

# CanRehab Cancer Awareness Course

**Aim:** This Core Training Course, developed and piloted by Dr. Anna Campbell MBE, is designed to help the majority of the staff at commercial leisure centres to become “cancer friendly”.

## **Background:**

According to Cancer Research UK, 1 in 2 people born after 1960 will be diagnosed with some form of cancer during their lifetime and having cancer affects the physical and psychological wellbeing of those diagnosed. The good news is that with detection of cancer early and the use of novel effective therapeutic cancer treatments, one can live well with and beyond a cancer diagnosis. There is a strong body of evidence showing that keeping active and exercising after a cancer diagnosis has significant physical, functional and emotional benefits - if the correct guidelines are followed.

It is very likely that a considerable number of current clients in most commercial gyms will have had a cancer diagnosis but research shows that most people are afraid to mention this at the gym for fear of being

## **Objectives:**

This Core Cancer Support Course is designed

- To provide information and skills to ensure that if any clients (at reception, the spa, in the gym or at a specific exercise class) mention that they had or have cancer – your staff will be equipped with sufficient knowledge to ask the basic and appropriate questions to ensure that the client is safe to start or continue with their proposed exercise/treatment.
- Participants on the course will also learn when they are NOT appropriately trained to work with particular cancer patients and when they need to contact a Level 4 CanRehab qualified instructor for advice and / or they should refer clients to the appropriate health professional.

## **Learning Outcomes:**

At the end of the course, students will be able to:

- Describe in basic terms how does a cell become cancerous
- List the main causes of cancer
- List the most common cancers for men and women
- List the cancers with highest and lowest survival rates
- Understand the five main cancer treatments?
- Comprehend the relevant side effects of cancer treatments with reference to exercise
- Confidently and sensitively discuss issues related to exercise and cancer with clients
- Judge if it is safe for them to attend a gym/class/ spa session or treatment
- Determine when a client should be referred to Level 4 cancer exercise specialist?
- When should a client be referred to a health professional?