

**2018 Cancer Rehabilitation Symposium:  
A Collaborative Approach to Enhance Quality of Life**

**Optional Breakout Session Objectives**

**Saturday, April 14, 2018**

- 8:30-9:30am **Rehabilitation Nursing: Common Calls/Symptoms, Triage and Referrals**  
*Speakers:* Mabel Harrison, RN, Karl Spoerri, RN, BSN, OCN, Jean Ricci, RN, MA, CRRN  
*Objectives:*
- Review frequent calls and concerns.
  - Review triaging techniques and questions, general and focused, related to specific primary cancers and current active treatments including chemotherapy, radiation therapy, and adjunctive treatments.
  - Discuss referral options, physician discussion and referral provider needs, including utilization of holistic resources, e.g. acupuncture, acupressure, yoga, meditation.
- 8:30-9:30am **The Role of OT and PT in the Treatment of Lymphedema in the Inpatient and Outpatient Oncology Settings**  
*Speakers:* Peter Chaskes, PT, DPT, CLT, WCC, Melody Huang, PT, MSPT, CLT-LANA, Jane Lagunilla, PT, CLT-LANA, WCC, Randee Zerner, OTR/L, CHT, CLT  
*Objectives:*
- Understanding lymphedema: how it develops, its effects on the body, and how it's treated in the inpatient and outpatient setting.
  - Expand clinicians' knowledge on how complications in the oncology population can affect the treatment of lymphedema in both the inpatient and outpatient settings.
  - Identify alternative techniques and treatment ideas for cancer-related lymphedema.
- 8:30-9:30am **Critical Illness and Early Mobility in the ICU: The Role of Rehabilitation**  
*Speakers:* Caitlyn Lombardo, MSOT, OTR/L, CLT, Katherine Shmikler, PT, MSPT, CCS  
*Objectives:*
- Identify cancer-related complications patients and their families face due to prolonged immobility, critical illness and ventilator support and or/dependency.
  - Discuss delirium screening tools and exclusion criteria used to determine patients' appropriateness for participation in early mobility.
  - Discuss the role of PT and OT with cancer patients during the ventilator weaning process and potential end of life interventions.
- 9:30-10:30am **Pelvic Floor Dysfunction and its Impact on Oncologic Patients**  
*Speakers:* Jeanne Carter, PhD, Mary Hughes, PT, DPT, PRPC, CAPP-Pelvic, Lisa Ruppert, MD, Anne Sullivan-Hendry, RN, OCN  
*Objectives:*
- Discuss patterns of bowel and bladder dysfunction and their management.
  - Identify the role of physical therapy in diagnosis and management of pelvic floor dysfunction.
  - Discuss concerns of sexual function and steps to management.



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9:30-10:30am **Rehabilitation Throughout the Graft vs. Host Disease Continuum: The Role of  
Physiatry, Nursing, OT, and PT in Preventing Loss of Function and Promoting  
Independence**

*Speakers:* Christine Connelly, MS, OTR/L, Kristen Cotrone, PT, DPT, CLT, WCC, Suzanne Gutierrez Teissonniere, MD, Karl Spoerri, RN, BSN, OCN

*Objectives:*

- Discuss the etiology, pathophysiology, epidemiology, and severity grading of GvHD.
- Identify the common rehabilitation issues pertaining to musculoskeletal, neurological, and cardiopulmonary manifestations of GvHD, and outline the diagnostic workup and subsequent management strategies of various GvHD presentations in order to restore function and improve quality of life.
- Integrate skilled occupational and physical therapy interventions that prevent and address the physical and cognitive changes of patients throughout the progression of GvHD.

9:30-10:30am **Chemotherapy-Induced Peripheral Neuropathy: Rehabilitation Implications**

*Speakers:* Christian Custodio, MD, Emma Kim, OTR/L, Lauren Moore, PT, MPT, CLT, Steven Wechsler, PT, DPT

*Objectives:*

- Review pathophysiology of CIPN as well as risk factors, evaluation, diagnosis, and medical management.
- Discuss rehabilitative treatment options for CIPN in both the upper and lower extremities.
- Identify common implications of CIPN related to gait/balance and discuss rehabilitative strategies.

