

## **2014 Abstracts Day 1:**

### **Concurrent Sessions 1 (1:30-3:00):**

**Presentation:** Manual Approaches to the Rehabilitation of Head and Neck Cancer Survivors

**Speakers:** Jonas Sokolof, DO and Sebi Varghese, PT, DPT

#### **Abstract:**

Patients who have undergone treatment for head and neck cancer may present with pain, tissue restrictions and functional limitations. Manual therapy can be an effective modality to combat these issues and improve quality of life. This session will present a variety of manual approaches that can be implemented in the outpatient rehabilitation setting to address symptoms that commonly affect the function of patients with head and neck cancer. Indications and contraindications for manual treatment will be discussed. Participants will have the opportunity to practice some of the demonstrated manual techniques on themselves and on others attending this session.

#### Learning Objectives:

1. Discuss commonly seen rehabilitation implications of head and neck cancer treatment.
2. Identify the role of manual therapy in the rehabilitation management of these patients.
3. Demonstrate manual therapy techniques that can be implemented with the head and neck cancer population.

**Presentation:** Interdisciplinary Approach and Treatment Options for Patients with Spinal

**Tumors** **Speakers:** Mark Bilsky, MD, Lisa Ruppert, MD and Sean McBride, MD

#### **Abstract:**

This presentation will highlight an interdisciplinary approach to decision making in the care of patients with spinal tumors. Treatment options including surgical intervention, radiation therapy, and systemic therapies will be discussed. Patient variables that affect decision making including: age, tumor characteristics, tumor burden, life expectancy, prior treatments, medical comorbidities, and functional status will be reviewed. The role of rehabilitation efforts throughout the treatment continuum will also be reviewed.

#### Learning Objectives:

1. Discuss the various treatment modalities available for treatment of spinal tumors.
2. Identify how patient age, tumor characteristics, tumor burden, life expectancy, prior treatments, medical comorbidities, and functional status affect medical decision making.
3. Recognize the role of rehabilitation in the care of patients with spine tumors.

**Presentation:** Interdisciplinary Approach to Managing Cognitive Dysfunction

**Speakers:** Elizabeth Ryan, PhD, Ellen Goldberg, SLP, and Jaclyn Lo Presto, MS, OTR/L

#### **Abstract:**

Cancer and cancer-related treatment can result in cognitive dysfunction, which has the potential to negatively impact an individual's ability to communicate and participate in basic and instrumental activities of daily living. Speech-Language Pathologists, Occupational Therapists, and Neuropsychologists are an integral part of the multidisciplinary team in evaluating and

treating patients with communication deficits and cognitive dysfunction, and providing strategies for successful management of these cognitive deficits. This presentation will discuss methods for assessing and providing therapeutic interventions for individuals with impaired cognition and communication as a result of cancer and its treatment. Various approaches for improving cognitive performance will be reviewed, with a focus on utilizing a combination of compensatory and remediation strategies.

**Learning Objectives:**

1. Identify the preferred neuropsychological, occupational therapy, and speech therapy assessment tools that can be utilized with patients who have cancer-related cognitive dysfunction.
2. Recognize cognitive, communication and language deficits commonly experienced by patients with cancer.
3. Discuss evidenced based strategies to enhance cognitive/communication and language function in patients during and after cancer treatment.

**Concurrent Sessions 2 (3:15-4:45):**

**Presentation:** Meet the Experts: Physician Panel

**Speakers:** Julie Silver, MD, Vishwa Raj, MD, and Christian Custodio, MD

**Abstract:**

This panel discussion will address the growing need for establishing and developing comprehensive oncology rehabilitation programs. Topics to be discussed will include the evolution and growth of cancer rehabilitation as its own recognized subspecialty, the challenges encountered with integrating rehabilitation into cancer care, current and future clinical practice models, medical education development, and directions for further research.

**Presentation:** Advanced Lymphedema Management

**Speakers:** Jeannette Zucker, PT, DPT and Debbie Mattera , PT

**Abstract:**

This presentation will provide an overview of the latest research and treatment approaches associated with the management of lymphedema. Participants will learn treatment techniques that can enhance the effectiveness of the current standard of care. Complimentary interventions to compression therapy and manual lymphatic drainage will be presented. This session will elaborate on the role of lymphedema therapy with specific patient outcomes as it relates to recent advancements in surgical approaches. Clinical implications from current research regarding risk minimization and management of lymphedema will also be described.

**Learning Objectives:**

1. Discuss the clinical implications of developing surgical approaches for lymphedema therapy.
2. Identify effective treatment interventions outside of typical Complete Decongestive Therapy and discuss how to incorporate these techniques into a comprehensive lymphedema therapy treatment plan.
3. Discuss the importance of therapeutic management of fascial restrictions and scar tissue in the trunk to improve lymphatic flow and overall function.

