Oncology Rehabilitation - Why It Matters in Melanoma

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Importance of Rehabilitation In Oncology Care

- Patient and family centered care
- Individualized treatment and management of side effects from cancer modalities
- Reduce symptom burden
- Maintain or restore function
- Enhance quality of life
Importance of Rehabilitation in Oncology Care

- Education for providers and patients
- Screening for impairments
- Rehabilitation referrals
- Cost containment (Shih, 2009)
- Evidence based
What services do we uniquely provide to the cancer setting?

- Enhanced care of unique needs of cancer patients
- Rehabilitation perspective through “oncology” lenses
- Support oncologists in managing side effects
- Provide prestige, leadership, and marketing opportunities
What services do we uniquely provide to the cancer setting?

- Education outreach to providers, patients, community
- Research opportunities
- Program development
Melanoma Treatment: What have you experienced?

- Fatigue
- Joint pain
- Joint restrictions
- Deconditioning/weakness
- Balance challenges
- Peripheral neuropathy
- Cognitive impairments
- Depression
- Anxiety
- Gait difficulties
- Lymphedema
- Osteopenia/osteoporosis
- Scar adhesions
- Difficulty with daily activities (dressing, bathing)
- Difficulty with chores, shopping, driving
- Need for assistive device

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Rehabilitation Professionals: Who can help me?

- Rehabilitation Medicine Physician (Physiatrist)
- Physical Therapists
- Occupational Therapists
- Speech/Language Pathologists
- Rehabilitation Psychologist

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Rehabilitation Physicians (Physiatrists)

- Nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move
- Treat any disability resulting from disease or injury
- Pinpoint the source of an ailment and design appropriate rehabilitation treatment plan
What might a physiatrist do?

- New and Follow-up Patient Visits
- Injections
  - Botulinum
  - Fluoroscopic
  - Ultrasound guided
  - Joint
  - Trigger point
- EMG Testing
- Medical guidance on physical activity/exercise programs
Physical Therapists

- Examine, diagnosis, and develop an individualized plan of care
- Work with patients to achieve the following:
  - Reduce pain
  - Improve or restore mobility
  - Prevent or manage condition
  - Minimize disability
Typical Physical Therapy Needs

- Deconditioning/muscle mass loss
- Scar tissue restrictions and/or fibrosis
- Cording (Axillary Web Syndrome)
- Joint contracture
- Fatigue
- Pain

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Typical Physical Therapy Needs

- Osteopenia/osteoporosis
- Peripheral neuropathy
- Mobility challenges
- Decreased balance/fall risk
- Peripheral edema/lymphedema management
Physical Therapy Treatment

- Patient education
- Cardiovascular conditioning
- Strength training
- Flexibility and balance training
- Edema/lymphedema management
- Maximize and facilitate independence
- Pain and fatigue management
Occational Therapists

- Individualized evaluation with customized intervention
- Health promotion
- Prevent or enhance quality of life with injury, illness, or disability
Typical Occupational Therapy Needs

- Fatigue
- Peripheral neuropathy (upper extremity)
- Cognitive impairments
- Lymphedema
- Difficulty with ADLs (dressing, bathing)
- Difficulty with chores, shopping, etc.
- Need for assistive device or adaptive equipment
- Home safety evaluation
- Return to work assessment/workplace evaluation
- Driving evaluation
Occupational Therapy Treatment

- Patient education
- Self-care task instruction and/or modifications
- Task simplification
- Energy conservation
- Edema/lymphedema management
- Hand therapy
- Maximize and facilitate independence
- Compensatory strategies for cognitive deficits
Evidence Based Practice

- Musculoskeletal concerns
- Deconditioning/endurance deficits
- Fatigue management
- Balance/falls
- UE function after breast cancer treatment
- Pain
- Sexual functioning
- Lymphedema

Silver 2011; Egan 2013
Other Rehabilitation Professionals

- Rehabilitation Psychologist
  - Assess and treat cognitive and emotional disability due to injury or illness

- Speech Language Pathologist
  - Prevent, assess, diagnose, and treat speech, language, social communication, cognitive communication, and swallowing disorders in children and adults
Current State of Our Program

- Physical therapy services only
- Staffing:
  - Physical Therapists (7)
  - Department Coordinator
  - Physical Therapy Manager

- Staff skill set includes the following expertise: lymphedema, orthopedics, neurologic, myofascial techniques, pelvic floor/incontinence
Future Treatments and Programs

- Activities of Daily Living Training
- Hand Therapy
- Vestibular Rehabilitation
- Speech and Swallowing Rehabilitation
- Return to Work Program
- Cognitive Rehabilitation
- Group Exercise/Therapy
- Survivorship (long-term needs)
- Integrative Care (massage, acupuncture, etc.)
By exercising regularly, you are helping yourself to heal, potentially preventing new cancers from developing and preventing your previous cancer from recurring, and at the same time lowering your risk of developing the most common life threatening medical condition – heart disease. The benefits of exercise are enormous.

Dr. Julie Silver

“After Cancer Treatment: Heal Faster, Better, Stronger”
References

Thank you!
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