

LEVEL 4 CANCER REHABILITATION

Group 1

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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

- Female (pre-contemplative)
- 81 years old (frailty, ROM, stability, de-conditioned)
- Relapsed Bowel cancer (Mental state?)
- Bowel Stent fitted causing discomfort;
- Backache (low down), worsened by PA
- Tired But not anaemic (Piper score)
- Oral chemotherapy (6 sessions) won't cure, but might slow down progression. (Terminal, mental state, QOL)

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Information about the client's treatment

- Under going a six week course of oral Chemotherapy looking to slow the progression.
- Two possible drug but with Trifluridine-tipiracil hydrochloride most likely drug. Given twice a day over 28 days. And the other Capecitabine several cycles between 21-35 days twice a day 12 hours apart.
- A bowel stent fitted to assist with bowel movement, can be uncomfortable. To have investigated if cause of the backache.

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Potential treatment side-effects to exercise programming

- Diarrhea and constipation.
- High risk of infection.
- Hands and feet might be sore and red.
- Nausea.
- Fatigue.
- Heart damage.
- DVT.
- Sore mouth and lips.
- Drop in blood count.

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Potential contraindications to exercise that the client may have

- Tiredness.
- High risk of hernias. Do not increase intra-abdominal pressure.
- Diarrhea and constipation (be near toilet facilities).
- Drop in blood count (vulnerable to infection, can develop anaemia, prone to excessive bleeding). Be aware of environment.
- Lower backache. Insure lower back stability.
- 81 years old; frailty, balance, ROM.

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A client-specific exercise session

- Aim and objectives: >balance, >QOL, <Backache, improve mental well-being, improve her independence, improve energy, prolong life.
- Exercise session; small 1-2-1 Rag circuits, functional movements, body weight, resistance bands, small 2-4 exercises 2-4 circuits, alternating CV and resistance, rest in-between circuits rounds of at least 60 seconds feet tap or movement, seated options given and close stability for standing exercise.
- Ambient temperature water

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Dietary guidelines that you feel would benefit the client

- Due to stent, soft foods; pasta, yogurt, mash potato, with a balanced diet. Maximum of two portions of fruit a day. Should be led by a dietitian.
- Treatment can make mouth sore and chapped lips be aware of being able to consume enough calories. If become severe then refer to dietitian to lead.
- Keep to the eat well plate.
- Stay hydrated.

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Additional Information

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