



# Cancer Rehabilitation

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JESSICA ENGLE, DO, JOHNS HOPKINS MEDICINE

KIRSTY T. LIVINGSTON, OT/L, CLT & ALAINA NEWELL PT, DPT, REVITAL CANCER REHABILITATION



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## Agenda

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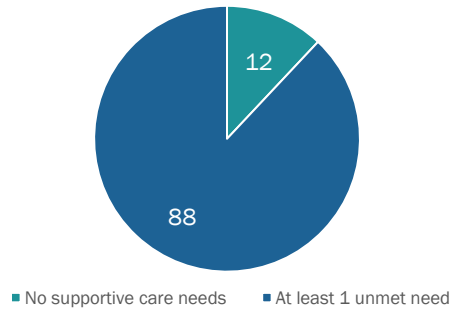
- Brief Introduction to Cancer Rehabilitation
- Facilitated Q&A with Expert Panel
- Open Forum



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# Bladder Cancer Impacts Quality of Life.

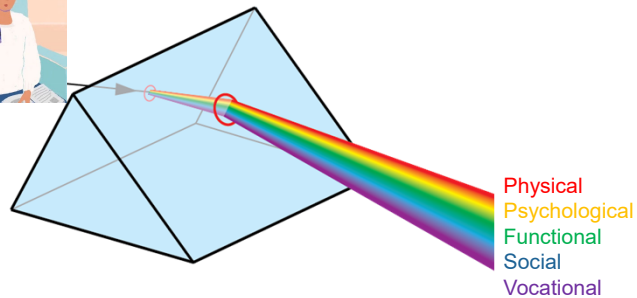
Percentage of Survivors



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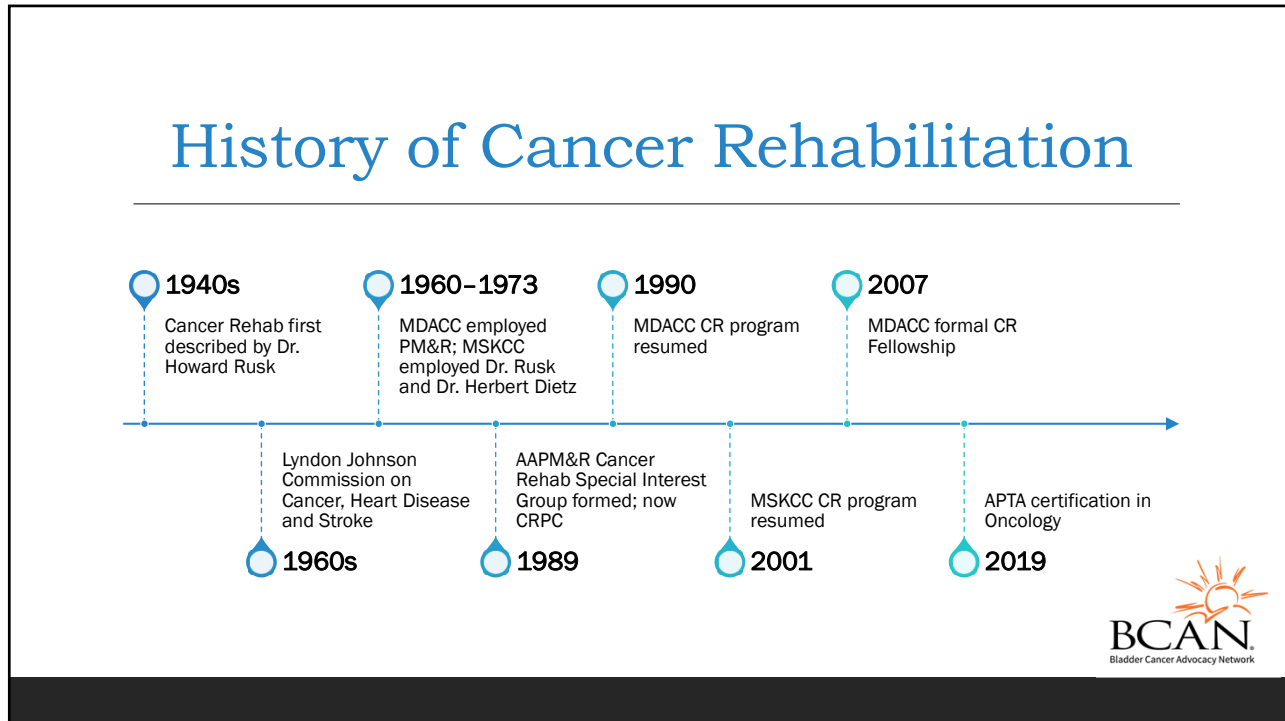
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# Cancer Rehabilitation

