



CanRehab Physiotherapy

Cancer and Exercise Rehabilitation

A two-day, live-online assessed course
created and developed by

Professor Anna Campbell MBE

Costs per Registration £350 + VAT
(discounts given for multiple registrations).



Course information

Rationale:

One in two of us will get cancer in our lifetime. There is convincing evidence that exercise and staying active can significantly enhance the quality of life of those affected by cancer at all stages of the cancer trajectory and may reduce / prevent some cancer treatment toxicities. This course has been designed to enable you to acquire the evidence and current practice on exercising post diagnosis whilst developing the skills to evaluate, risk assess, and provide safe effective and individualised exercises specifically for the cancer population.

Aims:

This course will enable you to apply specialist knowledge to assess and design safe and effective exercises for cancer patients and survivors. In addition, it will provide you with practical assessment and behaviour change tools to improve and expand your service provision.

Learning Outcomes:

A successful student will have acquired the following:

Knowledge and Understanding:

1. Exercise physiology and principles of exercise prescription.
2. The physiology and pathology of cancer
3. Cancer treatments and management pathways - surgery, radiotherapy, hormone therapy, chemotherapy, and targeted biological therapies.
4. Symptom management of the side effects of these cancer treatments and how these can influence the safety and ability to exercise
5. The evidence that exercise can reduce side effects of cancer treatments, improve morbidity and outcomes after cancer treatments
6. Motivational techniques involved in behavioural change for the cancer patient/client.
7. How to establish a safe and stimulating activity environment sensitive to the physical and psychological, confidentially needs of patients/clients with cancer
8. How to assess, interpret and record a client's baseline parameters based on their physical and psychological parameters related to their cancer



9. Individual risk stratification using recognised guidelines
10. Begin to understand design of an individualised exercise programme
11. How to determine which parameters to be monitored during the exercise prescription order to assess effectiveness and if necessary, modify or offer alternative exercises
12. How to prepare and undertake appropriate ongoing screening in order to detect a change in their condition; what to look out for during exercise

Intellectual Qualities

1. Critically reflect upon and examine the different modes of exercise prescription for people affected by cancer
2. Independent and creative thought in application of different models of exercise and support in cancer services and your workplace

Professional / Practical Skills

1. Synthesise and develop individualised safe and effective exercises to enhance the quality of life of people affected by cancer.
2. Recognise limitations and barriers to compliance to exercise in individuals with a cancer diagnosis.
3. Understand contra-indications, risk evaluation processes and functional assessments to develop individualised exercise programmes based on clinical judgement and advanced reasoning

Assessment:

Students will be assessed on all course content by completing a timed 60 question summative MCQ .

Certificate:

On successful completion, a CanRehab Physiotherapy certificate will be available to be downloaded.

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. To ensure you are continuing to practice safely within current guidelines, you must revalidate this qualification every three years.



Cancer and Exercise Rehabilitation for Physiotherapists

Agenda DAY 1

May be subject to minor time and order changes

09.00 – 09.30	Introductions and virtual classroom protocol
09.30 – 09.45	Formative Test on Pre Reading
09.45 – 10.30	Part 1: Principles of exercise physiology & prescription: FITT principles, programme and session design including progression / adaptation.
10.30 – 10.45	Break
10.45 – 11.45	Part 2: Principles of exercise physiology & prescription
11.45 – 12.45	What causes cancer and who gets cancer?
12.45 – 13.30	Part 1: Cancer treatments, side effects and key practical points
13.30 – 14.00	Lunch
14.00 – 15.00	Part 2: Cancer Treatments, side effects and key practical points
15.00 – 15.30	Case Study: Group work (Part 1)
15.30 – 16.00	Validated functional assessments, e.g. fitness tests and questionnaires
16.00 – 16.45	Case Study: Group work (Part 2)
16.45	Round up and homework

End of Day 1 of Training



Cancer and Exercise Rehabilitation for Physiotherapists Agenda DAY 2

09.00 – 09.30	Welcome back, feedback and formative assessment
09.30 – 11.00	Evidence and guidelines of the benefits of exercise after a cancer diagnosis.
11.00 – 11.15	Break
11.15 – 12.00	Screening, risk stratification and triage guidelines.
12.00 – 13.00	Guidelines working with specific treatment effects
13.00 – 13.30	Lunch
13.30 – 14.30	Case Study: Group work
14.30 – 15.15	Changing Behaviour
15.15 – 16.15	How to use what you have learned within your workplace
16.15-16.30	Assessment information and round up

End of Training Course



Key Deliverables

1. Course delivery

Course Delivery	
Delivery Dates/ Schedule	Two day LIVE via Zoom (9.00am -5.00pm) with an MCQ assessment scheduled approximately 4 weeks after the course teaching.
Course	<p>All teaching is synchronous live online.</p> <p>Some independent study may be required.</p> <p>Students will have timed access to the CanRehab Learners Portal allowing them to access videos, presentations and documents used and referred to in the workshop.</p> <p>Candidates can direct any questions they may have during and after the course has completed.</p>
Certificates	Can be downloaded on successful completion of the Assessment

- Online access to each student to the CanRehab Learners Portal allowing them to access videos, presentations and documents used and referred to in the workshop.
- Each delegate will receive the CanRehab manual, Learners Handout with reference sheets and CanRehab Client Studies.
- Each delegate will be invited to join the private CanRehab Physiotherapist Facebook group which is supported by the CanRehab Tutors.
- Each delegate, on passing the assessment, will receive CanRehab Physiotherapy certificate (renewals recommended every three years).
- 20% discount for delegates wishing to attend 6-day Specialist Instructor in Cancer and Exercise Rehabilitation training and 1-day assessment.

Costs per Registration (discounts given for multiple registrations).

£350 + VAT for individuals registering on an "open course"*

Contact Information	
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*Contact us for "in-house" commissioned course prices

