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Treating a Patient With Cancer: What Outpatient PTs Need to Know

Part II: Evaluation, Chemotherapy, and Exercise for the Oncology Patient

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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 has 136 slides and is 135 minutes in duration.

- I. Outpatient oncology evaluation
 - A. How cancer has affected post-treatment survivors
 - B. Evaluation
 - 1. History
 - 2. Cognitive status
 - 3. Patient complaints
 - 4. Home status
 - 5. ADLs/IADLs
 - 6. Objective measurements
 - 7. Transfers
 - 8. Ambulation
 - 9. Assessment
 - a. CIPN
 - b. Balance
 - c. Gait
 - C. PT treatment examples
 - D. When to refer to
 - 1. General/ortho
 - 2. Pelvic floor therapist
 - 3. Neuro therapist
 - 4. Occupational therapy
 - 5. Speech-language pathology

Notes

Interactive Questions — slide 53 @ 75 minutes

- II. Chemotherapy
 - A. Nervous system and cell cycle
 - 1. Major components of the nervous system
 - a. Neurons and microtubules
 - b. The cytokine network
 - c. Peripheral nervous system
 - d. CIPN myelin theory
 - 2. The cell cycle

B. Drugs used in chemotherapy

1. Types of drugs
 - a. Alkylating agents
 - b. Antimetabolites
 - c. Anthracyclines
 - d. Vinca alkaloids
 - e. Taxanes
 - f. Platinums
2. Defining the nadir
3. Common chemotherapy drugs
 - a. Avastin
 - b. Carboplatin
 - c. Cisplatin
 - d. Doxorubicin
 - e. Fluourouracil
 - f. Oxiplatin
 - g. Taxol
 - h. Taxotere
 - i. Xeloda

C. Side effects of chemotherapy: Toxicities and how exercise affects them

1. Cardiotoxicity
2. Pulmonary
3. Muscular
4. Neurotoxicity
5. Gastrointestinal
6. Myelosuppression

Interactive Questions — slide 90 @ 104 minutes

III. Exercise guidelines for the oncology patient

- A. Why exercise?
- B. Risk assessment
 1. 6-minute walk test
 2. Bruce treadmill protocol
 3. Signs and symptoms of cardiopulmonary and metabolic deficits
 4. Contraindications
- C. Lab values for safe exercise
 1. Platelets
 2. Hemoglobin and hematocrit
- D. The FITT principle
 1. Frequency
 2. Intensity
 3. Time (duration)
 4. Type (mode)
- E. General ACSM guidelines
 1. Moderate and vigorous activities
 2. Modifications
 3. Guidelines for specific subgroups
 - a. Breast cancer survivors
 - b. Prostate cancer survivors

Notes

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- c. Colon cancer survivors
 - d. Adult hematopoietic stem cell transplantation (HSCT) cancer survivors
 - e. Adult hematologic (no HSCT) cancer survivors
 - f. Gynecologic cancer survivors
- F. Phases of cancer rehab as related to exercise
 - G. Balance and fall prevention
 - H. Exercise and resistance training with lymphedema
 - I. Strategies to promote physical activity

Notes

Interactive Questions — slide 134 @ 131 minutes

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