



GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training

2639 Revere Drive
Akron, Ohio 44333-2311

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CANCER REHABILITATION



GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training



Nicole L. Stout
DPT, CLT-LANA,
FAPTA

2018

**Bristol, TN
November 3**

This presentation includes:

- Evidence based examination and interventions
- How to safely and effectively treat your patients
- Evidence based references
- Extensive handout

**1 Day
Course**
10 Contact Hours

Faculty

Nicole L. Stout DPT, CLT-LANA, physical therapist, clinical researcher, and lymphedema specialist. She received a Bachelor of Science degree from Slippery Rock University of Pennsylvania and a Master of Physical Therapy degree from Chatham College, a certification in Health Policy at George Washington University, and a Doctor of Physical Therapy from MGH Institutes of Health Professions. For over 12 years, Dr. Stout has lead two research protocols studying upper extremity morbidity associated with breast cancer through the Naval Medical Center and the National Institutes of Health in Bethesda, Maryland. She currently leads a national initiative in cancer rehabilitation through the National Institutes of Health, Rehabilitation Medicine Department.

Dr. Stout has given hundreds of lectures to national and international audiences on lymphedema and cancer rehabilitation. She serves on a number of boards and specialty committees focused on cancer survivorship, and cancer rehabilitation. She is an internationally recognized expert in breast cancer morbidity and early intervention for functional recovery. Dr. Stout is a former member of the Board of Directors of the American Physical Therapy Association and past president of the Oncology Section of the APTA. She also serves as the Chair of the Oncology Specialty Council for the American Board of Physical Therapy Specialties. She has authored and co-authored over two dozen peer-review articles and chapters about cancer and lymphedema.

Description

1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime. Do you know the principles of cancer and its treatment? Some treatment side effects last a lifetime, others do not present until years after the treatment is complete. How do you choose rehabilitation interventions that are safe and effective? This comprehensive course will provide the evidence-base for you to incorporate rehabilitation strategies in any setting for patients who have had cancer or those undergoing cancer treatments. This engaging and animated course covers current screening guidelines, basic disease and treatment principles including short term and late effects that will impact a patient's rehabilitation treatment plan.

You will learn: impairments and functional limitations directly related to common cancer diagnoses and treatment. Short term and late effects of cancer treatment and how this impacts patients across the lifespan. Current evidence based rehabilitation strategies will be described in detail including: exercise prescription, contraindications and precautions with exercise & modalities. You will identify in a problem based format, with group interaction, using real case examples; the latest in evaluation, treatment and progression of care.

Objectives

Upon Completion of this Seminar, Participants will be able to:

Upon completion of this seminar, participants will be able to:

- Describe cancer pathology, diagnostic methods, and staging.
- Explain medical and surgical management of common cancer diagnoses.
- Choose and perform appropriate screening, systems review, and tests and measures specific to the type of cancer and its treatment.
- Design treatment interventions for common impairments that impact function at various stages of the disease process.
- Recognize precautions and contraindications to impairment management and rehabilitation interventions based on the side effects of cancer treatments.
- Understand how to align rehabilitation care delivery along the continuum of cancer care using the Dietz model as a construct to set goals and plan treatment.
- Identify resources for providing patient centered care

Feedback from Course Participants

"I would highly recommend this course to anyone treating patients. Cancer has such a major role in our patient's lives, it is vital to understand how it is treated and what our role should be. Nicole Stout, DPT, CLT-LANA uses evidence based information to give you the tools to become a confident expert clinician."