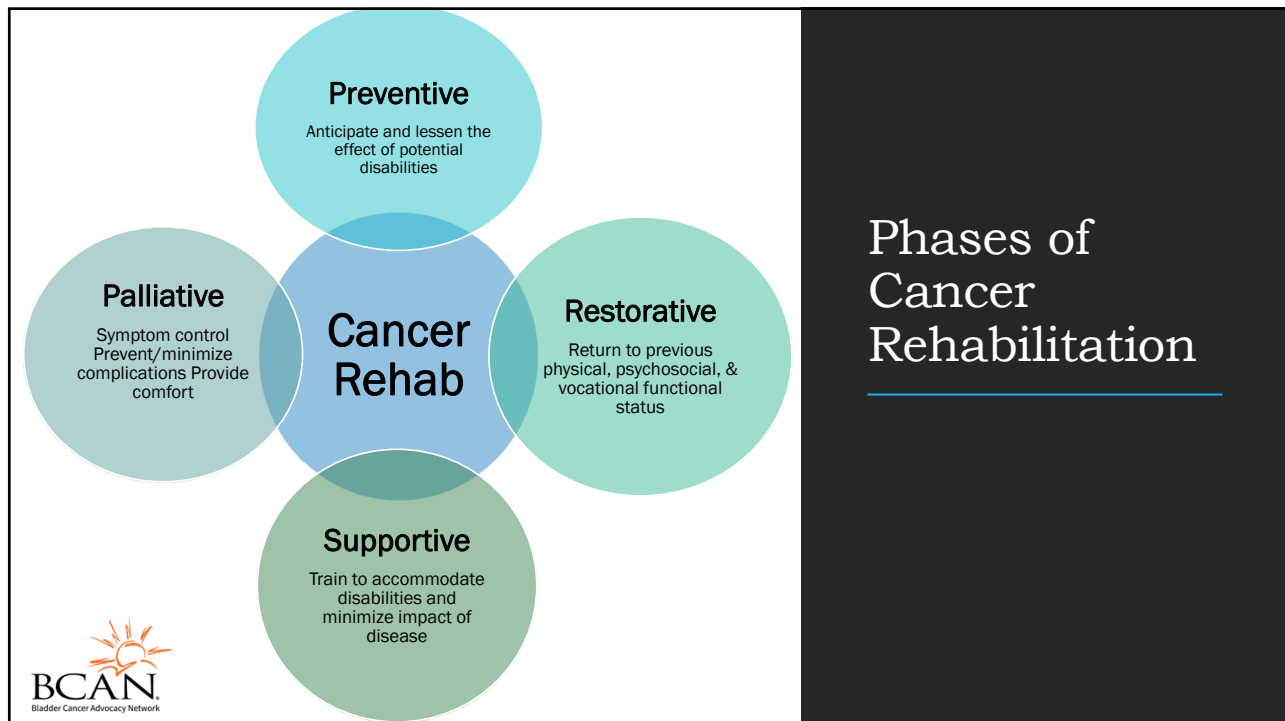


<https://www.cancer.net/survivorship/rehabilitation/what-cancer-rehabilitation>

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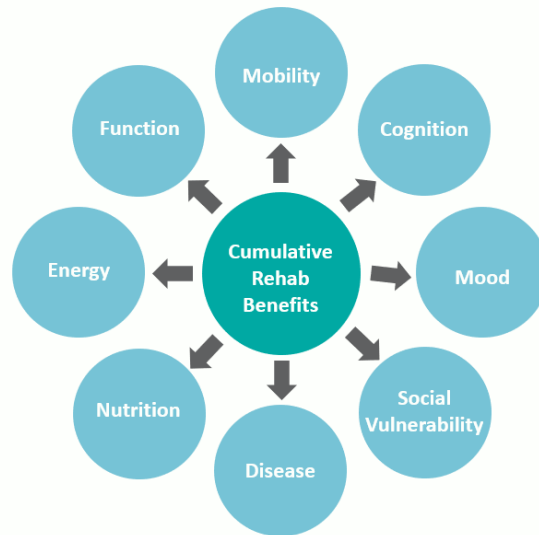