**Presentation:** The Role of Lifestyle Interventions in the Rehabilitation of the Cancer Survivor  
**Speakers:** Jonas Sokolof, DO and Donna Wilson, RN

**Abstract:**

Lifestyle Medicine is the use of lifestyle interventions in the treatment and management of disease, and includes the comprehensive management of diet, exercise, stress reduction, smoking cessation and a variety of non-drug modalities. This presentation will provide a brief overview of this emerging field as it relates to cancer rehabilitation. In addition, the benefits of exercise and remaining active to decrease treatment related fatigue, joint discomfort, insomnia, anxiety, and fear of recurrence will be discussed. This presentation will introduce dragon boat racing as a team based and a powerful motivator for exercise in patients with cancer. The benefits of participation in dragon boat racing for breast cancer survivors at MSKCC will be shared.

**Learning objectives:**

1. Discuss the basic principles that encompass lifestyle medicine.
2. Identify various lifestyle interventions that can be implemented in a cancer rehabilitation practice to help augment healing in cancer survivors.
3. Review some of the recent literature supporting lifestyle intervention as a cost effective viable treatment option in the cancer rehabilitation setting.

**Abstracts Day 2**

**Concurrent Sessions 1 (1:30-3:00)**

**Presentation:** Physical Therapy Assessment in Pediatric Patients with Non-Central Nervous System Cancers: An Evidence-Based Approach

**Speaker:** Lynn Tanner, PT, MPT

**Abstract:**

Children and adolescents with non-CNS cancers undergo treatments that may cause functional limitations, which may follow them into adulthood. Rehabilitation therapists can provide the patient, family, and medical team with a thorough assessment of the impairments and functional limitations if they understand the neuromuscular side effects of each specific cancer treatment. Physical performance and neuromuscular research with pediatric cancer survivors has demonstrated the need for comprehensive rehabilitation assessments, and insights into the necessary components of these assessments. This presentation will include the components of an evidence-based pediatric physical therapy assessment for a child or adolescent with non-CNS cancer.

**Learning objectives:**

1. Identify objective measurements appropriate to use in the pediatric oncology setting depending on diagnosis and cancer treatment.
2. Discuss the evidence behind the rehabilitation assessments used in pediatric non-CNS cancer patients.
3. Understand the physical impairments and functional limitations commonly seen in children undergoing treatment for non-CNS cancer.

**Presentation:** Rehabilitation for the Patient Undergoing Stem Cell Transplant

**Speakers:** Lauren Liberatori, PT, DPT and Jacqueline Mendelsohn, PT, DPT

**Abstract:**

This presentation will provide an overview of the diagnosis, prognosis and treatment options for hematologic cancers. An emphasis will be placed on patients who undergo hematopoietic stem cell transplants, specifically allogenic transplants. A timeline of the transplant process will be discussed, including how specific chemotherapy regimens and types of transplant are chosen. The importance of the interdisciplinary team approach and coordination of care among clinicians to address the myriad of side effects of the transplant process will be reviewed. The focus of the presentation will be on the role of rehabilitation with these patients throughout the transplant process. Evaluation, pre-transplant screenings, weekly assessments, treatment strategies and commonly used intervention ideas will be discussed. Evidence will be provided to support the use of a physical therapist-driven exercise intervention with this patient population. Long-term follow-up and considerations for further rehabilitation management along the continuum of care will be discussed.

**Learning Objectives:**

1. Review the transplant process across the spectrum of care, including pre-transplant, inpatient hospitalization, and post-transplant stages of care.
2. Discuss the importance of interdisciplinary team effort in care for this complex patient population and identify the role of rehabilitation in the transplant process, including interventions and special considerations.
3. Discuss the importance of exercise pre, during and post- transplant as demonstrated through evidence-based research.

**Presentation:** Comprehensive Pain Management for the Cancer Patient

**Speakers:** Roma Tickoo, MD and Amitabh Gulati, MD

**Abstract:**

Persistent pain significantly reduces the quality of life of cancer patients. According to the American Pain Foundation, breakthrough pain is observed in 50%–90% of all hospitalized cancer patients, in 89% of all patients admitted to homes for the elderly and terminal-patient care centers, and in 35% of all ambulatory care cancer patients. In effect, 67% of all such patients describe the pain associated with cancer as distressing, 36% describe it as an unbearable aspect of the disease, and 32% describe the pain as being so bad that they wish to die. This presentation will discuss the use of pharmacologic therapy for cancer related pain syndromes and palliation. The increasing use of interventional pain therapies throughout the continuum of patients' cancer care will be highlighted.

