

**LEVEL 4 CANCER  
REHABILITATION**  
Group Presentation Template

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**Task Information**

Each member of your group must participate in both planning and delivering your presentation.

- You can use any resources that are available to you on the course, at the course venue and in your personal possession, in order to make the presentation as clear, concise and professional as possible.

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**A brief summary of the client's details**

- 81. (frailty, faller, cachexic, atrophy, sarcopenic)
- Female. (hormonal changes – reduced BMD)
- Bowel Cancer (Relapse – mental state following relapse?)
- Stent fitted (Possibly Hypertensive/Irritation - any other meds??)
- Backache (worsened by PA – postural triggers, certain movements?)
- Tired but not anaemic. (fatigue scale)
- Looking to slow progression. (not seeking a cure – mentality)

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**Information about the client's treatment**

- Oxaliplatin (likely to be combined with another form of chemotherapy)
- Oral Chemotherapy. (at what point – Prehab)
- Focused on potential slowing of progression not curative.
- Stent fitted (Where?.....) (Could be heart condition could be within ureter). Medication attached?
- Root cause of backache?

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**Potential treatment side-effects to exercise programming**

- (Oxaliplatin)
- Close to toilet for comfort breaks.
- Gloves and tubular socks – any barrier creams. (peripheral neuropathies)
- Earlier on rather than later. (fatigue)
- Potential Extra medication. (stent etc.)
- Low constituents in blood (WBC/RBC (although suggested not anaemic still a consideration) /Platelet)
- Plenty of recovery breaks. (pain triggers from exercise)
- Clear explanation/understanding (confusion seizures etc.)
- Own Water – Ambient temp.

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**Potential contraindications to exercise that the client may have**

- Intra-abdominal pressure.
- Rowing – due to positioning.
- Free weights – due to grip/Neuropathies.
- Any form of HR monitoring.
- Impact.
- Red Flags:
- Fever
- Breathlessness at rest.

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### A client-specific exercise session

- Posture
- Chair based/machine based mostly for comfort not seeking to worsen backache.
- Talk test / RPE / ADL's
- Adapt based upon dosage / recovery on dosage.
- (Backache / Stent discomfort)
- Potential joint pain (from treatment)
- Mobility / cardio / push / pull (progs/regs/adapts) Static based.
- Chest Press (Free Weight; Band; Machine – BW Wall Press up)
- Row (Free Weight; Band; Machine – BW Inverted Row)
- Cardio (Walking Tread; BW march; slight incline; X-Trainer – Seated March)
- Ambient Temperature Water.

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

- Ensure variety in foods to avoid potential anaemia.
- Soft food sources.
- Ice-chips (unless in conjunction with radiotherapy)
- Balanced Diet (Eat well plate)
- Avoid High calorie food / high sugar food.
- Eating more wholegrains.
- Beans
- **Food Diary?**
- Avoid processed meat / limit red meat
- **Hydration!!**
- Electrolytes
- Appropriate balance of fluids (ambient temperature)
- High proteins, vitamins, antioxidants
- Adequate caloric balance

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### Additional Information

- TUG (W-Water)
- GHQ – General health questionnaire.
- Being aware of surroundings.
- Time of day.
- Educate (to an extent – due to age and potential confusion)
- Personal goals.
- Piper Fatigue.
- GAD.
- Encourage Daily Steps.

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