



After breast cancer, at least 50% of people struggle with long term upper- body side effects.

Research shows that pain and weakness affects can their quality of life for many years.

We can now change this experience by treating the impairments underlying dysfunction with early rehabilitation.

**CPTA#20-49 TBA
CEU: 1.45**

SUPPORTING BEST RECOVERY AFTER BREAST CANCER SURGERY (Level 1)

Breast cancer related impairments are predominantly under the skin and because of the limitations in medical imaging, therapists require training in both assessment and treatment modalities.

The usual face to face workshop has been transformed to online/virtual (5) weekly sessions, where participants can investigate the use of assessment and rehabilitation treatment methods for common impairments after mastectomy or breast conserving therapy.

Participants must rent Standard Touch[®] for the period of the sessions to develop safe and effective touch skills, to ensure remote learning of both assessment and treatment methods are achieved.

DATE: October 17 – November 12, 2020 with five weekly 2 hour sessions

WHERE: ONLINE video conferencing with session recording

COST: AUD \$ 500 for the online course

PLUS rental and postage of Standard Touch (R) Device for the duration of the course sessions

* More payment details on page 3

GOALS FOR WORKSHOP PARTICIPANTS

Therapists will become familiar with the potential for rehabilitation services, other than lymphoedema services, to reduce common impairment burdens experienced by breast cancer survivors.

COURSE DESCRIPTION

5 weekly sessions by Zoom: approximately 2 hours in length.

1. Online references and links to resources will be provided before and during the course.
2. Participants will learn to examine and evaluate impairments, learn treatments to common impairments and use immediate retest to evaluate soft tissue changes.
3. Hands on skills will be guided by set pressures using Standard Touch[®] as used by Denise Stewart.
4. Participants will be provided with training and resources to support home self-management for people with chronic changes after breast cancer surgery and radiotherapy

*Objectives which will be referred to in your Course Evaluation Form

1. Know how to use four patient-reported measures for breast cancer related upper body impairments (Breast Q, Scar Q, PainDetect) to develop a clinical picture of a patient's view of their impairment severity.
2. Know how to gain permission for clinical use of Breast Q and Scar Q tests.
3. Use Reach-Out-The- Back Test (ROTB) to locate and measure the impact of impairments within three zones of the chest (Horizontal / Upper chest, Diagonal/ Middle chest, Vertical/ lower lateral trunk)
4. Detect and rate impairments in mobility at the chest skin, superficial and deep layers, using MAP-BC.
5. Use ROTB testing method to determine the likely location of cording insertion at the chest wall
6. Create a positive change in skin and superficial layer movement at an impairment site using Lewit's barrier release method at chest after mastectomy or BCT.
7. Use a supine method to assess common impairments and retrain patient in ideal breathing and trunk stabilization patterns
8. Use a prone method to assess common impairments and retrain scapular stabilization patterns for both 1 weight-bearing and moving ipsilateral arm.

COURSE SCHEDULE

Session 1 Review four patient reported questionnaires
Practice four key features of Arm to Ear and ROTB test.
Hands-on pressure check with Standard Touch[®]
Practice Lewit Barrier Release

Mid week: Practice with breast cancer survivor (if possible) using skills from this session + Standard Touch[®] data gathering. Review relevant breast cancer rehab literature.

Session 2 Debrief mid week practical session
Review upper-body Trigger-point as assessment
Review MAP- BC
Adapted manual trigger- point release method
Use assessments to develop top three treatments for the session

Mid week: Practical session with breast cancer survivor using skills from previous sessions + Standard Touch[®] practice. Review relevant breast cancer rehab literature.

