



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



GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training



GET 20 CONTACT HOURS IN 1 WEEKEND AT A GREAT PRICE!



Nicole L. Stout
DPT, CLT-LANA,
FAPTA

This **20 CONTACT HOUR**
presentation includes:

- Evidence based examination and interventions
- How to safely and effectively treat your patients
- Evidence based references
- Extensive handout

2019

Greensboro, NC
April 6-7

York, PA
August 10-11

Spokane, WA
October 12-13

Charlottesville, VA
December 7-8

Faculty

Dr. Nicole L. Stout is a renowned health care researcher, consultant, educator, and advocate. She currently serves as an executive consultant identifying innovative solutions in health care delivery models of care. She advises clients in policy, research, and marketing strategies that enable greater and more sophisticated use of technology in health care. Her clients include industry leaders in the US and abroad.

She currently serves as the project lead on the Rehabilitation Medicine Department's Cancer Rehabilitation Initiative through the Office of Strategic Research. Dr. Stout is an internationally recognized expert and leader in cancer rehabilitation and lymphedema. She has authored and co-authored over 40 peer-review publications, several book chapters and is the co-author of the book 100 Questions and Answers about Lymphedema. Her research publications have been foundational in developing the Prospective Surveillance Model for breast cancer rehabilitation.

Dr. Stout received her BS from Slippery Rock University of Pennsylvania in 1994 and received her Master of Physical Therapy degree from Chatham University in 1998 and a clinical doctorate in physical therapy from Massachusetts General Institute of Health Professions in 2013. She has a post graduate certificate in Health Policy from the George Washington University School of Public Health. She is also a Six Sigma Green Belt and a Certified Health Data Analyst.

She holds adjunct faculty appointments at the University of Alabama Birmingham, and the University of Missouri as well as appointments on the State of Maryland Cancer Control Survivorship committee, the CARF International Cancer Standards Advisory Board, the American Lymphedema Framework steering committee and the National Lymphedema Network Board of Directors.

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:

Upon completion of this seminar, participants will be able to:

- Describe cancer pathology, diagnostic methods, and staging.
- Explain medical and surgical management of common cancer diagnoses and demonstrate understanding of the anatomic and pathophysiologic impact of disease management.
- Choose and perform appropriate screening, systems review, and tests and measures specific to the type of cancer and its treatment.
- Design treatment interventions for common impairments that impact function at various stages of the disease process.
- Recognize precautions and contraindications to impairment management and rehabilitation interventions based on the side effects of cancer treatments.
- Understand how to align rehabilitation care delivery along the continuum of cancer care using the Dietz model as a construct to set goals and plan treatment.
- Identify resources for providing patient centered care

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, DPT, CLT-LANA uses evidence based information to give you the tools to become a confident expert clinician."

Locations

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

Host: Cone Health
Location: Moses H Cone Memorial Hospital
AHEC Conference Rooms 1/2/3
1121 N. Church St.
Greensboro, NC 27401
April 6-7, 2019

St. Luke's Rehabilitation Institute
Spokane, WA
October 12-13, 2019

Host: WellSpan Rehabilitation Services
Location: York Hospital - Medical Pavilion Classroom 20-21
1001 S. George Street
York, PA 17403
August 10-11, 2019

Host: University of Virginia Health System Rehabilitation Services
Location: UVA Medical Center Charlottesville, VA
December 7-8, 2019

