

# **LEVEL 4 CANCER REHABILITATION**

Group 2 Presentation

# A brief summary of the client's details

- Female, 65 years who is living with breast cancer
- Surgical intervention was required, removing the whole breast (single mastectomy)
- The client opted not to have immediate reconstruction (creating a new breast using tissue/implant or both)
- Current treatment:
  - Herceptin (Biological Therapy) in Hospital/Clinic
  - This can help control the growth of cancer cells containing high amounts of (HER2) blocking the effects.
  - Taxotere or Docetaxel (Chemotherapy) in Hospital/Clinic
  - This works by quickly destroying dividing cells, such as cancer cells.
  - She has developed paronychia (Skin around the nails has become sore, red or swollen)
  - During her first assessment she has stated that she feels good but does get tired easily
  - Her doctors have suggested she may start hormone therapy (This is to help reduce the risk of the cancer coming back. Several types adjusting the level of oestrogen levels in the body.)

# Information about the client's treatment

- Following breast surgery there are risks of shoulder stiffness, lymphoedema, fibrosis (tissue thickening). It is important that mobility exercises start soon after surgery to help with post op pain and preventing loss of ROM.
- As the client opted to not wear prosthesis or have reconstruction, this may lead to balance problems. The medication the client is currently on has a number of potential side-effects that may impact their ability to exercise.

- Herceptin:

- Tiredness (Difficulty sleeping)
- Diarrhoea or constipation
- Low number of white blood cells (Increased risk infection)
- Loss of appetite
- Pain in muscles
- Dizziness
- High or low blood pressure
- Heart problems

- Taxotere:

- Risk of infection
- Breathlessness
- Bruising/bleeding
- Hair loss
- Loss of appetite
- Feeling or being sick
- Diarrhoea
- Numbness or tingling in finger (Peripheral neuropathy)
- Peeling hands or feet
- Oedema

# Information about the client's treatment

- The client is developed paronychia due to her treatment; this can gradually go after treatment as the nail grows.
- Removal of the breast altogether can cause some damage to superficial nerves in the armpit. Breast cancer cells can spread to the lymph nodes in the armpit. If parts of the lymphatic system are removed lymphedema may present. (Swelling in the arm). A tight-fitting compression sleeve can be worn to help reduce and control this.
- The client has let us know she gets tired easily. A Piper fatigue scale would be a good assessment of the client's tiredness and where this is coming from.
- The surgery and treatment the client has been on can also affect her mental health. This must be taken into consideration when thinking about her ability to exercise.

# Potential treatment side-effects to exercise programming

- After Surgery:-Fatigue (Low to medium training intensity)
- Shoulder Stiffness (Gentle arm & shoulder exercises)
- Numbness & Tingling (Injury to nerves in surgery area)
- Lymphoedema (Arm sleeve to be worn if needed, ROM restrictions)
- Biological Therapy:-Diarrhoea (Ensure toilets are easily accessible)
- Herceptin -Rashes & Flushes (Light weight & loose clothing. Cool room temperature)
- Difficulty sleeping (Talk about bed time routines, foods & drinks that may hinder and help sleep)
- Chemotherapy: Hair loss (reduce confidence in gym/group based sessions. Home sessions/PT)
- Taxotere: Mouth sores and ulcers (room temperature water, while training)
- Anaemia (feeling fatigued due to lack of oxygen in blood. Talk test & RPE)
- Paronychia causes throbbing pain, redness, warmth and swelling in the skin around a nail. (Consider using gloves for training)

# Potential contraindications to exercise that the client may have

- Surgery
  - Arm and shoulder problems - Could affect ROM and impact upper body exercises, balance problems.
    - Seated or supported exercises and focus on improving ROM
  - Lymphedema causing arm to swell - Impacting upper body movements
    - Focus on ROM and lowering pain
- Anemia/Fatigue due to Chemotherapy and biological therapy
  - Weakness, shortness of breath, dizziness, headaches, muscle weakness, co-ordination, poor concentration - Balance issues, limitation in cardio exercises, ability to perform or understand exercise.
    - Low to moderate level of ex, seated or supported, simplified or staged exercises.
- Paronychia
  - Pain, swelling and redness at base or side of nails - Cause grip problems and further damage to skin and nails.
    - Good hand hygiene, wear gloves, reduce friction on hands.
- Hormone Therapy (Possibility)
  - Can cause depression/mood swings that could impact motivation or self-esteem, joint pain.
    - 1-2-1 classes, exercise at home, low to moderate exercise to ease joint pain.

