

LEVEL 4 CANCER REHABILITATION

Case Study 4

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A brief summary of the client's details

Gender: Female

Age: 85 years old

Type of Cancer: Tumor in non-dominant arm, which has progressed to the arm pit.

Treatment: Radiotherapy and surgery

The client is experiencing feelings of anxiety towards exercise post treatment and also feelings of loneliness due to lack social interaction.

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Information about the client's treatment

Treatment – Radiotherapy (External Radiotherapy)

Radiotherapy is a treatment where radiation is used to kill cancer cells.

Most common types: External radiotherapy, radiotherapy implants, radiotherapy injections, intra-beam radiotherapy.

Side Effects – Sore red skin, feeling tired, hair loss in the area been treated, feeling sick, loss of appetite, sore mouth, diarrhoea.

Many of these side effects can be treated or prevented and most will pass after treatment stops.

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Potential treatment side-effects to exercise programming

- ▶ **Lymphedema** – Increased persistent swelling, skin infections, hardening of skin and difficulty moving arms or legs.
- ▶ **Sore red skin** – Potential of cuts and bleeding, should ensure the clients clothing does not create friction with the skin.
- ▶ **Tiredness** – Monitor with Piper fatigue scale – Monitor pre, peri, post.
- ▶ **Diarhea** – Ensure toilet facilities are close by during exercise sessions.
- ▶ **Sore mouth** – Ask the client to bring room temperature water. The client will be encourage to take regular sips of water.
- ▶ **Loss of appetite** – Ensure client is eating adequate food before session.

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Potential contraindications to exercise that the client may have

- ▶ **Surgery** - Take into consideration exercising the effected limb to avoid injury. Ensure well fitted compression garment is worn.
- ▶ **Lymphedema** – Take into consideration weakness in arms and legs and difficulty moving them.
- ▶ **Skin Infections** – Avoid exercise that causes friction or chaffing. It is also important to stretch the affected area to avoid further fibrosis.
- ▶ **Range of motion** – Age, condition and lifestyle could potentially decrease ROM, along with side effects from treatment of radiotherapy.

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A client-specific exercise session

Aim: Reduce pain, increase ROM, reduce fatigue, improve recovery, improve mental well-being, improve balance.

- ▶ One to one session to be relevant to the SMART goals.
- ▶ Piper fatigue scale to be completed during SMART goal setting.
- ▶ Goniometry to be completed pre and post exercise programming to assess ROM.

Frequency - 2 x per week - Extended warm up and cool down - CV 30 mins - Resistance 8-10 reps, sets dependent upon clients current condition - 10-30 seconds flexibility.

Intensity - Low to Moderate - RPE 3-5

Recovery between sets needs to be a minimum of 60 seconds.

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Dietary guidelines that you feel would benefit the client

- ▶ Follow the eat well plate when advising.
- ▶ Advise to complete a 7 day food diary to assess diet.
- ▶ Refer to dietitian if needed for specialized treatment.
- ▶ Avoid eating red meat and stick to a balanced diet with lean proteins, fruit, vegetables, whole grains and low fat dairy.
- ▶ Reduce salt intake, avoid alcohol, caffeine and diuretics. Keep protein within the diet and incorporate more whole foods, these help to starve the lymphedema and lessen symptoms.
- ▶ After training, carbohydrates and protein must be replenished to stock up fuel and rebuild tissue. This can help reduce further fatigue.

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Additional Information

- ▶ Signpost to supervised group sessions when appropriate to promote psychosocial engagement with other like minded individuals.
- ▶ Continue with ADL tasks at home to promote independence.
- ▶ Ensure the client does not over train using intensity measures such as RPE and listens to their body.
- ▶ Leave 48 hours between sessions to promote recovery and reduce fatigue. Active recovery sessions can be implemented if appropriate.
- ▶ Monitor mental health – GAD questionnaire to be completed weekly to assess and evaluate mental well-being throughout the exercise sessions.

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