



Special Topics in Breast Cancer Rehabilitation: *From Cell to Survivorship*

TurningPoint Live Virtual Symposium

Saturday, November 6, 2021

8 AM - 5:30 PM ET

(Special provisions for earlier time zones)

Course Description: This evidence-based live virtual symposium will cover a broad spectrum of special topics in breast cancer rehabilitation including inflammation as it relates to breast cancer and exercise, cording and shoulder dysfunction, breast reconstruction-specific assessment, functional outcome assessment and disparities in survivorship. A Pilates class will provide participants with a brief exercise break while demonstrating appropriate modifications and progressions for individuals during and after breast cancer treatment.

Who Should Attend: The course is of interest to physical therapists, occupational therapists, and physical and occupational therapist assistants in the breast cancer field with all levels of experience, however content is most appropriate for intermediate and advanced level clinicians. It is also of interest to therapists who are working in an outpatient rehabilitation setting who are interested in enhancing their understanding and skills to better care for patients during and after breast cancer treatment.

Course Format: This live symposium will be conducted on a virtual platform that will allow for learning opportunities through lecture, interactive discussions with speakers and other attendees as well as access to recordings of the course for future reference.

TurningPoint Breast Cancer Rehabilitation is a non-profit 501c3 organization with the mission to improve the quality of life for individuals impacted by breast cancer by providing and advocating for specialized and evidence-based rehabilitation, while, eliminating socioeconomic, racial, cultural, and geographic barriers to care.

Proceeds from the course will support TurningPoint's outreach and financial assistance programs that reduce barriers to care.

TurningPoint
Breast Cancer
Rehabilitation

Course Objectives:

- 1) Understand the role of inflammation in cancer risk factors, adverse effects from cancer and cancer recurrence, including the role of inflammatory markers as a measure of the effects of rehabilitation and lifestyle factors.
- 2) Understand the role of exercise on immune function in the oncology population.
- 3) Understand surgical interventions for breast cancer treatment, including breast reconstruction, and implications for postoperative assessment extending into long term management.
 - Surgical description
 - Muscle and soft tissue involvement
 - Reconstruction specific issues
 - Post-operative precautions
 - Long-term implications
- 4) Understand the side effects of breast cancer treatments, including chemotherapy, hormone therapy, surgery and radiation and their impact on the pelvic floor, including appropriate identification, screening, and referral practices for the outpatient clinician to a pelvic floor specialist.
- 5) Understand and identify disparities in breast cancer survivorship and best practice for implementing ways to reduce disparities for individuals and within organizations.
- 6) Understand the optimal selection and utilization of patient and performance-based measures of outcomes in the clinic.

Course Faculty:

Guest Speakers:

Deborah Doherty, PT, Ph.D.

Associate Professor, Chair of Human Movement Science Department, Chair Interprofessional Education Task Force and Coordinator of the Graduate Certificate in Oncology Rehabilitation
Oakland University, Rochester, Michigan

Emily C. LaVoy, Ph.D.

Assistant Professor, Department of Health and Human Performance, University of Houston

Mackenzi Pergolotti, Ph.D., OTR/L

Senior Director of Research and Clinical Development, ReVital Cancer Rehabilitation Adjunct Professor at Colorado State University and at the University of North Carolina at Chapel Hill.

Lisa VanHoose, PT, Ph.D., MPH

Board Certified Clinical Specialist in Oncologic Physical Therapy
Associate Professor at University of Louisiana Monroe
Doctorate of Physical Therapy Program Director

TurningPoint Breast Cancer Rehabilitation Speakers:

Jill Binkley, PT, MSc, CLT, FAAOMPT

Founder and Program Director of TurningPoint Breast Cancer Rehabilitation

Mallory Mark, PT, DPT

Clinical Director

Board Certified Clinical Specialist in Oncologic Physical Therapy

Certified Edema Specialist/Certified Lymphedema Therapist

Carrie Kozel, PT, DPT

Senior Physical Therapist

Certified Edema Specialist/Certified Lymphedema Therapist

Janae Finley, PT, DPT

Certified Edema Specialist/Certified Lymphedema Therapist

Jessica Waterman, PT, DPT

Certified Edema Specialist/Certified Lymphedema Therapist

Hannah Afify, PT, DPT

Certified Edema Specialist/Certified Lymphedema Therapist

Kathryn Olive, PT, DPT

Board-Certified Clinical Specialist in Women's Health Physical Therapy

Certified Lymphedema Therapist

Course Fee: (Includes access to recorded version of the symposium for later reference)

Early bird: \$250 US

After October 25: \$300 US

Institutional discount: \$50 per person for 3 or more participants from the same institution.

Continuing Education Credit: 8.5 contact hours have been applied for through the Physical Therapy Association of Georgia and Georgia Occupational Therapy Association.

Course Attendance: Attendance at the course will be monitored and confirmed by the course organizers and includes signing in through the chat room as well as completion of the pre and post-course test on the day of the course.

Pilates Class: The course will include a 30-minute Pilates class led by Carrie Kozel, TurningPoint Senior Physical Therapist. Come dressed to participate or observe!

Other Time Zones: For those in earlier time zones, you may opt to join at the virtual event at 10:15 ET and receive recordings of 1st two sessions. (To be arranged with course coordinator after registration)