

# Oncology Rehabilitation



## What is Oncology Rehabilitation?

Oncology Rehabilitation is a specialised form of rehabilitation which aims to improve the wellbeing of cancer patients. It can help patients to live their best quality of life, assisting them in feeling better, having more energy and maintaining their strength before, during and after cancer treatment.

Our program incorporates exercise, education, tai chi/ mindfulness and symptom support.

The program a rolling program which runs twice a week for six weeks. It is run by a multidisciplinary health team (a team made up of a variety of specialists who combine their knowledge and expertise to get the best outcome for the patient)

## Why take part?

Exercise is safe and effective during cancer treatment and we actually encourage patients at any stage of their cancer journey to participate.

## Exercise before, during and after treatment/ surgery may:

- Improve functional strength and endurance
- Improve cardiorespiratory fitness by strengthening the heart and lungs
- Reduce cancer related fatigue and other adverse side effects of treatment
- Reduce risk of other chronic diseases such as cardiovascular disease and diabetes
- Improve balance and reduce falls risk

- Improve mood and emotional health
- Improve quality of life—return to usual activities and hobbies Improve overall survival, ability to tolerate treatment and maximise recovery

## The Program:

Education sessions occur at each appointment and cover the benefits of exercise, symptom management, pacing and fatigue management, stress management, nutrition and self-care/self-advocacy.

An individualized exercise program is prescribed by an Accredited Exercise Physiologist and undertaken at each appointment.

Prior to commencing the program patients will be contacted via telephone to schedule a review with a Rehabilitation Physician and will be assessed by our Accredited Exercise Physiologist and Oncology Clinical Nurse Consultant to set personalised goals for the program and establish an individualised treatment plan. The program is aimed at helping people learn how to exercise safely and effectively, and to navigate their cancer diagnosis in a supportive and inclusive environment.

## Cost

The program requires private hospital cover or self-funding (a background check prior is completed prior to ensure cover by your private health insurance)

## Please send referrals to:

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