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## Cancer Rehab Improves Cancer Outcomes



Silver, J. K. (2015). Cancer Prehabilitation and its Role in Improving Health Outcomes and Reducing Health Care Costs. *Seminars in Oncology Nursing*, 31(1), 13–30. <https://doi.org/10.1016/j.soncn.2014.11.003>

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## What Makes Cancer Rehab Unique?

### Medical Knowledge

- Safety considerations
- Rehab precautions
- Screening for and addressing cancer and treatment-related side effects

### Holistic Approach

- Multi-disciplinary team (MD, PT, OT, SLP, RD, Integrative)
- Treatment throughout the cancer continuum
- Consideration of 'bigger picture'



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**Kirsty Livingston OTR/L, CLT**  
ReVital Cancer Program Director



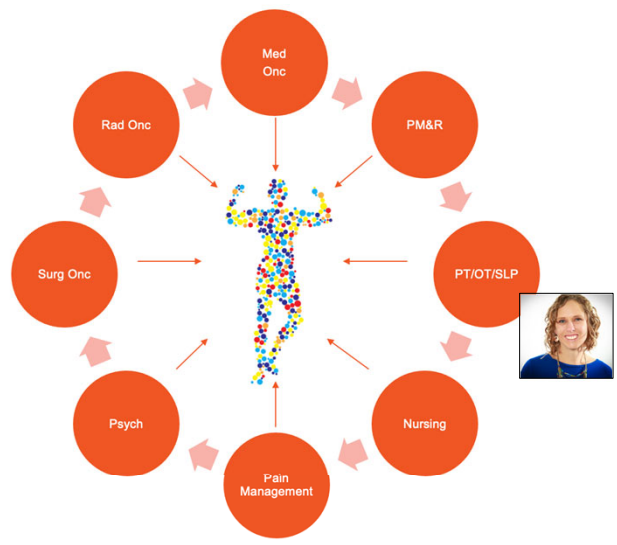
**Alaina Newell PT, DPT**  
ReVital Cancer Rehab Director of Education  
Adjunct Professor- South College  
ABPTS Oncology Specialty Counsel  
ABPTS Board Certified Oncologic & Women's Health Physical Therapy  
LANA-Certified Lymphedema Therapist



**Jessica Engle, DO**  
Assistant Professor, Physical Medicine and Rehabilitation and Oncology  
Cancer Rehabilitation Program Leader  
Assistant Program Director of PM&R Residency  
Interim PM&R Director of the Post-Acute COVID-19 Team (JH PACT)  
Recipient Dr. Stephen Turner Residency and Faculty Scholarships from  
the American College of Lifestyle Medicine  
Johns Hopkins School of Medicine

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Team  
approach  
to care.



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## Concerns PM&R Treat

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## What is Physical Medicine and Rehabilitation?

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Unlike other medical specialties that focus on a medical “cure,” the goals of the physiatrist are to maximize patients’ independence in activities of daily living and improve quality of life.

Physiatrists are experts in designing comprehensive, patient-centered treatment plans, and are integral members of the care team.

They utilize cutting-edge as well as time-tested treatments to maximize function and quality of life for their patients

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## Cancer Rehabilitation

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As one of the few fellowship-trained cancer rehabilitation physiatrists in the country, I focus on **identifying, diagnosing, and the treatment of cancer-related impairments using a patient-centered and goal-oriented rehabilitation approach.**

I am versed in treating the whole patient and employ a variety of methods including lifestyle modifications, osteopathic treatment techniques, medications, and injections.