# A client-specific exercise session

**Pre-Session:** Ensure equipment is sanitised and there are sanitisers available throughout and that client has access to hand sanitiser or cotton gloves to minimise potential for infection as well as a face mask where necessary.

**Warm up:** 10-15 minutes. Gradually elevating heart rate and increasing ROM in upper body prior to main session. Walking on the spot / treadmill / bike (increasing to RPE 11 and monitoring via talk test), small bird / big bird, side bends x 10 repetitions - depending on client's ability.

**Main session circuit:** 20-30 minutes. Marching on the spot / treadmill / bike x 3mins @ RPE 11-13; wall press (R.A.G. Options based on foot position) x 8-12 reps; wall walk x 10 reps as client is already in position?; marching / treadmill / bike x 3mins @ RPE 11-13; Sit to stand / 1 leg balance (30s each leg / bodyweight squat x 8-12 repetitions ; the fan x 10 reps.

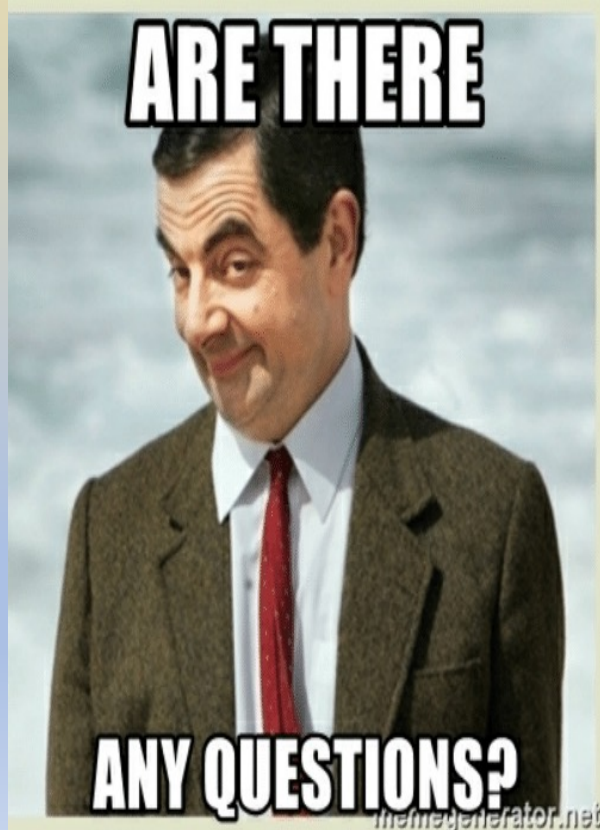
**Cool Down 10 -15 mins.** Walking on the spot / treadmill / bike back to resting HR, developmental stretching corner chest stretch, finger walking neck, finger walking back...

# Dietary guidelines that you feel would benefit the client

- Eat a variety of foods from each of the 4 food groups
- Eat at least 5 portions of variety of fruit & vegetables a day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates – choose wholegrain if possible
- Have some dairy, choose lower fat and lower sugar options and make sure they contain Calcium (nail disease)
- Eat some beans, pulses, fish, eggs, meat and other protein – aim for at least two portions of fish every week, one of which should be oily (salmon, mackerel)
- Limit foods that are high in sugar
- Choose unsaturated oils and spreads and use in small amounts
- Avoid eating foods high in salt or fat
- Limit Alcohol
- Keep hydrated with water



**ARE THERE**



**ANY QUESTIONS?**