

# EXERCISE MEDICINE IN CANCER MANAGEMENT WORKSHOP SCHEDULE

## Overview

We will commence with a lecture on the latest research and clinical practice of exercise as medicine within cancer management. We will then accompany the patient from clinician referral to enrolment, assessment, exercise prescription and follow up, graduation from the fully supervised clinic program to self-management.

## Schedule

Topic	Approximate Duration (mins)
Lecture – Exercise Medicine within Cancer Management	60
Building clinician referrals	10
Recruiting the patient	10
Introduction to SurveyMonkey	30
Informed consent and research participation	10
Health history	10
Pre-exercise screening	10
Absolute and relative contraindications to exercise assessment	10
Rating of perceived exertion	10
Introduction to MyWellness	30
Assessments of cardiorespiratory capacity <ul style="list-style-type: none"> <li>• CPET</li> <li>• Steep Ramp Test</li> <li>• Step test</li> <li>• 400m walk</li> <li>• 6 minute walk</li> </ul>	30
Assessments of neuromuscular strength <ul style="list-style-type: none"> <li>• One repetition maximum test               <ul style="list-style-type: none"> <li>○ Chest press</li> <li>○ Leg press</li> <li>○ Leg extension</li> <li>○ Seated row</li> <li>○ Plank</li> </ul> </li> </ul>	30
Assessments of functional capacity <ul style="list-style-type: none"> <li>• Timed 6 meter walk</li> <li>• Timed up and go</li> <li>• Sit to stand</li> <li>• Stair climb</li> </ul>	20

<p>Assessments of quality of life and psychosocial wellbeing - fatigue, anxiety</p> <ul style="list-style-type: none"> <li>• SF36</li> <li>• HADS</li> <li>• DASS</li> </ul>	10
<p>Assessments of cancer specific health and status</p> <ul style="list-style-type: none"> <li>• FACT</li> <li>• EORTC</li> </ul>	10
<p>Assessment of body composition</p> <ul style="list-style-type: none"> <li>• DEXA</li> <li>• pQCT</li> <li>• bioimpedence</li> <li>• height</li> <li>• weight</li> <li>• hip and waist circumference</li> <li>• BMI</li> </ul>	20
<p>Targeted exercise prescription</p> <ul style="list-style-type: none"> <li>• cardiorespiratory</li> <li>• muscle hypertrophy</li> <li>• muscle strength</li> <li>• functional performance</li> <li>• balance</li> <li>• skeletal health</li> <li>• fat loss</li> <li>• lymphoedema</li> <li>• bone metastatic disease</li> <li>• pre-habilitation for surgery</li> <li>• chemotherapy, radiation therapy, immunotherapy, steroid therapy</li> </ul>	120
Long term planning, prescription and periodisation	10
Nutritional considerations	10
<p>Graduation to self-management</p> <ul style="list-style-type: none"> <li>• Fitness centre</li> <li>• Home based</li> <li>• Group exercise</li> <li>• Park fit</li> <li>• Sport medicine</li> </ul>	10
Clinician and patient feedback	10
Case studies and scenarios	40
<b>TOTAL</b>	<b>510</b>