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## Cancer & treatments have side effects that ALTER quality of life

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NEW need for assistive device	Need for caregiver or additional care
Upgrade assistive device (ie- formerly had a walking stick now needs a walker, starts presenting in hospital wheelchair)	Impairments prohibit returning to work or leisure activity
Reports fall(s)	Increased pain medication
	Impaired cognition
	Screening tools?

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# Cancer Support Programs

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2023

## Virtual Cancer Support Programs

Center for Patient and Family Services  
*at Sibley Memorial Hospital and Suburban Hospital*

### October

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23

30

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### Weekly Classes

Reiki

Reiki | Mondays from 5:30 - 6 pm

Reiki | Thursdays from 4:30 - 5 pm

Yoga

Mat Class | Mondays from 7:30 - 8:30 pm

Chair Yoga | Wednesdays from 10 - 11 am

Chair or Mat | Fridays from 12 - 12:45 pm

### Connect With Us!

Email

CancerSupportNCR@jhmi.edu

All programs are VIRTUAL and FREE to attend unless otherwise noted.

Full details for all programs are on the following pages.

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**Meditation**

Practice Session | Sundays from 7:30 - 8 pm

Meditation Class | Thursdays from 7 - 8 pm



*Monthly Support Groups*

- 4 Breast Cancer | Wednesday | 12 - 1 pm
- 5 Women & Bladder Cancer | Monday | 12 - 1 pm
- 9 Cancer Caregiver | Monday | 12 - 1 pm
- 10 Gynecologic Cancer | Tuesday | 2 - 3 pm
- 12 Brain Tumor | Thursday | 12 - 1 pm
- 12 Pancreatic Cancer | Thursday | 12 - 1 pm
- 23 Metastatic Cancer | Monday | 1 - 2 pm
- 24 Lung Cancer | Tuesday | 12 - 1 pm

*Classes & Webinars*

**Survivorship Educational Series**  
Wednesdays Oct 4 - Nov 8 | 5 - 6:30 pm. | Zoom  
Register - [pgoetz@jhmi.edu](mailto:pgoetz@jhmi.edu)

**Move & Muse**  
Saturday, October 7 | 10 am - 12 pm  
In-Person at Hope Connections  
Register - [moveandmuse.events.sibley.org](https://moveandmuse.events.sibley.org)

**Healing with Nature**  
October 11, 14, 18, 22 | 10 am - 12 pm  
In-Person at Locust Grove, Bethesda, MD  
Register - [healingwithnature.events.sibley.org](https://healingwithnature.events.sibley.org)

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- 24 Lung Cancer | Tuesday | 12 - 1 pm

*Monthly Educational Groups*

- 5 Talk & Walk (Breast) | Thursday | 10:30 - 12 pm
- 12 Women & Cancer Educational Series | Thursday | 5:30 - 6:30 pm

Register - [healingwithnature.events.sibley.org](https://healingwithnature.events.sibley.org)

**Radiation Options for Early-Stage Prostate Cancer**  
Tuesday, October 17 | 6:30 - 7:30 p.m. | Zoom Webinar  
Register - [prostatewebinar2023.events.sibley.org](https://prostatewebinar2023.events.sibley.org)



**Johns Hopkins Kimmel Cancer Center - Greater Washington Area**

These support programs are made possible through generous donations to the Sibley Memorial Hospital Foundation.

**Virtual Cancer Support Programs – all free and via Zoom**  
Contact staff member listed for more information and to register.

**Art Therapy and Cancer Survivorship Series (Tuesdays, Nov 14 – Dec 19, 5 – 6:30 p.m.)**  
Contact: Pam Goetz; [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu)  
Join Art Therapist, Sarah Jones, and Pam Goetz to help ground and creatively explore your inner artist for self-care, whether you're in treatment or beyond. No art experience necessary. Plan to attend all six weeks of the series.

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**Bladder Cancer Support Group for Women (1<sup>st</sup> Thursday of every month, 12 – 1 p.m.)**

Contact: Molly Vencel; 202-660-6839; [mvencell@jhmi.edu](mailto:mvencell@jhmi.edu)

This monthly support group for women diagnosed with bladder or urothelial cancer provides a place where patients can meet others going through similar experiences and gain support and friendship.

