



## Introduction

The area of exercise oncology and the guidelines on how to provide safe, effective and individualised exercise programmes for people affected by cancer has changed significantly since the first CanRehab Cancer Exercise training course in 2010. In 2019 the guidelines were updated by a team of international experts including CanRehab Director Professor Anna Campbell. Knowledge on the following updated topics is recommended to continue as a safe and effective CanRehab accredited instructor:

- Awareness of the four additional markers of cancer
- Latest cancer statistics concerning incidence and survivorship
- Update on the specific cancers where exercise has been shown to reduce the risk of primary (new) or secondary diagnosis.
- Recent evidence on potential protective effects of exercise against cancer growth and recurrence
- Current and new treatments for cancer and relevant side effects that may affect exercise prescription
- Update on evidence of exercise benefits with reference to specific cancers and specific side effects
- Latest guidance on risk stratification to community programmes
- New specific exercise FITT prescription to address specific side effects e.g. fatigue

## CanRehab Revalidation Revision Course and Exam

Revalidation is a standard way of regularly confirming that you remain up to date and are continuing to practice safely within the CanRehab Cancer Exercise Evidence-based Guidelines.

Professor Campbell has prepared a series of interactive teaching modules to assist you in revision for the CanRehab Revalidation Exam. These modules are:

Section 1: Can Biology & Cancer Survivorship

Section 2: Cancer Treatments, Relevant Side Effects & Key Practical Considerations

Section 3: Risk Stratification: Screening & Assessments

Section 4: Exercise Guidelines



When you enrol on the Revalidation course, you have access for 90 days from that date to the online teaching modules and subsequent exam.

**The estimated time our testers took completing the revalidation was 16-20 hours (dipping in and out) to read and review, including referring to external websites eg CRUK**

Click the link below to show a short clip of what the learning materials look like:

**[Video to show what the learning materials look like](#)**

### **The Revalidation Exam:**

In order to receive your certificate, you must pass the Revalidation assessment which is an online exam of 60 Multiple Choice Questions (MCQ). This is accessed on the same platform as the learning modules and explanations of how to access are given on there.

If you are successful, you will be emailed a CanRehab Revalidation certificate which will be valid for a further 3 years.

The revalidation exam will cover the areas of Cancer Biology, Cancer Prevalence, Cancer Treatments and Side Effects, Exercise Oncology (evidence of benefits of exercise), Risk Stratification, and Exercise Programming in the community setting.

In addition to the preparation material, we recommend you review [Cancer Research UK \(CRUK\)](#) and [Macmillan's](#) websites to ensure you are up to date with cancer statistics for incidence and survivorship. It is also a great resource for the latest standard cancer-specific treatments for different cancers - because in this fast-moving field of oncology and cancer survivorship, this vital information is constantly changing.

You will be awarded **10 CPD credits from CIMSPA** for revalidation of this qualification. If your score is below 70%, you have not attained the pass mark and you will be asked to contact the CanRehab Education Office for further advice ([info@canrehab.co.uk](mailto:info@canrehab.co.uk)).

Revalidation will be essential to be added to and remain on the CanRehab Trust Register [www.canrehabtrust.org](http://www.canrehabtrust.org).

Revalidation examination is open to anyone with a Level 4 cancer exercise qualification [irrespective of training provider](#).