Program Outline

Day 1

- 7:30 – 8:00 Registration and Continental Breakfast
- 8:00 – 10:00 **Cancer Epidemiology and Pathology**
- Epidemiology of common cancers
 - Disease Screening Guidelines
 - Tumor growth and spread
 - Diagnostic techniques
 - Genetics
- 10:00 – 10:15 BREAK
- 10:15 – 11:15 **Common Disease Treatment**
- Treatment Planning
 - Surgery
 - Chemotherapy
 - Radiation Therapy
 - Hormonal Therapy
 - Immunotherapy
- 11:15 – 12:15 **Overview of Commonly Diagnosed Cancers and the Role of Rehabilitation**
- Lung Cancer
 - Hematological Cancers
 - Stem Cell Transplant
 - CNS Tumors
- 12:15 – 1:15 LUNCH (on your own) Case reviews from morning session
- 1:15 – 1:45 **Case Discussions**
- 1:45 – 3:45 **Overview of Commonly Diagnosed Cancers and the Role of Rehabilitation**
- Head and Neck Cancers
 - Colorectal and other GI Cancers
 - Genitourinary Cancers
- 3:45 – 4:00 BREAK
- 4:00 – 6:00 **Overview of Commonly Diagnosed Cancers and the Role of Rehabilitation**
- Breast Cancer
 - Breast Reconstruction Procedures
 - Melanoma
- 6:00 – 6:30 **Case Studies and Reviews**
- ## DAY 2
- 7:30 – 8:00 Continental Breakfast
- 8:00 – 8:30 Review and Q&A from Day 1
- 8:30 – 10:00 **Integrating the Principles of Oncology into Rehabilitation Practice**
- Rehabilitation along the Cancer Care Delivery Continuum
 - Lifespan Considerations for Rehabilitation – The Dietz Model
 - The patient management model- Intake and Evaluation
- 10:00 – 10:15 BREAK
- 10:15 – 12:15 **Integrating the Principles of Oncology into Rehabilitation Practice**
- Review of Systems
 - Musculoskeletal
 - Neuromuscular
 - Integumentary
- 12:15 – 1:15 LUNCH (on your own) Case reviews from morning session
- 1:15 – 2:45 **Integrating the Principles of Oncology into Rehabilitation Practice**
- Review of Systems
 - Cardiovascular and Pulmonary
 - Lab Values and Tumor Markers
 - Plan of Care
 - Prospective Surveillance
 - Exercise prescription and impairment management
- 2:45 – 3:00 BREAK
- 3:00 – 5:30 **Integrating the Principles of Oncology into Rehabilitation Practice**
- Plan of Care
 - Survivorship care plan
 - Palliative and End of Life Care
 - Outcomes Measurement
 - Patient reported outcomes
 - Functional outcomes
- 5:30 – 6:30 **Case Reviews**

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, 670 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.

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 most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.

Age-Defying Fitness \$20

Lewis/Moffat **NEW!** Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.

Prevention and Wellness Toolkit \$69

Lewis/Ledbetter **NEW!** This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.

Hand-Held Dynamometry \$25

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.

Pocket Card - Borg Card \$6

This card is laminated so you can take it with you to monitor progress and document your patient's rehabilitation programs easily.

Pocket Card 1 Repetition Maximum \$6

This valuable tool has 1 RM 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

20 page patient home exercise books. Can be bought in bulk.

Self Balance Hints for Older Persons Booklet \$6

20 page patient home exercise books. Can be bought in bulk.

Pilates for Seniors DVD The Osteoporosis Workout, Instructor Sherri Betz . . \$20

Prices include shipping via USPS (media mail) and handling within the continental U.S.

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2019 Cancer Rehabilitation

YES! Please register me for: Greensboro, NC - April 6-7 York, PA - August 10-11 Spokane, WA - October 12-13
 Charlottesville, VA - December 7-8 Circle One: PT • PTA • OT • COTA • Other

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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.

Greensboro, NC - \$545. If postmarked before 3/13/19
 York, PA - \$545. If postmarked before 7/17/19
 Spokane, WA - \$545. If postmarked before 9/18/19
 Charlottesville, VA - \$545. If postmarked before 11/13/19

LATE REGISTRATION: Postmarked after the above date requires an additional \$25 late fee.

EARLY BIRD: \$495 - If completed registration and payment are **received** by

Greensboro, NC - March 6, 2019
 York, PA - June 26, 2019
 Spokane, WA - August 28, 2019
 Charlottesville, VA - October 23, 2019

DISCOUNT PROGRAM: Receive \$25 off your class registration for each GREAT Seminars & Books, Inc. course attended from 2000 to the present up to a maximum of \$200. In order to receive a discount, a copy of each course certificate must accompany registration form. **No discounts will be taken once registration is completed. ADDITIONAL DISCOUNT CODES MAY NOT BE USED WITH THE CERTIFICATE DISCOUNT PROGRAM.**

CONFIRMATION: A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

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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EDUCATIONAL CREDIT: A certificate of attendance for 20 contact hours of educational activity (**20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state**) will be awarded to registrants upon completion of the seminar. **Great Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, TX and NC. Approved in MD, AR, CA, OK, PA, NJ and TN for 20 Clinical Contact Hours.** Our courses also meet the guidelines for approval in PA, GA, AL, IN, WY, VA, AZ, DE, NH, OR, RI, UT and MO. Courses are accepted for CEUs in NE, ID, MT, WA, CT, IA, and ND. If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. This course is not approved by ASHA or Board of Certification. **Your tuition is tax deductible.** All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.

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.

5 Easy Ways to Register

WEBSITE Online Registration at www.greatseminarsandbooks.com

MAIL your registration form with payment to **GREAT Seminars and Books, Inc.**
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FAX your completed registration form with credit card information to 330-865-6941, 24 hours a day.

EMAIL your registration via the internet to greatseminars@aol.com

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