



EDUCATA

Your Online Continuing Education Resource

Aerobic Conditioning in the Acute Care Setting

Patients With Cancer-Related Fatigue

Laura Blood PT, DPT
Ashley Donovan PT, DPT

Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will “remember” where you were. It’s just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture is 60 slides and 82 minutes in duration.

- I. What is cancer-related fatigue?
 - A. Definition
 - B. Signs and symptoms
 - C. Causes
 - D. Differential diagnosis
 - E. Implications for PT
 - F. Barriers to aerobic conditioning
 - G. Study on cancer-related fatigue: Blaney et al 2010

Interactive Questions – slide 19 @ 29 minutes

- II. Evaluating patients with cancer
 - A. PT assessment
 - 1. 6-minute walk test
 - 2. Bike evaluation
 - 3. Tecumseh step test
 - B. PT interventions: Aerobic conditioning
 - C. ACSM recommendations and guidelines

Interactive Questions – slide 29 @ 45 minutes

- III. Case studies
 - A. Case study 1
 - B. Case study 2
 - C. Case study 3
- IV. Treating patients with cancer
 - A. Aerobic conditioning in different settings
 - B. Studies on
 - 1. Exercise with advanced cancer patients: van den Dungen et al 2014
 - 2. Exercise with lymphoma patients: Courtney et al 2009

Interactive Questions – slide 55 @ 78 minutes

- V. Conclusion

Notes