**Brain Tumor Support Group (2<sup>nd</sup> Thursday of every month, 12-1 p.m.)**

Contact: Michaela Fitzgerald; 202-660-7519; [mfitzg25@jh.edu](mailto:mfitzg25@jh.edu)

This monthly open-discussion group is a place for patients and their families to gain support and friendship.

**Breast Cancer Support Group (1<sup>st</sup> Wednesday of every month, 12-1 p.m.)**

Contact: Janie Meiser, 202-660-5742; [jmeiser2@jhmi.edu](mailto:jmeiser2@jhmi.edu)

This monthly group offers a place of support for patients being actively treated for breast cancer, up to stage 3, and are no more than 12 months out from chemotherapy, surgery, or radiation.

**Young Adult Breast Cancer Support Group (3<sup>rd</sup> Wednesday of every month, 12 – 1 p.m., Canceled in October)**

Contact: Janie Meiser, 202-660-5742; [jmeiser2@jhmi.edu](mailto:jmeiser2@jhmi.edu)

This monthly group offers a place of support for young adult patients (patients in their 20s, 30s and 40s) being actively treated for breast cancer, up to stage 3, and are no more than 12 months out from chemotherapy, surgery, or radiation.

**Cancer Caregiver Support Group (1<sup>st</sup> Monday of every month, 12-1 p.m., Moved to Oct 9)**

Contact: Ilana Velasquez; 202-660-6320; [ivelasq1@jh.edu](mailto:ivelasq1@jh.edu)

Cancer caregivers are invited to join this monthly support group where they can meet with others to share information, insight, advice, support and encouragement.

**Gynecologic Oncology Support Group (2<sup>nd</sup> Tuesday of every month, 2-3 p.m.)**

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**Meditation Practice (Sundays, 7:30-8 p.m.)**

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto:kwoodsh1@jhmi.edu)

As the mind and body are intimately connected, relaxing one's mind can have a restorative effect on one's body as well. Join meditation teacher Chris Montone for a secular meditation practice with others.

**Meditation Class (Thursdays, 7-8 p.m.)**

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto:kwoodsh1@jhmi.edu)

Experienced meditator Chris Montone leads patients, survivors, and caregivers in exploring meditation techniques to foster better mental and physical health. All are welcome.

**Metastatic Discussion Group (4<sup>th</sup> Monday of every month, 1 – 2 p.m.)**

Contact: Elizabeth Single; 202-660-7839; [esingle6@jhmi.edu](mailto:esingle6@jhmi.edu)

This monthly group is open to patients and caregivers for conversations about living and coping with advanced cancer. Videos and readings will be used to stimulate discussion and reflection.

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**Reiki for Self-Care (Group practice: Mondays, 5:30-6 p.m.; Thursdays, 4:30-5 p.m.)**

Contact: Pam Goetz; 202-243-2320; [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu)

Virtual "taste of Reiki" Self-Care for cancer patients and caregivers. Participants start with private, 30-minute sessions with Reiki teachers to learn a simple practice that can be used every day. After learning the hand placements, we offer two weekly group practice sessions.

**Survivorship Series: Stronger & Healthier Together (Wednesdays, Oct 4 – Nov 8; 5 – 6:30 p.m.)**

Contact: Pam Goetz; 202.243.2320; [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu)

Six-week series with experts discussing nutrition, stress reduction, lymphedema education, safe exercise, emotional health, sexual health, and side effect management. Participants will have one-on-one consultations with certified health coach. For individuals who have completed active treatment in the past 2 years.

**Talk and Walk (1<sup>st</sup> Thursday of every month, 10:30 – 12 p.m., In-Person)**

Contact: Jamie Borns, [jborns1@jhmi.edu](mailto:jborns1@jhmi.edu)

Location: Oasis at Macy's in Westfield Montgomery Mall – 7125 Democracy Blvd, Bethesda, MD 20817

This monthly program features a talk on a breast cancer 'hot topic.' Learn about the latest updates in treatment, research, nutrition and more; and meet other survivors.