Location

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

Host: Ballad Health

Location: Bristol Regional Medical Center
Bristol, TN

Saturday, November 3, 2018

Program Outline

Day 1

7:30 – 8:00	Registration and Continental Breakfast
8:00 – 10:00	Cancer Epidemiology and Pathology <ul style="list-style-type: none"> • Epidemiology of common cancers • Disease Screening Guidelines • Tumor growth and spread • Diagnostic techniques • Genetics
10:00 – 10:15	BREAK
10:15 – 11:30	Common Disease Treatment <ul style="list-style-type: none"> • Treatment Planning • Surgery • Chemotherapy • Radiation Therapy • Hormonal Therapy • Immunotherapy
11:30 – 12:30	Integrating the Principles of Oncology into Rehabilitation Practice <ul style="list-style-type: none"> • Rehabilitation along the Cancer Care Delivery Continuum • Lifespan Considerations for Rehabilitation – The Dietz Model • The patient management model- Intake and Evaluation
12:30 – 1:30	LUNCH (on your own)
1:30 – 3:30	Integrating the Principles of Oncology into Rehabilitation Practice <ul style="list-style-type: none"> • Review of Systems <ul style="list-style-type: none"> • Musculoskeletal • Neuromuscular • Integumentary • Cardiovascular and Pulmonary
3:30 – 3:45	BREAK
3:45 – 6:00	Integrating the Principles of Oncology into Rehabilitation Practice <ul style="list-style-type: none"> • Lab Values and Tumor Markers • Plan of Care <ul style="list-style-type: none"> • Prospective Surveillance • Exercise prescription and impairment management • Survivorship care plan • Palliative and End of Life Care • Outcomes Measurement <ul style="list-style-type: none"> • Patient reported outcomes • Functional outcomes
6:00 – 6:30	Final case review and questions

Great Books



QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . . . \$89		
<small>Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.</small>		
The Functional Toolbox II \$89		
<small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. Functional Toolbox I and II special: \$159.00</small>		
Geriatric Clinical Strategies \$89		
<small>Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.</small>		
Age-Defying Fitness \$20		
<small>Lewis/Moffat NEW! Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>		
Documenting Quality Care UPDATED \$39		
<small>Lewis. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.</small>		
Health Promotion and Exercise for Older Adults \$48		
<small>Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>		
Improving Mobility In Older Persons UPDATED \$48		
<small>Lewis. The perfect handbook for therapists in most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.</small>		
Prevention and Wellness Toolkit \$69		
<small>Lewis/Ledbetter NEW! This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.</small>		
Orthopedic Outcomes Toolbox \$69		
<small>Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.</small>		
Hand-Held Dynamometry \$25		
<small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>		
1 Repetition Maximum Progression Pad \$12		
<small>This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression</small>		
Pocket Card 1 Repetition Maximum \$6		
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>		
Pocket Card Bed Mobility \$6		
<small>This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.</small>		
Pocket Card Sit to Stand Transfer \$6		
<small>This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise</small>		
Osteoporosis Exercise Booklet \$6		
Self Balance Hints for Older Persons Booklet \$6		
Pilates for Seniors DVD The Osteoporosis Workout, Instructor Sherri Betz . . \$20		

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2018 Cancer Rehabilitation

YES! Please register me for:

Bristol, TN - Saturday, November 3, 2018

PT • PTA • OT • COTA • Other _____

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Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

LEVEL: This course is at an intermediate level.

FEE: The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

Bristol, TN - \$295. If postmarked before 10/10/18

LATE REGISTRATION: Postmarked after the above date requires an additional \$25 late fee.

EARLY BIRD: \$270 - If completed registration and payment are **received** by

Bristol, TN - September 5, 2018

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books, Inc.** on-site course attended from 2000 to the present up to a maximum of 4 certificates (up to \$100 discount) for this 10 hour course. In order to receive a discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

CONFIRMATION: A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

CANCELLATION/REFUND POLICY: Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

EDUCATIONAL CREDIT: A certificate of attendance for 20 contact hours of educational activity (20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the seminar. **Great Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, TX and NC. Approved for PTs and PTAs in TN for 1.0 CEUs (10 contact hours). TPTA Approval #2108-335. Our courses also meet the guidelines for approval in GA, AL, IN, WY, VA, AZ, DE, NH, OR, RI, UT and MO. Courses are accepted for CEUs in NE, ID, MT, WA, CT, IA, and ND. If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. This course is not approved by ASHA or Board of Certification. Your tuition is tax deductible. All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Couglin vs. Commissioner, 203 F2d 307.**

LOST CERTIFICATES: Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

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