**Learning Objectives:**

1. Describe the integrative/comprehensive model for the management of cancer related pain at a tertiary cancer center (including the bio-psychosocial model).
2. Enumerate referral and triage criteria for patients with cancer related pain.
3. Provide examples that illustrate the comprehensive model for the management of cancer related pain.

**Concurrent Sessions 2: (3:15-4:45)**

**Presentation:** Meet the Experts: Physical and Occupational Therapy Panel

**Speakers:** Sharlynn Tuohy, PT, DPT, Marisa Perdomo, PT, DPT, Claudine Campbell, MOT, OTR/L, Lynn Tanner, PT, MPT, and Ting Ting Kuo, PT, DPT

**Abstract:**

This panel discussion will address opportunities and challenges in developing a comprehensive oncology rehabilitation program for pediatric and adult patients with cancer along the continuum of care, from diagnosis to survivorship. Topics will include both inpatient and outpatient physical and occupational therapy program development for patients of all ages. Panel members will provide insight and generate discussion on programmatic growth in various settings, including opportunities to incorporate specialty programs such as pelvic floor, vestibular therapy and pediatrics. Future directions for research will be addressed.

**Presentation:** Side Effects of Pediatric Bone Marrow Transplant; the Role of Rehabilitation

**Speakers:** Christine Connelly, MS, OTR/L and Kristin Czekalski, MS, OTR/L

**Abstract:**

Stem cell transplantation (SCT) is used to treat several life threatening oncology conditions in the pediatric population. Although SCT may help to cure leukemia and some lymphomas, there are many post-transplant medical complications that have been documented. In this presentation, evidence will be discussed supporting the role of occupational and physical therapy in addressing the physical, social, emotional and cognitive changes reported in the pediatric patient during and following SCT. Participants will be presented with examples of preventative programming and skilled therapeutic interventions that can be utilized with pediatric patients during the acute and long-term phases of SCT. Participants will also discuss a relevant case study and apply clinical experience to develop a comprehensive patient-centered treatment plan. The need for future research supporting rehabilitation in the pediatric patient population receiving SCT will be discussed.

**Learning Objectives:**

1. Identify phases of the SCT process typically used to treat patients with pediatric patients with a cancer diagnosis.
2. Understand the medical complications and long-term side effects commonly seen in pediatric patients as a result of SCT, which negatively impact development and functional performance.
3. Identify preventative strategies and skilled therapeutic interventions to address the needs of pediatric patients during the acute phase and long term follow-up of SCT.

**Presentation:** Ultrasound Guided Treatment

**Speakers:** Jonas Sokolof, DO, Amitabh Gulati, MD, Jesuel Padro-Guzman, MD, and Darshan Vairavamurthy, MD

**Abstract:**

Ultrasound technology in the physiatric setting has increasingly become the standard of care for the diagnosis and treatment of various musculoskeletal disorders. This hands-on workshop will provide participants with an overview of various musculoskeletal ultrasound examinations. Specifically, the shoulder, knee, wrist, and neck will be covered. Additionally, various approaches for injection of the covered structures will be discussed and demonstrated. Participants will have the opportunity to practice using diagnostic ultrasound on live model/volunteers.

**Learning Objectives:**

1. Become familiar with the basic diagnostic evaluation of the shoulder, knee, wrist, and neck regions.
2. Learn various techniques and approaches for ultrasound guided injection of the shoulder, knee, wrist, and neck regions.
3. Learn proper sterile and safety techniques for ultrasound guided injections.

**Presentation:** Review of Current Evidence Based Practice; Effective Rehab Interventions Across the Cancer Continuum

**Speakers:** Grigory Syrkin, MD and Emil Berengut, PT, DPT, OCS, MSW, CSCS

**Abstract:**

Regular physical activity has numerous health benefits. Certain effects of exercise are of particular relevance to people with oncologic disease. Whether general or targeted to specific areas affected by disease and its treatment, exercise is an invaluable tool for improving overall function in patients with cancer. This presentation will familiarize the audience with the current evidence on the benefits of therapeutic exercise in treating patients undergoing cancer treatment as well as cancer survivors. A review of basic science aspects and available clinical evidence relevant to patients with cancer will be covered.

**Learning Objectives:**

1. Review the organ system level benefits of exercise, specifically relevant to patients with cancer.
2. Review the evidence for pre-emptive rehabilitation in the care for patients with cancer.
3. Review the evidence demonstrating the benefits of exercise for patients undergoing active cancer treatment as well as patients in the survivorship phase.