**Women and Bladder Cancer Educational Series (December 4, 4 – 5:30 p.m.)**

Your Pain is Real and Your Quality of Life Matters: Mitigating the Effects of Cancer Treatment

Hosted by Johns Hopkins Greenberg Bladder Cancer Institute, this session features speaker Thomas J. Smith, MD & Jessica Engle, DO. Register at [womenbladdercancer.events.sibley.org](https://womenbladdercancer.events.sibley.org).

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**Women and Cancer Educational Series (2<sup>nd</sup> Thursday of every month, 5:30 – 6:30 p.m.)**

Join our multidisciplinary cancer support team for any or all of these informative sessions for women diagnosed with gynecologic and breast cancers. This session will feature information on resilience and finding purpose after a cancer diagnosis.

**Yoga - Mat (Mondays, 7:30 – 8:30 p.m.)**

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto:kwoodsh1@jhmi.edu)

Join Yael Flusberg as we create a shared experience to foster resiliency while mitigating stress in this time of uncertainty. Restore your commitment to your overall well-being while connecting with community.

**Yoga - Chair (Wednesdays, 10-11 a.m.)**

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto:kwoodsh1@jhmi.edu)

Erika Newell teaches simple movements that lubricate and nourish joints. Learn about alignment cues and techniques for releasing stiffness and muscle tension, as well as for building strength and balance in the body.

**Yoga - Combo Chair/Mat (Fridays, 12-12:45 p.m.)**

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto:kwoodsh1@jhmi.edu)

This class offers the option to practice in a chair or on a mat. Erika Newell will lead participants through deep stretches, simple strengthening techniques, and a final resting meditation.

**Your Path to Purpose – (TBD)**

Contact: Kara Woodshank; [kwoodsh1@jhmi.edu](mailto:kwoodsh1@jhmi.edu)

Join other cancer patients, survivors, and family members in exploring reflective writing practices designed to help you define your own purpose and find strategies for using purpose within your life.

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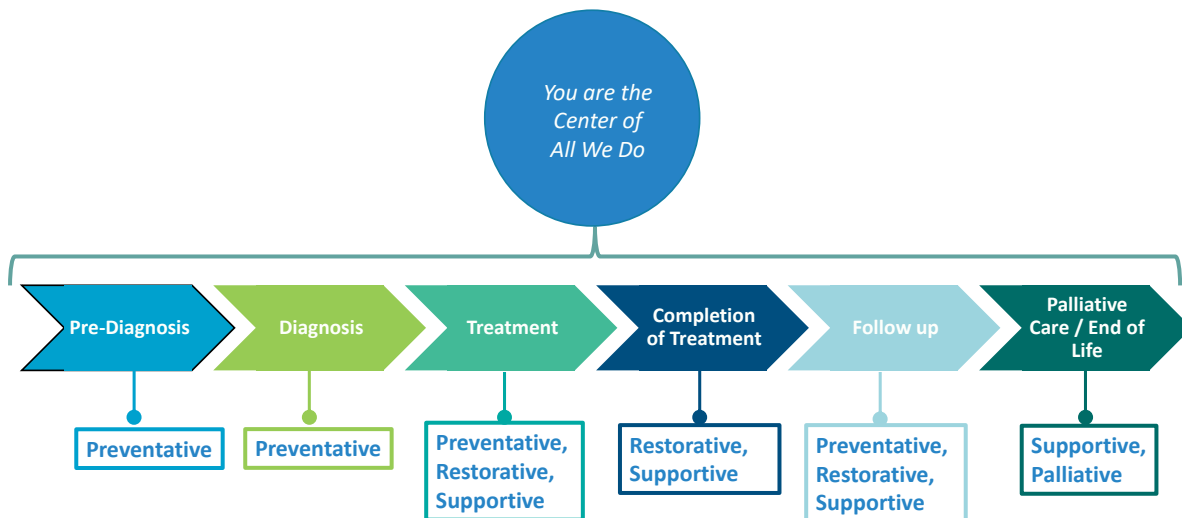
## Concerns PT/OT Treat

