

*Welcome to the 7<sup>th</sup> combined edition of the Monthly Cancer and Palliative Care Education Newsheet from Mount Vernon Cancer Centre and Michael Sobell House.*

**CANCER & PALLIATIVE CARE EDUCATION NEWSHEET  
FROM MOUNT VERNON CANCER CENTRE  
AND MICHAEL SOBELL HOUSE**

**Physiotherapy and Cancer Care  
Sally Whitfield**

**The Role of Physiotherapy for People with Cancer – CSP Position Statement (The Chartered Society for Physiotherapy July 2003)**

Physiotherapy is an autonomous profession concerned with the care, management and rehabilitation of patients. These principles apply to the management of patients with cancer through all care and rehabilitation programmes from diagnosis to the end of life. Physiotherapists conduct ongoing assessment of the needs of the patients group and their carers, in order to apply skilled interventions, which are vital for patient's independence, functional capacity and quality of life. The role of the physiotherapist, as an essential member of the multi-disciplinary team is key to the successful rehabilitation and management of patients with cancer and palliative care needs. The absence of physiotherapy intervention would be detrimental to patient care and the ability of the patient/family to cope with the effects of the disease or its treatment on their functional capacity and quality of life.

Physiotherapy in the Cancer Centre is focused on the assessment and treatment of patients from every cancer group, primarily in the chemo-radiotherapy wards 10, 11 and MC. We also see patients in the Chemo Suite and clinics from time to time.

Physiotherapy aims to assess each patient's needs in terms of their physical and mental state, their mobility, strength, level of independence, or need of equipment. Our main concern is to facilitate the patient's maximum potential for independent living however little this may be, and to recommend when patients need to go elsewhere for a period of rehabilitation, to ensure their best possible quality of life is achieved prior to discharge home.

We also see an increasing number of out-patients who have undergone either neck dissection surgery or breast surgery/reconstruction. To help these in their cancer journey, and to fill an information gap, we are producing two physiotherapy advice and exercise leaflets for (1) breast reconstructive surgery, and (2) neck dissection surgery. Both these categories of patients often present with considerable pain and dysfunction late on in their pathway, and it is our desire and intention to prevent such problems arising by giving them advice and treatment as soon as possible following their surgery and adjuvant treatments. Our aim is to alleviate their pain, achieve the best possible range of movement in their neck and shoulder, to teach them how to get the most out of their treatment and manage their own symptoms.

Have we got your contact address wrong? If so please contact Sarah Russell on 01923 844567 or [sarahrussell@nhs.net](mailto:sarahrussell@nhs.net)

**To make a referral to the physiotherapist:**

- **Just fill in a blue referral card and either bleep the physio on 581, or leave it on the ward.**
- **Referrals forms are picked up the next day**

# Forthcoming Events January 2007

**Nurse Led**  
**Junior Doctor Oncology Teaching**

**Guest Speaker**

**Departmental Meeting**  
**Palliative Care Education /Training**

Date	Topic	Venue	Comment
10 <sup>th</sup>	Applied Therapeutics for Palliative Medicine	MSC Lecture Hall – 9.30 – 16.30	
11 <sup>th</sup>	Oncology Nurse Development Programme	Marie Curie Lecture Room – 2.15 – 3.00pm	All Grades welcome
11 <sup>th</sup>	Clinical Governance Breast Cancer Protocols	Postgraduate Centre 4.00 – 5.00pm	Dr A Makris
12 <sup>th</sup>	Trials and informed consent	Postgraduate Centre – 9.00 – 10.00	J Boxall
12 <sup>th</sup>	Junior Doctor Essential Communication Skills	MSC Lecture Hall – 10.00 – 12.30	
15 <sup>th</sup>	Pain Management in the Chronic Cancer Patient	Coffee Room, Chemo Suite – 12.30 – 1.00pm; 1.00 – 1.30pm	Kerri Rose – Napp Lunch Provided
16 <sup>th</sup>	Cancer Centre Visit	MSC Meeting Room – 10.00 – 13.00	
16 <sup>th</sup> /17 <sup>th</sup>	Teaching Tips 2-Day Course	MSC Lecture Hall – 9.00 – 16.30	
18 <sup>th</sup>	Clinical Governance Effective Costing and Process of Commercial Trials  Consultants Meeting	Postgraduate Centre 4.00 – 5.00pm  5.00 – 6.00pm	Fiona Smith
19 <sup>th</sup>	Volunteer Training	MSC Lecture Hall – 10.00 – 11.00	
19 <sup>th</sup>	Clinical Cases in Palliative Care	MSC Lecture Hall – 13.00 – 14.00	
19 <sup>th</sup>	Urology (prostate and bladder)	Postgraduate Centre – 9.00 – 10.00	C Comins
23 <sup>rd</sup>	Cannulation Training	MSC Meeting Room – 9.30 – 13.00	
25 <sup>th</sup>	Oncology Nurse Development Programme	Marie Curie Lecture Room – 2.15 – 3.00pm	All Grades welcome
25 <sup>th</sup>	Clinical Governance Lymphodema Treatment  Clinical Cases	Postgraduate Centre 4.00 – 5.00pm  5.00 – 6.00pm	Elaine Melsome
26 <sup>th</sup>	Brachytherapy	Postgraduate Centre – 9.00 – 10.00	L Bryant
30 <sup>th</sup>	Conversations in Palliative Care	MSC Seminar Room – 14.00 – 15.00	
30 <sup>th</sup>	Syringe Driver 1 (am)	MSC Lecture Hall – 10.00 – 12.30	
31 <sup>st</sup>	Syringe Driver 2 (am)	MSC Lecture Hall – 13.15 – 15.00	

**To add your education event to this please contact Lorraine O'Connell on EXT 4669 with your name, designation, dept, ext no, date, teaching topic & speaker, target audience and preferred date & venue choice**

**Do you have information that you want published or disseminated? Let us know and we will publish and distribute for you in this newsletter**

**Contact Sarah Russell on [sarahrussell@nhs.net](mailto:sarahrussell@nhs.net)**