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Clinical Excellence.

BREAST CANCER REHABILITATION COURSE

Introduction to Evidence-Based
Breast Cancer Rehabilitation

Friday & Saturday, November 10th & 11th, 2017
Mercer University, Atlanta, GA

2017 TurningPoint Breast Cancer Rehabilitation Healthcare Provider Institute

Introduction to Evidence-Based Breast Cancer Rehabilitation

Course Description:

This evidence-based course will address the complexities of breast cancer rehabilitation, with a focus on understanding the medical management of breast cancer and the role of rehabilitation, including physical and occupational therapy evaluation and treatment programs related to common treatment side effects. A special panel presentation will highlight the importance of integrated care that addresses the physical, psychosocial and wellness issues faced by breast cancer patients and survivors.

Who Should Attend:

The course is of interest to physical therapists, occupational therapists, and physical and occupational therapy assistants who have all levels of experience and are looking for a beginner course in breast cancer rehabilitation. It is also of interest to therapists who are working in an out-patient rehabilitation setting who are interested in enhancing their understanding and skills to better care for patients during and after breast cancer treatment.

Course Format:

The unique course format provides participants with an opportunity to learn through lecture, interactive and panel discussions, lab participation and case studies.

Course Objectives:

At the completion of the course you will be able to:

1. Describe medical management, staging and types of breast cancer
2. Understand common breast cancer treatments including precautions and implications for rehabilitation
3. Understand common breast cancer reconstructive surgeries and specific surgical implications that require physical rehabilitation

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Course Objectives, continued:

4. Understand common rehabilitation issues as related to breast cancer treatment including: shoulder, upper quadrant and trunk dysfunction, peripheral neuropathy, lymphedema and fatigue
5. Evaluation of the breast cancer patient with focus on the limitations, impairments and common side effects experienced after breast cancer treatment
6. Design and implement a comprehensive, evidence-based breast cancer rehabilitation program for patients with:
 - a. shoulder dysfunction
 - b. upper quadrant and trunk dysfunction
 - c. peripheral neuropathy
 - d. fatigue
 - e. Lymphedema
7. Describe the importance of integrated physical, physiological and nutritional interventions to decrease the morbidity related to breast cancer and treatment

Course Faculty from TurningPoint Breast Cancer Rehabilitation, Atlanta, GA

Lauren Bober, MPT, PT, CES

Physical Therapist and Certified Pilates Instructor

Grayson Webb, DPT, PT, CES

Physical Therapist

Carrie Kozel, DPT, PT, CES

Physical Therapist

Anita Boyce, PTA, CES

Physical Therapy Assistant

Karen Whitehead, MS, LMSW

Counselor

Kristina Tucker, MA, LAPC

Counselor

Lisa Eisele, RD, CSO, LD

Dietitian

Course Fee: (includes light lunch on Saturday, lunch on own Friday)

\$425 on or before October 15, 2017

\$450 after October 15, 2017

Continuing Education Credit:

15.5 Continuing Competency Hours (CCH) have been applied for through the Physical Therapy Association of Georgia and 15.5 contact hours from the Georgia Occupational Therapy Association.

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Course Agenda: Friday, November 10, 2017

- 7:30 – 8:00 Registration & Continental Breakfast
- 8:00 – 9:30 Overview of Breast Cancer Management, Staging, and Types of Breast Cancer
Lauren Bober, PT, MPT, CES
- 9:30 – 10:45 Treatment of Breast Cancer including Surgical Options, Medications, Chemotherapy and Radiation treatments and the Rehabilitation Implications
Lauren Bober, PT, MPT, CES
- 10:45 – 11:00 Break
- 11:00 – 12:30 Common Rehabilitation Issues Related to Breast Cancer
Carrie Kozel, PT, DPT, CES and Lauren Bober, PT, MPT, CES and Grayson Webb, PT, DPT, CES
- Reconstruction specific surgical issues
- 12:30 – 1:15 Lunch
- 1:15 – 2:30 Common Rehabilitation Issues Related to Breast Cancer, continued
- Shoulder/Upper Quadrant and Trunk Dysfunction
- 2:30 – 2:45 Break
- 2:45 – 4:45 Common Rehabilitation Issues, continued
- Lymphedema
 - Peripheral Neuropathy
 - Fatigue
- 4:45 – 5:00 Case Study Introduction

Saturday, November 11, 2017

- 7:45 – 8:00 Recap of Day 1 & Continental Breakfast
- 8:00 – 9:00 Case Study Discussion
- 9:00 – 10:00 Laboratory: Evaluation of Breast Cancer Patients
Lauren Bober, PT, MPT, CES and Grayson Webb, PT, DPT, CES and Carrie Kozel, PT, DPT, CES
- Function and Pain Assessment
 - Posture and ROM evaluation
 - Palpation and Soft Tissue Assessment
 - Articular mobility
 - Neurological status/Peripheral neuropathy assessment
 - Lymphedema evaluation and measurement
- 10:00 – 11:00 Laboratory: Interventions and Management of Breast Cancer Patients
Lauren Bober, PT, MPT, CES and Grayson Webb, PT, DPT, CES and Carrie Kozel, PT, DPT, CES
- Manual Therapy
 - Soft Tissue Techniques
- 11:00 – 11:15 Break
- 11:15 – 12:30 Laboratory: Interventions, continued
- Therapeutic Exercise
- 12:30 – 1:15 Lunch
- 1:15 – 2:30 Laboratory Interventions, continued
- Lymphedema including compression bandaging
- 2:30 - 2:45 Break
- 2:45 - 4:30 Psychological, Nutritional and Survivorship issues of Breast Cancer Patients: Panel Discussion
Karen Whitehead, MS, LMSW and Kristina Tucker, MA, LAPC and Lisa Eisele, RD, LD
- 4:30 – 5:00 Wrap-up and Course Evaluation

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