Occupational Therapy	Physical Therapy	Sub-Specialty (PT/OT)
<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Memory challenges</li> <li>• Limitations to activity of daily living</li> <li>• Equipment for toileting, bathing, dressing, reaching, communication</li> </ul>	<ul style="list-style-type: none"> <li>• Deconditioning</li> <li>• Balance problems</li> <li>• Joint pain or limited range of motion</li> <li>• Neck or back pain</li> <li>• Mobility equipment evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• Lymphedema</li> <li>• Pelvic Floor                             <ul style="list-style-type: none"> <li>• Bowel or bladder</li> <li>• Sexual dysfunction</li> </ul> </li> </ul>

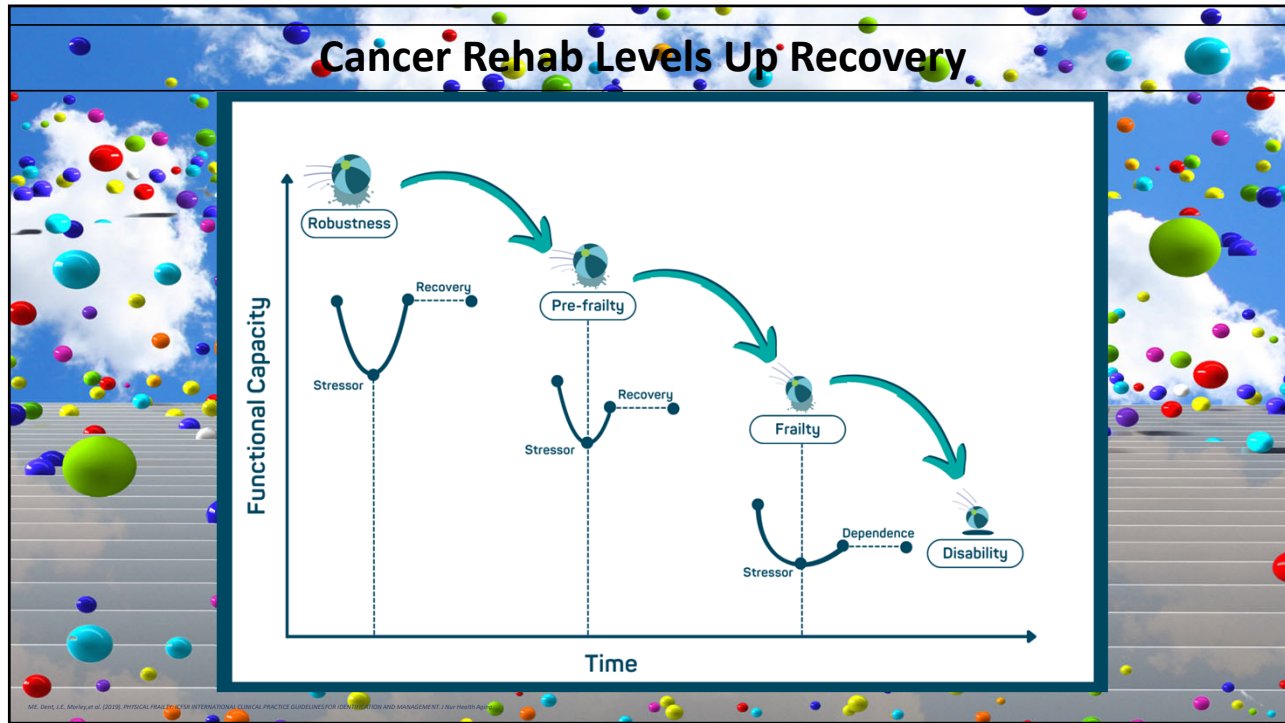


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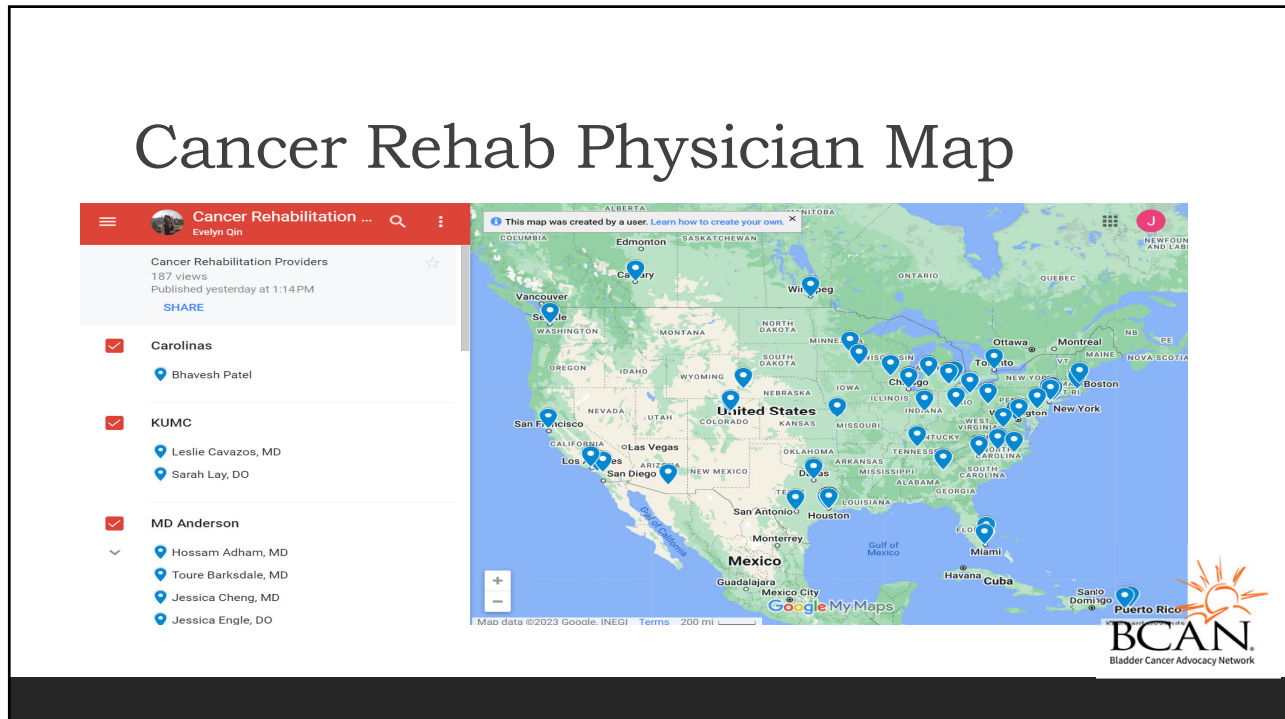
## Cancer Rehab Through the Cancer Continuum



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# Resources

## Cancer Rehab Therapy Specialists:

- American Physical Therapy Association: <https://oncologypt.org/> - "Find a PT" (top right) / Specialist "Cancer"
- ReVital: <https://www.revitalcancerrehab.com/> [PT,OT, SLP]
- Physiological Oncology Rehabilitation Institute: <https://www.pori.org/> - "Find a Therapist" [PT,OT, SLP]

## Lymphedema Specialists:

- Lymphology association of North America - "Find a CLT": <https://www.clt-lana.org/>