Session 3 Debrief practical session
Review Seroma, Cording assessment,
Assessment and training to develop deal breath and trunk stability
Review how Yoga therapy or Nordic walking can compliment upper body rehab

Mid week: Practical session with breast cancer survivor using skills from previous sessions + Standard Touch[®] practice + visit local breast cancer service provider eg Yoga therapy, Pilates

Session 4 How to integrate these assessment and treatments into Self-treatment
Review Self-treatment resources
Scapula stabilization and arm movement facilitation
Adapted cupping for deep ALND impairments + skin and superficial impairments

Mid week: Develop a case study presentation with breast cancer survivor using skills from previous sessions+ Standard Touch[®] set pressure practice. Review relevant breast cancer rehab literature.

Session 5 Treatment timeframes planning
Standard Touch[®] blinded set pressure accreditation
Participants Case Study presentations
Course evaluation



ABOUT DENISE STEWART

Denise Stewart is an Australian Occupational Therapist and has been providing rehabilitation services to breast cancer survivors over the last 3 decades.

In the 90's and 2000's there was little recognition of breast cancer related impairments outside of lymphoedema. Denise worked with her lymphoedema patients, to develop innovative methods of assessment to uncover hidden and rarely talked about impairments. Musculo-skeletal techniques were continuously being evaluated for their safe use and effectiveness for her breast cancer patients.

“Each year I have added to how I assess patients and how I treat. Listening to patients, clinical experience, peer – peer learning and research is a powerful combination. Bringing effective therapy / rehab to more breast cancer survivors across the world- is my life's work.”

Benchmarking practices and brainstorming new ideas has been an essential part of Denise's breast cancer rehab practice development; meeting with international leaders in breast cancer rehab such as Elizabeth Josenhans (Germany), Laura Mutti (Italy), Emad Beshar (Dohar), Marjorie Brooks (USA) and Susannah Haarmann (USA).

Through international collaboration with these and many more clinicians working in breast cancer rehab, Denise Stewart has brought emerging assessment and treatment methods to international health professionals caring for breast cancer survivors:

- Share Cording Protocols Project 2014 (Youtube)
- Cording Assessment Method for Clinicians (2014)
- Mastectomy Assessment using POSAS : A review by clinicians (2016)
- Breast Cancer Rehabilitation & Wellness Summit 2016,2017, 2018, 2019
- Online training modules for breast cancer rehab or upper body impairments (2016-20)

Denise's training experience is to Occupational Therapists and to the range of health professionals who care for oncology patients in acute and community based care eg Physical Therapists, Lymph/o/edema Therapists, Oncology Massage Therapists. “I believe that all health professionals working with breast cancer survivors need to understand the underlying impairments, to develop their own professionally appropriate interventions and services”.

BACKGROUND TO THIS COURSE

This Level 1 workshop has been conducted as a 2-day learning experience in Australia with health professionals from many different professional backgrounds, over the last 2 years. This training involved 14 hours training with a minimum of 3-4 hours of supervised patient assessment and treatment experience. This format resulted in a high rate of quick integration of these skills into the therapist's clinical practice- “ I used the ROTB testing **the very next day** and was able to make significant changes to my patient's arm movement.”

With **Covid 19 restrictions**, the workshop has been transformed to a virtual learning experience. Participants who wish to gain the most from this training experience will participate in mid week practice: touch training, reading recommended peer reviewed papers and practice of new skills: be that with breast cancer patients face to face or remotely, or at the very least practice on their own body, and the preparation of a case presentation for week 5 session.

This virtual breast cancer rehab training experience will focus on participants acquiring the right skills to be able to immediately help breast cancer survivors experiencing pain and movement restrictions. To ensure the practice of hands-on skills, safe and effective pressure levels have been set by Denise Stewart with the Standard Touch® device. You get the opportunity to practice and refine these hands-on skills over 5 weeks.

Sarah Komala, Standard Touch® developer, is supporting this virtual educational experience by making her innovative pressure measuring device available for rental. Participants will **need this device** to participate in the training, and each person will be responsible for rental and return of the device. The soft blue pressure pad will be non - returnable because of Covid hygiene guidelines.