



Title: Integrative Oncology Rehab Certification Course

Course Description:

The ever increasing population of oncology survivors yield merit to the idea that cancer is not an acute disease, but rather, together with the treatment side effects, is a chronic condition that must be managed. As rehab and allied health professionals, we owe it to our clients to stay on top of current research and trends. Stage four cancer no longer means therapy pulls out and patient goes on hospice, more often than not, that patient will live an active life for years and needs knowledgeable professionals to mitigate physical symptoms from the treatment allowing them to do so. This course will give you the confidence to safely treat your current oncology patients and survivors optimal quality of life.

Description of Learning Objectives:

- Interpret the surgical procedure and previous or ongoing treatment of an oncology care patient and how it relates to progress in our rehab protocols, special focus will be on types of oncological breast surgeries and types of reconstruction
- Obtain a working knowledge of cancer pathogenesis, tumor and disease identification
- Evaluate chemotherapy agents and their side effects and complications including chemo induced neuropathy, chemo brain, fatigue, and myelosuppression
- Establish treatment protocols including exercise based on ACSM guidelines with the ability of the patient to progress on their own long term; soft tissue work and other manual techniques to restore ROM, strength and thus function. Both aspects of rehab will lend to the patient feeling whole and indirectly aid in restoring mental and emotional health
- Gain the ability to properly utilize functional outcomes measures using ICF classifications, extensive assessment tools and appropriate G-codes, CPT codes and ICD-10 codes in documentation
- Discover patient education techniques related to self soft-tissue mobilization, exercise, chemotherapy side-effect compensation, and other needs of oncology care patients with significant lab time for K-taping, neural gliding, axillary web syndrome and more.
- Relate the basic anatomy and physiology of the lymphatic system to that of a patient in oncology care. Understand how lymphedema may impact their functional limitations and what to do to help them reach their full rehab potential

- Understand the gold standards in lymphatic/lymphedema care in a patient that has had lymph node removal or impairment, with significant lab time
- Recognize the physical and psychosocial implications of cancers involving bowel, bladder, and reproductive organs, how this impacts their functional gains and how to best treat
- Round table discussion with current research on other related topics of interest submitted within 30 days of course.

Who May Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Certified Occupational Therapy Assistants
- Athletic Trainers
- Registered Nurses, NP's, PA's
- Massage Therapists who have completed an accredited program of 500 hours or more.
- Doctors of Chiropractic

Schedule/Format:

Day 1

8:00-9:00 am Introduction, Each discipline's role in the care of an oncology client/patient, NIH standards and guidelines

9:00-10:00 Extensive assessment tools for the oncology patient/client and creating a rehab plan.

10:00-11:15 Exercise and the oncology patient-Lecture, points to consider will include musculoskeletal, psychological, and fatigue limitations. What about Mets?

11:15-11:30 Break

11:30-12:30 Exercise lab: Crossfit or other onsite. The importance of strength programs beyond "Walking 30 minutes, 5 times per week", and the importance of the therapist to know how to help them modify popular strength programs. P90X, swimming, Pilates, Yoga, etc.

12:30-1:00 Lunch on your own

1:00-3:00 Combining exercise with soft tissue work including scar mobilization, fascial work, pin and stretch and lymphatic work for optimum outcomes. Will address such complications as adhesive capsulitis, hip dysfunction, and axillary web syndrome as well as applying the techniques to any other case studies that any student brings to the class. Lecture and Lab

3:00-3:15 Break

3:15-4:15 Understanding and utilizing exercise assessment tools

4:15-4:30 Questions

Day 2

8:00-9:30 New statistics in oncology and recent studies

9:30-11:00 Pathogenesis of cancer and current surgical techniques in oncology and how they impact rehab outcomes

11:00-11:45 Breath work, visualization, yoga manual lymph drainage and medications as pain management tools

11:45-12:00 Break

12:00-1:00 Yoga lab, how to encourage appropriate modifications depending on surgical technique and what side effects of treatment your client/patient may be experiencing

1:00-1:30 Lunch on your own

1:30-2:30 A&P and Pathologies of the Lymph System

2:30-3:30 Manual Lymphatic Drainage Lab (Currently certified students may work together in advanced lab)

3:30-4:30 Questions, pearls of wisdom and case studies utilizing the above new information

Day 3

8:00-9:30 Chemotherapy side effects: Chemo Brain, chemo induced neuropathy, edema, and more. How to include treatment of this into rehab goals

9:30-10:30 Compression therapy for edema management secondary to lymphedema, post-op edema, or chemo induced edema or CRPS

10:30-10:45 Break

10:45-11:45 Kinesio-taping for musculoskeletal and edema management outcomes as a means to meet rehab/therapeutic goals for a patient/client. Lecture and Lab

11:45-12:15 Lunch on your own

12:15-1:30 The affects of gynecological, prostate, colon and other pelvic cancers on rehab outcomes. Special treatment concerns and tools lecture

1:30-2:30 Lower extremity, gyn, prostate, colon ad pelvis lab including musculoskeletal, fascial and lymphatic components

2:30-3:30 Psychosocial aspects of oncology patient care-Keeping this in mind when creating goals and assessing outcomes

3:30-3:45 Break

3:45-4:30 Review, Q&A, Case Studies, Adjourn

Registering For Your Course

Registration information:

Monarch Continuing Education, LLC www.monarchce.com

Please complete both pages of this form and return via fax to [1-540-301-0750](tel:1-540-301-0750) or mail to Monarch Continuing Education at **PO BOX 1411, Christiansburg, VA 24068.**

CE Credits: We are accredited providers of continuing education through NCBTMB and BOC. Most states accept these credits for allied health professionals, (i.e. RN, PT/LPTA, OT/COTA, CMT/LMT etc.) It is up to you to check the requirements of your state.

Please email Carmen at carmen@monarchce.com for registration and hotel information. Please check your spam folder for receipt unless you have added this email as a contact.

CE Hours: 24

Price: \$795

Meet Your Director



Carmen Thompson, BS, LPTA, CMT, CLT-LANA, is a Licensed Physical Therapist Assistant and Certified Massage Therapist with a specialty certification in Lymphatic Therapy. She is also a WCC wound care specialist. She also has a Bachelor's Degree in

Health Care Management and is currently pursuing her MBA. Carmen has worked in a variety of health care settings since 1994, both clinically and in rehabilitation administration. She has specialized in program development in long-term care settings. She has taught Lymphatic Pathology at the Blue Ridge School of Massage in Blacksburg, VA, and in other university settings.

Ms. Thompson works exclusively on lymphatic care in her therapy practice, providing inpatient and outpatient therapy to clients with a large variety of diagnoses. She has conducted state and national presentations on the necessity of educating breast cancer survivors and their health care workers in the prevention of lymphedema as well as post-operative and post-athletic injury edema management.

She owns and directs Monarch Continuing Education which has successful courses with unparalleled survey results in the areas of lymphedema and oncology care.

Thank you!

Carmen Thompson

Director-Monarch Continuing Education