- National Lymphedema Network: <https://lymphnet.org/>

## General Resources for Cancer Rehab:

- American Congress of Rehabilitation Medicine: <https://acrm.org/>
- Multinational Association of Supportive Care in Cancer: <https://mascc.org/>
- Association of Clinical Oncology: <https://www.cancer.net/survivorship/rehabilitation/what-cancer-rehabilitation>



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# ACSM: Exercise is Medicine

<https://exercisemedicine.org>

**MOVING THROUGH CANCER:**  
Exercise for people living with and beyond cancer

**TO GET STARTED**  
Avoid inactivity; moving more and sitting less benefits nearly everyone

**FOR OVERALL HEALTH**  
Aim to meet the current exercise guidelines for adults<sup>1</sup>

Moderate Aerobic Exercise At least 150–300 mins per week **OR** Vigorous Aerobic Exercise At least 75–150 mins per week  
(or a combination of moderate/vigorous aerobic exercise)

**+**  
Resistance Exercise 2x per week

**FOR PEOPLE DURING & FOLLOWING CANCER TREATMENT**  
Research shows lower amounts of exercise can still help with the following cancer treatment-related symptoms:

- Cancer-related fatigue
- Health-related quality of life
- Physical function
- Anxiety
- Depression
- Sleep
- Lymphedema<sup>2</sup>
- Bone health<sup>3</sup>



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