**A brief summary of the client’s details:**

Our client is an 81 year old lady called June who has relapsed bowel cancer.

June lives alone and is socially isolated.

She used to enjoy dancing but hasn’t been active since her diagnosis because she’s worried about making her condition worse.

June is often tired but not anaemic.

She has a stent following surgery which is causing discomfort particularly when sitting.

She has lower back pain which she says is worsened by physical activity.

She’s on oral chemotherapy, Capecitabine (PRON: Kap-A-Site-A-Been), brand name Xeloda (Pron: ZEL-oda) which won’t cure her but may slow the progression of the cancer.

**Info about Client’s Treatment:**

June is taking the chemotherapy drug Capecitabine over a six week cycle, it’s administered in tablet form, twice a day, morning and evening. Each cycle is three weeks. Following surgery June’s had a stent fitted which may be responsible for causing back pain. It’s intended to help with bowel movement but means she must be mindful of her diet and dietary fibre intake.

**Drug Side Effects:**

**Common side effects include:**

**\***Tiredness and weakness (fatigue) during and after treatment

\*Loss of appetite - Less commonly you might lose weight.

**\***Diarrhoea

**\***Mouth sores and ulcers

**\***Feeling or being sick

**\***Soreness, redness and peeling on palms and soles of feet

**\***Tummy (abdominal) pain and pain in other areas of the body such as your joints, arms, legs and back.

Occasional side effects:

These side effects happen in between 1 and 10 out of every 100 people (between 1 and 10%). You might have one or more of them. They include:

* low levels of white blood cells
* low levels of red blood cells
* constipation
* passing wind (flatulence)
* hair loss or thinning
* skin and nail problems such as skin rashes, dry skin, itching, changes in skin colour, and darkening or brittle nails
* liver changes that are usually mild and unlikely to cause symptoms.
* low levels of fluid in the body (dehydration)
* feeling very low in mood (depression)
* difficulty sleeping (insomnia)
* fluid build-up in different parts of your body causing swelling
* feeling generally unwell (malaise)
* cough or shortness of breath. This could be a sign of infection or more rarely lung problems such as asthma or a collapsed lung (pneumothorax)
* runny nose
* dry mouth
* nosebleeds, bleeding in the gut or rarely other areas of your body.
* taste changes
* blood clots in veins near the surface of your skin (thrombophlebitis) or more rarely in deep muscles (deep vein thrombosis, DVT).
* numbness and tingling sensation on the skin
* indigestion, symptoms include heartburn, bloating or burping
* headaches
* dizziness, rarely it may feel like the area around you is spinning and you may lose your balance (vertigo)
* eye problems, such as watery eyes and redness (conjunctivitis). Rarely you may have eyesight changes including double or blurred vision

**Contraindications:**

No contraindications for low intensity exercise

**Considerations for exercise:**

\*Avoid sitting/ rowing movements due to stent

\*Balance – side effect of medication/ age – offer supported exercise options – ensure suitable footwear

\*Fatigue – consider intensity/ duration/ ensure it’s gentle exercise

\*Location of toilets - urgency

\*Infections – ensure cleanliness

\*Grip – where the [skin on hands/ feet is sore, red, or peel](https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/cancer-drugs/side-effects/skin-nails)ing. Tingling, numbness, pain and dryness known as hand-foot syndrome or palmar plantar syndrome may affect grip.

\*Lower back pain – consider including spinal mobility

\*Frail – offer standing with support/ ensure lack of trip hazards

\*ROM – may be reduced, will take longer to warm up

\*Talk test to monitor intensity – clip board method

**A client-specific exercise session**

RAG circuit – volitional psycho social

15 mins warm up - ROM,

20 mins main – CV 2 mins, push pull (e.g. chest press & upright row)

15 mins cool down (include balance, breathing & pelvic floor)

Ensure opportunity to socialise at the end with a cup of tea, consider use of music for class to create upbeat atmosphere.

**Dietary guidelines that you feel would benefit the client**

\*Consider amount of dietary fibre due to possible stent blockages

\*Reduce red bloody meat

\*Increase antioxidant intake such as citrus fruit

\*When you have [diarrhoea](https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/cancer-drugs/side-effects/diarrhoea-constipation) avoid raw fruits, fruit juice, cereals and vegetables, and drink plenty to replace the fluid lost.

\*Keep your mouth and teeth clean, drink plenty of fluids, avoid acidic foods such as oranges, lemons and grapefruits, and chew gum to keep the mouth moist – this will help with mouth ulcers.

\* Avoiding fatty or fried foods, eating small meals and snacks, drinking plenty of water to help combat sickness.