

**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

- Anna, Female, 45 years of age from Reading
- Chordoma (Bone cancer) spine.
- Lesion on forehead, and throughout body
- Chemotherapy: Vincristine

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Information about the client's treatment

- Client on Chemotherapy treatment – **Chemotherapy** is a cancer treatment where medicine/chemicals is used to kill cancer cells.
- Over 50 different types of Chemo drugs that can be used as single agents or in combination. They stop cells from reproducing preventing them from growing and spreading throughout the body. (Metastasis)
- Client has been given Vincristine also know as Oncovin. Classified as a plant alkaloid
- How Vincristine Is Given: Vincristine is given through a vein by intravenous injection (IV push) or infusion (IV). Given in hospital day unit. Or via tablets
- The treatment is usually in several cycles
- Side effects when given treatment allergic reaction, leaks outside vien
- **Side effects include Risk of infection, Bruising and bleeding, Anaemia, Constipation, Diarrhoea, Problems passing urine, Feeling sick**

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Potential treatment side-effects to exercise programming

- Fatigue and tiredness = monitored using Piper Fatigue scale
- - risk of infection due to decreased white blood cell count = ensure hygiene levels increased, advise to bring own sweat towel, water, sanitizer
- Anaemia = if client is looking pale, increased breathlessness, experiences postural hypotension, refer back to health professional
- - nausea and sickness = avoid strenuous exercise, risk of dehydration
- Bruising and bleeding = be very careful to avoid any bangs or bashes during exercise session, ensure area is safe and free of potential hazards
- Diarrhoea = ensure toilet facilities are nearby
- Peripheral neuropathy = affecting nerve function and balance, advise cotton gloves if needed, add balance exercises to programme
- Sore mouth and throat = advise to take own water to sessions and to take small sips throughout gym session

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Potential contraindications to exercise that the client may have

- Unstable and still being treated
- Pain in the bones
- Numbness and lack of feeling (constipation, diarhea)
- Uncontrolled medications
- Scoring severe on the Piper fatigue scale
- Broken skin (excessive bleeding)
- Low platelet count (less than 50,000)
- Standard contraindications (high blood pressure, tachycardia, any unstable secondary medical conditions)

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A client-specific exercise session

Aims

- Reduce Pain – Reduce Fatigue – Improve Recovery- Improve Mental Wellbeing Patient Centred Rag circuit
- Also mindful of body image so 1-2-1 personal sessions both in person and virtual to be offered. Low – medium , PA sessions 3-5 Days per week sessions CV > 30 mins , > 8 reps , Flexibility 10 – 30 seconds following ACSM guidelines.
- Mindful of patient capacity as well as over training – inverted J. 8 -10 exercises
- Walking and cycling in “green” – outdoor space to support not just physical health but also mental wellbeing. Inclusion soft ball , sponge low tension grip strength exercises to improve grip strength due to damage caused in veins in there hands.

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Dietary guidelines that you feel would benefit the client

Diet and Chemotherapy –

- Appetite often effected by chemo Little and often Enrich foods with butter, cheese, cream, or honey. Replace solid food with milkshakes and soups. Reduce risk of food poisoning – check dates on food, food storage, food prep and avoid high risk food such as seafood
- Diet after Cancer**
- Fruit and veg variety, eat a rainbow, at least 5 portions a day, a 1/3 of plate Carbohydrates – 1/3 of plate, high fibre, wholemeal Protein – 2 servings a day, lean meat, 2 portions of sustainable fish, one oily each week. Dairy – lower fat and sugar options Small amount of oils and spreads Limit food high in fat and sugar as low in vitamins and minerals. Balance across the day or week. Stay hydrated – water best

More tips

- Read food labels Eat more raw food (fruit and veg) where possible. Buy organic where possible Adapt kitchen layout and use gadgets to help you cook and eat healthily. Eat healthily when out and about.

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Dietary guidelines that you feel would benefit the client -cont

- Reduce meat intake
- Increase fibre intake

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