Course Instructor
Mary-Ann Dalzell, BScPT, MSc, Physiotherapist

Mary-Ann is past (2006-2016) Clinical Director and Research Coordinator of the Rehabilitation and Exercise Oncology Program, Hope & Cope, Segal Cancer Center in Montreal. As a clinician with 30 years of experience in the management of complex orthopedic problems, Executive Director of the Esprit Sport Rehabilitation Centers, and Faculty Lecturer in the School of Physical and Occupational Therapy at McGill University, she has coordinated and taught specialized courses in Orthopedics, Sports Medicine, Biophysical Modalities and Cancer Rehabilitation. She is co-founder of the McGill Cancer Nutrition-Rehabilitation Program, and served as Associate Director from 2002 to 2006.

She was principal investigator on a study of the residual functional effects of radiotherapy in young breast cancer survivors (2011-2015) and co-principal investigator in Grants (2013) received from the Cure Foundation and the Quebec Breast Foundation on bone health in women receiving treatment for breast cancer. Recent publications (2016-2017) include the results of these studies as well as a review of Rehabilitation & Exercise Program Development for a global population of cancer patients and implementation of clinical practice guidelines. She has been member of the Board of Directors of the Canadian Physiotherapy Association and the Physiotherapy Foundation of Canada. As President of the Sports Physiotherapy Division of the CPA, she also served as a member of the Board of Directors of the Sports Medicine and Science Council of Canada. At present she is Chair-elect of the Oncology Division of the CPA.

Course Description
This basic course on Cancer Rehabilitation is relevant to all clinicians who work in hospital, home care, or private clinic settings and treat patients with a history of past or present diagnosis of cancer. Content incorporates the pathophysiology of cancer and impact of treatment (surgery, chemotherapy, radiation) on cardiovascular, musculoskeletal and neurological systems including the development of pain, fatigue, muscle wasting, articular and skeletal dysfunction. Specific problems related to different disease sites including breast, lung, and hematological malignancies will be reviewed. Case studies will be used to facilitate assessment and decision-making on modalities of treatment in this complex patient population.

Course Objectives

Global Objective: To provide participants with the general oncology background needed to assess and treat patients with present or past history of cancer and provide a framework for adapting their clinical skills to the management of cancer-related functional problems.

1. Recognize and understand the unique rehabilitation needs related to:
   • Cancer diagnosis and treatment
   • The specific effects of surgical, chemotherapeutic and radiation protocols on functional capacity including: generalized hematological and metabolic alterations, disease and treatment related muscular weakness, cancer pain, cancer fatigue, and neurological dysfunction
   • Dysfunction commonly associated with specific cancers including: breast, lung, and hematological cancers

2. Derive assessment protocols based upon:
   • Outcome measures validated in the cancer population
   • Clinical observations related to the common side effects of cancer
   • Physical examination and functional testing appropriate to the disease trajectory

3. Derive intervention strategies based upon realistic goals and client-centered outcomes that may include but are not limited to:
   • Therapeutic exercise
   • Manual therapy
   • Functional activity training
   • Biophysical modalities

Presents:
Rehabilitation Strategies for Patients with Cancer (Basic Course)
Saturday & Sunday, September 29 & 30, 2018
8:30 AM — 5:00 PM
Victoria Hospital
London Health Sciences Centre
800 Commissioners Rd E
London, ON
Course Overview

Day One
8:00  Registration
8:30  Overview of cancer pathology, staging and treatment advances: Impact on cancer rehabilitation interventions
9:30  Pain, fatigue and muscular effects of cancer and treatment
Health Break
10:45  Hematological & Neurological effects of treatment
11:15  Bone metastasis
12:00  Discussion & demonstration: Positioning for management of patients with bone metastasis
LUNCH Break

Framework for assessment and choice of rehabilitation interventions
1:30  Assessment procedure, outcome measures & decision-making
2:15  Case studies on assessment & clinical decision-making
Health Break
3:45  Biophysical modalities in patients with cancer: Guidelines for use
4:00  Questions & discussions on treatment modalities

Day Two
8:30  Exercise interventions at all stages of disease
9:30  Case studies: Decision-making on modalities, exercise testing and prescription
Health Break

Overview and specific rehabilitation issues related to:
10:45  Breast cancer & breast reconstruction
11:45  Breast cancer case studies
LUNCH Break
1:30  Lung cancer
2:15  Lung cancer case studies
Health Break
3:15  Hematological cancers
4:00  Case studies: Rehabilitation protocols post bone marrow and stem cell transplant

Cost
This course is open to physiotherapists, PTAs and PT students. Other registered health professionals are also welcome.

Oncology Division Members/
Students currently enrolled in PT program $375
CPA members $425
Others $485

Note: HST of 13% will be added to the course fees above (GST/HST # - 106865397 RT 0033)

Course manual and health breaks on both days are included in the cost of the course. Lunch is on your own (hospital cafeteria on site)
Course receipts and attendance certificates will be distributed upon completion of the course

Cancellation Policy

Withdrawal by Registrant: All course withdrawal requests must be received in writing. Withdrawal requests received more than 15 days prior to the course date will be refunded in full, less a $25.00 administration fee. Withdrawal requests received between 15 days and 7 days before the course date will be refunded 50%. No refunds will be given for withdrawal requests received within 7 days of the course date. Course fees will not be refunded for travel delays caused by weather or other acts of god which prevent any registrant from attending.

Cancellation of Course: The Oncology Division reserves the right to cancel the course due to insufficient enrolment. In the event that Oncology Division chooses to cancel the course, all registration fees paid will be refunded in full.

Registration
Regardless of payment method, please complete the attached registration form and return by email to:
alexander.grant2@ahs.ca
Deadline: September 11, 2018
Enrolment is limited to 40 participants

Payment
Option 1:
By Credit card: Include payment info on the registration form

Option 2:
By Cheque: Make cheques payable to Oncology Division and mail to:
ATTN: Chiara Singh
Surrey Memorial Hospital
Rehabilitation Services: Physiotherapy
13750 96th Ave
Surrey, BC V3V 1Z2

Registration cannot be confirmed until payment is received in full.

For further questions please contact:
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Oncology Division:
oncology@physiotherapy.ca