

Evidence & Guidelines on Exercise after a Cancer Diagnosis

For Health Care Professionals



**A Workshop devised and written by
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Cancer Rehabilitation Workshop

For Health Care Professionals

Agenda

09.00 - 09.30	Registration, coffee and introductions.
09.30 - 10.00	Principles of exercise prescription and current guidelines for healthy population (lecture and group work)
10.00 - 11.15	Exercise after a cancer diagnosis: overview of current research and evidence (lecture and group work).
11.15 - 11.30	Break
11.30 - 12.00	Putting evidence into practice: Exercise guidelines and cancer specific risk stratification with different cancers (lecture)
12.00 – 12.30	Case study Part 1(group work)
12.30 – 13.15	Lunch
13.15 – 14.00	Examining exercise modes and intensity (practical)
14.00 – 15.00	Exercise behaviour change after cancer diagnosis (lecture and group work)
15.00 – 15.30	Case study Part 2 (group work)
15.30 – 16.00	What is needed in your workplace to make a physical activity programme as part of cancer care? Resources, staffing and training. (Discussion and group work)

End of workshop

Workshop information

In the past, it was assumed that the best advice to give anyone diagnosed with cancer was to rest as much as possible. However, research has shown that too much rest may result in deconditioning, musculo-skeletal problems and loss of function. As with other long term conditions such as cardiac disease, diabetes and chronic obstructive pulmonary disease it is time to provide cancer rehabilitation as part of a cancer care package and make a priority shift towards recommending physical activity during and after cancer treatment.

Professor Anna Campbell MBE, Associate Professor in Clinical Exercise Science at Edinburgh Napier University has been campaigning for over 15 years for cancer rehabilitation throughout the UK. Prof Campbell is director of CanRehab – currently licensed in the UK to teach fitness instructors how to deliver exercise programmes to cancer survivors. She has written numerous articles on the benefits of exercise for cancer survivors and is advisor to Macmillan and is part of several steering groups to bring about a change in cancer rehabilitation.

As a result, there is growing awareness among many healthcare professionals of the effects of prescribing exercise to patients living with cancer which is now supported with strong scientific evidence that exercise can not only reduce the side effects of cancer treatment but may also reduce the risk of the cancer recurrence.

Learning outcomes for this one day workshop –

- Learn and understand the principles and guidelines of exercise prescription for cancer survivors.
- Learn and understand the evidence of the benefits of exercise during, and after cancer treatment.
- Learn and understand the assessment tools for evaluating success of an exercise intervention.
- Increase knowledge of contra-indications to exercise following a cancer diagnosis.
- Understand the principles of various types of exercise as therapy.
- Understand the principles, types and application of fitness assessments.
- Understand the principles of exercise motivation and facilitating health behaviour change.
- Improve awareness of implementing a cancer rehabilitation programme in your area.

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