

Referral

A referral is required to take part in this program. This can be obtained from your General Practitioner, Specialist or referring hospital.

FAQ's

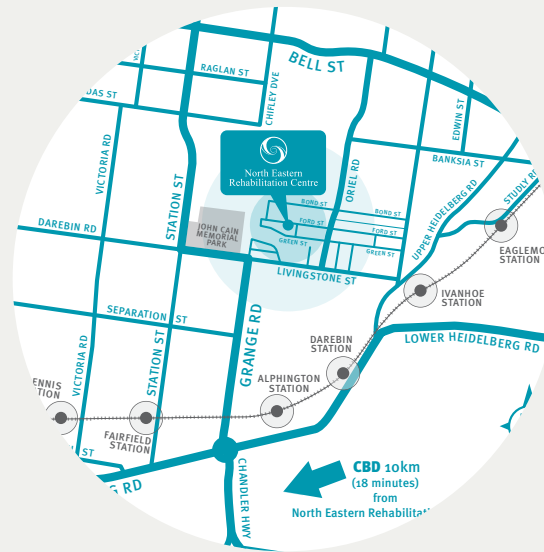
Q. Can exercise make me feel more tired?

Actually exercise has shown positive effects in increasing energy levels and decreasing fatigue. Further, there is growing evidence to demonstrate that exercise can help alleviate some of the side effects of cancer and cancer-related treatment.

Q. Can exercise make my cancer worse?

"To date there are **no** detrimental effects of exercise training on people who have cancer or have survived it."

*Lucia et al. Cancer Related Fatigue.
Lancet Oncol 2003.*



North Eastern Rehabilitation Centre

134 Ford Street
Ivanhoe VIC 3079

Phone: 03 9474 8900 | Fax: 03 9499 9341
www.northeasternrehabilitationcentre.com.au

A Healthscope hospital.

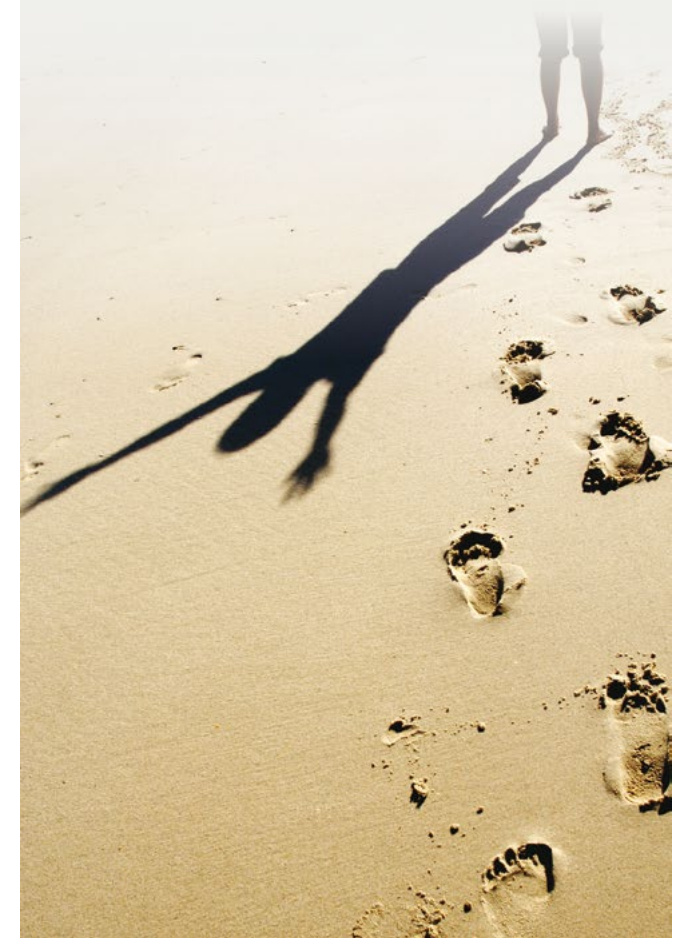
ABN 85 006 405 152

V1 - 01/2017



North Eastern Rehabilitation Centre

Cancer/Oncology Rehabilitation



The Oncology Program at North Eastern Rehabilitation Centre is designed for those with a primary diagnosis of cancer. The program can help you and your family address the physical and psychological needs which may accompany a diagnosis of cancer or as a result of the treatment required.

People who would benefit from this program are those who are:

- At the beginning of the cancer rehabilitation journey, to provide physical, occupational, dietetic education and psychological counselling while working collaboratively with your oncologist and surgeon.
- Post chemotherapy, to improve or maintain physical well-being
- Post radiotherapy, to regain strength, mobility and stamina
- Deconditioned and want to re-establish their pre-treatment fitness.

The **Oncology Team** consists of:

- Rehabilitation Specialist
- Occupational Therapist
- Exercise Physiologist
- Social Worker
- Dietitian
- Psychologist
- Speech Pathologist
- Physiotherapist
- Rehabilitation Nurse

Program Aims

- Develop strategies to reduce fatigue and manage pain
- Be connected with other people affected by cancer
- Improve cardiovascular fitness, strength and endurance
- Improve capacity to return to work, sport or leisure pursuits
- Promote self-esteem and overall quality of life, including strategies to assist in completing everyday tasks
- Assess and treat a wide range of swallowing and communication difficulties
- Assess and manage your nutritional needs at all stages of treatment.
- Assist developing effective emotional, psychological, social and practical supports to facilitate adjustment and coping with cancer.
- Provide continuity of care based on a collaborative multidisciplinary plan which centres on individual needs and concerns.

Importantly we incorporate both exercise and education into our program, to ensure that when you leave you have the knowledge and confidence to manage your own health transition smoothly back to a more normal lifestyle.

Education Sessions

Scheduled sessions will include education and practical application in:

- Goal setting
- Relaxation
- Nutrition
- Effective adjustment and coping with cancer
- Energy Conservation
- Exercise: during and after treatment
- Stress management
- Exercise benefits and fatigue management
- Hydrotherapy

Program Format

Following a thorough medical and physical examination an appropriate program will be prescribed for you with the aim to gradually build your activity tolerance. There are inpatient and outpatient programs.

Inpatient: During your hospital stay this short directed program of 10 - 14 days aims to increase confidence and maximise recovery by improving your wellbeing under the care of an experienced rehabilitation team of health professionals.

Outpatient: Attending twice weekly for 6 - 8 weeks. The day program consists of education and exercise sessions. The duration of these sessions is determined by your physical ability and level of deconditioning and is therefore tailored to your individual needs.

Progress

Progress is consistently measured using evidence based assessment tools and patient feedback. Patients are monitored closely and exercise programs adjusted as required.