**Student Self-Reflective Cancer Case-Study Assessment Check List**

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| **Question** | **Have you included the following information** | **Included** |
| **Yes** | **No** |
| **1** | * Create a **summary statement** of your client explaining his/her medical diagnoses
 | Replicate your case study client details i.e., * What cancer
* Stage
* Grade
* Surgical intervention medication
* Current condition.
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| **2** | * Detail **what other information** you may be interested in finding out either from your client and/or her specialist, giving a rationale for each.
* You may create additional information, if you wish, in order to provide you with greater clarification for the case-study assessment.
 | * Client`s personal goals have been included
	+ **Note:** Can’t take anything from the case study but can add further relevant detail.
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| **3** | * Which tests/assessments would you select **providing a rationale** for your selection?
* Method of securing/storing/transmitting the information
 | * i.e., Berg Balance, Piper Fatigue, GAD, mood/diet diary, BP, BF% VO2
* GDPR/Data protection
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| **4** | * **Design a prospective 12-week programme** of exercise, which you deem to be safe, appropriate and effective for your client.
 | * Overview of 12 weeks Monday to Sunday showing progression of [**Frequency, Time, Type and Intensity**]
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| **5** | * Provide a **detailed example** of typical **exercise session** from your programme, assuming that she/he is feeling motivated for the particular session, based on the depth of information that you used for the practical assessment on your course.
 | * This may be the session you plan and detail for your practical delivery.
* Provide enough detail to allow another instructor to deliver the session to your client if you were absent. Workloads, intensities, exercises, sets, reps, notes.
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| **6** | * **Justify** your exercise programme with regard to safety, appropriateness and effectiveness.
 | * **12 paragraphs**, one week per paragraph
* Justified what you change and why i.e.,
	+ Did the client want different exercises or want more resistance than cv.
	+ Client trying to improve other health consideration
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| **7** | * **Explain** what considerations you would have when ensuring the referral location (i.e., gym, etc.) is suitable for your client; ensure you consider physiological and psychosocial components
 | * i.e., Logistics parking, access, transport links.
	+ Physiological, environment, hygiene, toilet facilities. Psychosocial, Buddy, mentors, group activity in and out of centre
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| **8** | * Create a **detailed agreed** programme for continued intervention/engagement with your client, this may be signposting or development of other services
 | * Short/Medium/Long term goals of SMART and signposting support specialists, support groups.
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| **9** | * **Develop an information/promotional leaflet** or flyer about the benefits of a cancer rehabilitation exercise referral scheme. Design it so it aims at the patients and the medical professional from whom you wish to receive referrals.
 | * A4 Leaflet,
	+ Target audience AND referrers with who, how, why, what, where, when.
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