23-24, 2012

University of  
Louisville Hospital  
Louisville, KY  
July 28-29, 2012

**Host:** Bellin Health  
**Location:** Bellin Hospital  
Green Bay, WI  
September 29-30, 2012

Vanderbilt University  
Medical Center  
Rehabilitation Services  
Nashville, TN  
October 13-14, 2012

**Host:** Providence  
Health Services  
**Location:** Providence Portland  
Medical Center  
Portland, OR  
November 3-4, 2012

# Registration

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

**LEVEL:** This course is at an intermediate level.

**FEE:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

- Winston-Salem, NC** - \$495. If postmarked before 5/30/12
- Louisville, KY** - \$495. If postmarked before 7/3/12
- Green Bay, WI** - \$495. If postmarked before 9/5/12
- Nashville, TN** - \$495. If postmarked before 9/19/12
- Portland, OR** - \$495. If postmarked before 10/10/12

**LATE REGISTRATION:** Postmarked after the above date requires an additional **\$50 late fee.**

**EARLY BIRD:** \$470 - If completed registration and payment are **received** by

- Winston-Salem, NC** - April 11, 2012
- Louisville, KY** - May 16, 2012
- Green Bay, WI** - July 18, 2012
- Nashville, TN** - August 1, 2012
- Portland, OR** - August 22, 2012

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**CANCELLATION/REFUND POLICY:** Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

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**LOST CERTIFICATES:** Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

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## 2012 Cancer Rehabilitation

**YES! Please register me for:**

Nashville, TN - October 13-14

Winston-Salem, NC - June 23-24

Portland, OR - November 3-4

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Green Bay, WI - September 29-30

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