10:30-11:30am **Rehabilitative Precautions and Modalities for Patients with Cancer**

*Speakers:* Michelle Jardine, MSOT, OTR/L, David Lee, PT, DPT, Kyle Mack, PT, DPT, CLT, Romer Orada, MD

*Objectives:*

- Discuss bleeding and infection risks as safety considerations in cancer patients undergoing rehabilitation.
- Discuss specific precautions and their impact on safe mobilization following unique surgical resections and reconstruction procedures.
- Discuss commonly used treatment modalities, principles of manual techniques, and therapeutic precautions when treating patients with cancer in the outpatient setting.



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**10:30-11:30am Trismus and Lymphedema in the Head and Neck: A Focus on Medical and Therapeutic Management**

*Speakers:* Christian Custodio, MD, Caroline Spatz, PT, DPT, CLT, Jeanette Zucker, PT, DPT, CLT-LANA

*Objectives:*

- Describe the pathophysiology and precipitating factors that lead to the presentation of trismus, and separately, lymphedema, and present a medical decision-making model for medical management of both impairments.
- Outline the essential components of a lymphedema evaluation of the head and neck and discuss general lymphedema treatment strategies.
- Describe how to perform comprehensive physiatric and physical therapy evaluations for trismus and how to develop effective, evidence-based plans of care inclusive of manual therapy and exercise prescription.

**10:30-11:30am Developmental Delay in Early Childhood Pediatric Cancer Patients and the Role of Rehabilitation**

*Speakers:* Hallie Archer, MOT, OTR/L, Katarzyna Ibanez, MD, Katherine Kougentakis, MS, CCC-SPL, Regine Souverain, PT, DPT, C/NDT, PCS

*Objectives:*

- Identify the most common cancers diagnosed during early childhood.
- Explore the causes of developmental delay in early childhood related to cancer diagnosis, and review developmental delay assessment tools.
- Discuss the role of rehabilitation including physical therapy, occupational therapy, speech pathology, and rehabilitation medicine.

**1:00-2:00pm Addressing Cancer-Associated Cognitive Dysfunction and Coping Strategies to Support Optimal Quality of Life**

*Speakers:* Kerri Brady, MOT, OTR/L, Claudine Campbell, MOT, OTR/L, CLT, David Sarfati, LCSW

*Objectives:*

- Identify the prevalence of cancer treatment-related cognitive changes and discuss additional contributing factors.
- Describe occupational therapy assessment and treatment approaches for addressing cancer associated cognitive dysfunction, including remediation and compensatory strategies.
- Discuss coping strategies, including social work resources, to explore how patients and caregivers can manage the emotional impact of cognitive impairment.



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- 1:00-2:00pm **Manual Approaches to the Rehabilitation of Cancer Survivors: Thorax Dysfunction**  
*Speakers:* Jonas Sokolof, DO, Sebi Varghese, PT, DPT  
*Objectives:*
- Understand commonly seen rehabilitation implication of cancer treatments specific to the thorax.
  - Understand the role of manual therapy in the rehabilitation management of these patients and review indications/contradictions/precautions for manual techniques discussed for each condition.
  - Demonstrate a variety of manual approaches addressing restrictions at multiple levels of body structures and provide an opportunity for participants to practice several techniques.
- 1:00-2:00pm **Developing Oncology Rehabilitation Programs: From the Ground Up and Beyond the First Floor**  
*Speakers:* Theresa Gillis, MD, Ting-Ting Kuo, PT, DPT, MBA, WCS, CLT, Laura Sheridan, PT, DPT, CLT, Ramondy Thermidor, MBA  
*Objectives:*
- Identify key components necessary to initiate an oncology rehabilitation program.
  - Discuss strategies to remove barriers to access and delivery.
  - Describe different clinical care delivery models from prehabilitation and beyond for oncology patients.
- 1:00-2:00pm **Botulinum Toxin Injections in a Cancer Setting**  
*Speakers:* Katarzyna Ibanez, MD, Romer Orada, MD, Jesuel Padro-Guzman, MD, Jean Ricci, RN, MA CRRN  
*Objectives:*
- Review indications for Botulinum toxin injections and side effects for various types of injections.
  - Review anatomy and landmarks for select muscles utilizes for botulinum toxin injections.
  - Review common Botulinum toxin dosing and strategies to minimize side effects following injections.
- 2:00-3:00pm **Rehabilitation Technology and Modifications in Cancer Rehabilitation**  
*Speakers:* Lauren Featherston, MSOT, OTR/L, Andrea Leifer, PT, DPT, CLT, WCC, Kristine Mullins, MSOT, OTR/L, CLT  
*Objectives:*
- Discuss technology that is being utilized with oncology patients and how physical and occupational therapists identify and integrate features of technology to enable clients to participate in meaningful activities.
  - Discuss evidence-based research regarding the effectiveness and advances in technology within the rehabilitation field.
  - Discuss case studies highlighting how technology was utilized within inpatient and outpatient settings.



