

5th World Congress on **Cancer Therapy**

September 28-30, 2015 Atlanta, USA

Supporting the survivors: Cancer fatigue syndrome and cancer rehabilitation

Naomi Dolgoy

University of Alberta, Canada

Medical advancements in cancer treatment change the way healthcare approaches ongoing patient care. Persons with cancer are now living longer with a greater attention to quality of life. With more cancer cases in remission, cancer is no longer viewed solely as a palliative condition; there is a strong focus on “survivorship”. Given that certain cancer cases present as chronic conditions, not necessarily as acute or palliative diseases, it is vital to consider a chronic care approach for long term interventions. Rehabilitation following cancer treatment is a crucial aspect of healthcare to transition patients into everyday life. Yet, beyond psychosocial and exercise based programs, there is a lack of functional or activity based rehabilitation. Research indicates that lasting fatigue is the most widely noted symptom associated with cancer and cancer treatments. Presently, the paucity of healthcare funding allocated to develop functional rehabilitation programs results in the absence of consistent intervention for this condition. Without functional therapies and occupational strategies to support management of home and work environments, many persons do not return to regular activity engagement, despite being disease survivors. The costly insurance required to support persons who cannot return to work post-treatment illustrates the need for efficient and functional rehabilitation programs, furthering the rationale to develop this field. Research is in process to extend the evidence and progress concrete rehabilitation programs. This presentation explores the potential benefit of functional strategies for the management of cancer Related Fatigue Syndrome, identifying the difference between exercise versus activity based rehabilitation. The presentation will also highlight the gap in current services, emerging research in the area, and the germane need to support return to work and rehabilitation programs.

Biography

Naomi Dolgoy is a practising Occupational Therapist and a certified Lymphatic Therapist at the Foothills Teaching Hospital in Calgary, Canada, and registered to practice in both Canada and the United States. She is concurrently working towards her PhD in Rehabilitative Medicine, at the University of Alberta, with a focus on Oncological Rehabilitation and Cancer Related Fatigue Syndrome. Naomi is an alumni of McGill University (Bachelor of Arts), and the University of British Columbia (Master of Occupational Therapy). In addition to her research, Naomi is actively developing programs and resources for the management of return to work and Cancer Related Fatigue Syndrome through functional rehabilitation; she serves as the consulting Occupational Therapist for the Cancer Fatigue Guideline working group for Cancer Control Alberta.

digodan@emory.edu, dolgoy@ualberta.ca

Notes: