EVIDENCE BASED REHABILITATION IN THE BREAST CANCER SURVIVOR

Instructor: Lori Bravi, MS, OTR/L, BCPR, CLT, Shirley Ryan AbilityLab

Description: This 90-minute on-demand webinar will introduce evidence-based rehabilitation principles for the breast cancer survivor with an emphasis on lymphedema warning signs, management of axillary cording and radiation fibrosis, and strengthening to improve endurance and range of motion of the affected upper quadrant. Discussion will include primary pathways used at the Shirley Ryan AbilityLab to identify and treat various stages of lymphedema across all levels of care. Participants will be able to incorporate strengthening, range of motion, and energy conservation techniques into treatment planning for these patients. A variety of cases will be discussed to illustrate the continuum of care across all stages of disease progression, from initial diagnosis to palliative care, with an emphasis on promoting functional independence and wellness.

Objectives: Upon completion of this course, participants will be able to:

- Define primary and secondary lymphedema.
- Identify three warning signs of upper quadrant lymphedema associated with axillary lymph node removal.
- Identify three warning signs of axillary cording and/or radiation fibrosis in the breast cancer patient.
- Identify three therapy interventions that the primary therapist will initiate to address associated upper quadrant range of motion and strength as a part of breast cancer rehabilitation.

CEUs:

Occupational Therapy
The Shirley Ryan AbilityLab is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 0.15 CEUs or 1.5 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Category 2: Occupational Therapy Process

Physical Therapy
This course has been approved by the Illinois Physical Therapy Board for 1.5 Contact Hours. Approval #216-000069

The Shirley Ryan AbilityLab is recognized by the New York State Education Department’s State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This course has been approved for 1.5 contact hour.

Nursing
The Shirley Ryan AbilityLab is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91) (OH-362- 9/01/2017).

This CNE activity is being offered for 1.5 contact hours
APPRAOCH TO MANAGING CANCER RELATED FATIGUE

Instructor: Samman Shahpar, MD, Attending Physician, Shirley Ryan AbilityLab, Assistant Professor of Physical Medicine & Rehabilitation, Northwestern University Feinberg School of Medicine

Description: This webinar will provide an overview to the diagnosis and assessment of cancer related fatigue. This will be followed by a more in depth discussion on the approaches to management, reviewing key articles and studies as well as treating co-morbid conditions.

Objectives:

- Recognize the presentation of cancer related fatigue
- Identify three comorbid conditions that may contribute to symptoms of cancer related fatigue
- Summarize potential interventions that can mitigate the effects of cancer related fatigue

CEUs:

Occupational Therapy
The Shirley Ryan AbilityLab is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 0.1 CEUs or 1 contact hour. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Category 1: Domain of OT

Physical Therapy
This course has been approved by the Illinois Physical Therapy Board for 1 Contact Hours. Approval #216-000069.

The Shirley Ryan AbilityLab is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This course has been approved for 1 contact hour.

NEUROTOXICITY OF CHEMOTHERAPY AND RADIATION

Instructor: Gayle Spill, MD, Attending Physician, Shirley Ryan AbilityLab; Assistant Professor of Physical Medicine & Rehabilitation, Northwestern University Feinberg School of Medicine

Description: This webinar will review the neurotoxic side effects of commonly used chemotherapy drugs and their potential impact on function in cancer patients. The course will also review the early and late neurotoxicity of radiation therapy affecting the entire nervous system from brain to peripheral nerves. The radiation fibrosis syndrome will be discussed.

Objectives:

- Define the concept of cumulative neurotoxicity.
- Describe the signs and symptoms of chemotherapy induced peripheral neuropathy.
- Discuss the acute, subacute and long term effects of radiation therapy to the brain.
- Define the radiation fibrosis syndrome.

CEUs:

Occupational Therapy
The Shirley Ryan AbilityLab is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 0.1 CEUs or 1 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Category 2: Occupational Therapy Process
Physical Therapy
This course has been approved by the Illinois Physical Therapy Board for 1 Contact Hours. Approval #216-000069. The Shirley Ryan AbilityLab is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This course has been approved for 1 contact hour.

Nursing
The Shirley Ryan AbilityLab is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91) (OH-362-9/01/2017).

This CNE activity is being offered for 1 contact hours