Trends in the Medical Management of Breast Cancer and Implications for Rehabilitation

Course Description:
This evidence-based course addresses the complexities of breast cancer rehabilitation, with a focus on new trends in the medical management of breast cancer and the role of rehabilitation, including physical and occupational therapy, nutrition and exercise related to common treatment side effects. Breast cancer patient perspectives and actual patient cases related to the impact of rehabilitation on quality of life are woven throughout the course content.

Who Should Attend:
The course is of interest to physical therapists, occupational therapists and physical and occupational therapist assistants in the breast cancer field at all levels of experience. It is also of interest to therapists working in out-patient rehabilitation settings who are interested in establishing breast cancer rehabilitation programs and/or enhancing 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:
1. Understand new trends in medical oncology, including hormonal drugs, targeted therapies, triple negative tumors, the search for new tumor targets and Her2neu-positive targeting drugs.
2. Understand common side effects of breast cancer treatment, particularly medical interventions.
3. Understand cancer-related fatigue and role of rehabilitation in management of fatigue.
4. Understand etiology and rehabilitation implications of arthralgia and osteoporosis related to breast cancer.
Course Objectives, continued:

5. Understand the etiology, pathology, assessment and management of chemotherapy-induced peripheral neuropathy.
6. Understand the evidence related to Pilates-based exercise and breast cancer and be able to incorporate this exercise approach in a community clinic setting for individuals and/or groups.
7. Understand the general principles of nutrition throughout the course of breast cancer treatment, including myths and special considerations.
8. Understand rehabilitation implications of the medical and surgical management of breast cancer and develop treatment plans that address complex side effects of treatment.

Course Faculty:

Guest Faculty

Kristina Bowen, MD
Medical Oncologist, Georgia Cancer Specialists, Atlanta, GA

Faculty from TurningPoint Breast Cancer Rehabilitation, Atlanta, GA

Jill Binkley, PT, MSc, CLT, FAAOMPT
Physical Therapist and Executive Director

Lauren Bober, MPT, PT, CES
Physical Therapist and Certified Pilates Instructor

Lisa Eisele, RD, CSO, LD
Dietitian

Grayson Webb, DPT, PT, CES
Physical Therapist

Course Fee: (includes light lunch on Saturday, lunch on own Friday)
$425 on or before October 7, 2016
$450 after October 7, 2016

Continuing Education Credit:

1.5 CEUs (15.5 contact hours) have been applied for through the Physical Therapy Association of Georgia and the Georgia Occupational Therapy Association.
Friday, October 21, 2016

7:30 – 8:00  Registration
8:00 – 8:15  Welcome and Course Objectives
    Jill Binkley, PT, MSc, CLT, FAAOMPT
8:15 – 10:00 Updates in the Medical Treatment of Breast Cancer: "One Size Does Not Fit All"
    Dr. Kristina Bowen, Medical Oncologist
10:00 – 10:15 Break
10:15 - Noon Updates in the Medical Treatment of Breast Cancer, continued

Noon – 12:45 Lunch (on own)
12:45 – 1:15 Overview of Rehabilitation Implications of Medical Treatment of Breast Cancer
    Jill Binkley, PT, MSc, CLT, FAAOMPT
1:15 - 2:30 The Evaluation and Management of Cancer-related Fatigue
    Jill Binkley, PT, MSc, CLT, FAAOMPT
2:30 – 2:45 Break
2:45 – 3:45 Chemotherapy-Induced Peripheral Neuropathy: Etiology, Physiology, Evaluation and Management
    Lauren Bober, PT, MPT, CES
3:45 – 4:45 Arthralgia and Osteoporosis in Breast Cancer: Etiology and Management
    Grayson Webb, DPT, CES
4:45 – 5:00 Q&A and Wrap Up

Saturday, October 22, 2016

8:00 – 10:30 Exercise for Breast Cancer Patients: Pilates-based Exercise for Breast Cancer Patients
    Lauren Bober, PT, MPT, CES, Pilates Instructor
10:30 – 11:00 Break
11:00 – 12:00 Pilates-based Exercise for Breast Cancer Patients, continued

12:15 – 1:00 Lunch (light lunch provided)
1:00 - 2:00 Exercise for Breast Cancer Patients: Strategies and Practical Approaches to Encourage Patients to
    Incorporate Exercise into Daily Routines
    Jill Binkley, PT, MSc, FAAOMPT, CLT and TurningPoint Clinicians
2:00 – 3:00 Nutrition During and After Breast Cancer Treatment: Myths and Realities
    Lisa Eisele, RD, CSO, LD
3:00 - 3:15 Break
3:15 - 4:00 Nutrition During and After Breast Cancer Treatment, continued
4:00 – 5:00 Panel Discussion: Putting it All Together
    Interactive Case-Based Discussion with TurningPoint Clinicians