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- 2:00-3:00pm **Incorporation of Bracing in the Rehabilitation Plan**  
*Speakers:* Jesuel Padro-Guzman, MD, Lisa Ruppert, MD, Anne Sullivan-Hendry, RN, OCN  
*Objectives:*
- Identify indications for spinal and limb bracing in the cancer setting.
  - Review types of braces that can be used safely in the oncologic population.
  - Discuss brace selection based on patient's needs, medical and oncologic status, surgical status, musculoskeletal stability, goals, and mobility.
- 2:00-3:00pm **Cancer Rehabilitation Training Program Development**  
*Speakers:* Christian Custodio, MD, Shaun Mosley, PT, DPT, CLT  
*Objectives:*
- Understand the rationale for establishing sub-specialized therapy and physiatry training programs in order to advance the field of cancer rehabilitation.
  - Identify resources necessary to develop a successful training program, and recognize potential pitfalls and barriers.
  - Develop a comprehensive clinical and didactic curriculum designed to enhance the trainee's cancer rehabilitation knowledge base and skill set.
- 2:00-3:00pm **Show Me the Money! Considerations for Optimal Reimbursement for Cancer Rehabilitation Services**  
*Speakers:* Tammy Kim, Melanie Steele  
*Objectives:*
- Discuss the role of billing compliance in the rehabilitation reimbursement process.
  - Review the best practices in the precertification and authorization process for rehabilitation services.
  - Discuss the role of patient and provider education in the insurance reimbursement process.
- 3:00-4:00pm **Outcome Measures in Cancer Rehabilitation and the Latest and Greatest in Cancer Rehabilitation Research: The Top Ten**  
*Speakers:* Corey Bindler, PT, DPT, CLT, PRPC, Jillian Hobson, PT, DPT, CSCS, Victor Leite, MD  
*Objectives:*
- Discuss the rationale for utilizing both performance-based outcome measures and patient-reported outcome measures, and list standardized outcome measures for several domains that are beneficial in cancer rehabilitation.
  - Present what we perceive to be the most significant and well-designed research articles pertaining to cancer rehabilitation and provide an in-depth analysis on methods, study design and clinical findings of each.
  - Discuss how to assimilate outcome measures in the clinical and research setting, and how the findings from presented articles inform our future clinical practice and contribute to the overall field of rehabilitation oncology.



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3:00-4:00pm **Musculoskeletal Ultrasound: Shoulder Examination and Treatment for the Cancer Rehabilitation Practitioner**

*Speakers:* Romer Orada, MD, Jonas Sokolof, DO, Karl Spoerri, BSN, OCN

*Objectives:*

- Review basic ultrasound terminology and physics.
- Explain and demonstrate a comprehensive examination of the shoulder region.
- Explain and demonstrate approaches for commonly performed ultrasound guided injections in the shoulder.

3:00-4:00pm **Rehabilitation Across the Continuum: Tools for Your Own Environment of Care**

*Speakers:* Carmen Castillo, MSN, RN, CCM, Theresa Gillis, MD, Margaret Ho, MA, CCC-SLP, Amanda Molnar, PT, MSPT, Jenny Shulman, OTR/L, CLT, Anne Sullivan-Hendry, RN, OCN, Donna Wilson, RN, MSN, RRT

*Objectives:*

- Identify strategies to coordinate rehabilitative care for patients during acute cancer treatment, advanced cancer, and survivorship periods.
- Describe methods of setting and revising rehabilitation goals for patients along the illness and recovery trajectory.
- Recognize and anticipate barriers to appropriate rehabilitation care, both inpatient and outpatient.

