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Living life to the fullest with “Cancer Rehabilitation”

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Cancer rehabilitation is a process that assists the patient and their family to obtain the best possible functional level within the limitations of malignancy and its treatment. Despite the success in improvement of survival rates, many cancer survivors experience Physical, Psychosocial and Functional late effects due to the malignancy itself and/or the cancer treatment. Cancer rehabilitation need multidisciplinary approach and various rehabilitation branches like, Occupational therapy, Physiotherapy, Speech Therapist, Social Workers, Cancer Survivors and Volunteers play important role. The role of occupational therapy in oncology is “to facilitate and enable an individual patient to achieve maximum functional performance, in everyday living skills regardless of his or her life expectancy”. Common side effects of cancer or its treatment include pain, lymphedema, weakness, cognitive and perception difficulties, sensory problems, and changes in self-esteem and body image. Occupational therapy practitioners address these effects through intervention aimed at restoring function such as developing exercise programs to improve strength and mobility; lymphedema management, modifying activities such as energy conservative techniques, relaxation techniques, modifying environments such as the workplace, home, or community. Cancer rehabilitation is divided into various parts depending on the type of cancer like Head and neck cancer, breast cancer, palliative care etc. Rehabilitation following cancer is symptomatic and need to be modified depending on patients need and timely assessment of patient’s status. The whole approach is directed towards “Making a patient into person again the one who is not only wanted but accepted”.

Biography

Shruti M Velaskar has passed her degree in Occupational Therapy from Seth G. S. Medical College and K. E. M. Hospital, Mumbai University. She is working since more than 15 years in this field and is attached to Tata Memorial Hospital since last 12 years as a Senior Occupational Therapist and is actively involved in cancer related clinical research and publication. She was awarded Fellowship for attending 2nd EORTC, QOL symposium held at Brussels, Belgium. She was awarded with “Best Scientific Paper” “Kamala V Nimbkar trophy for research and publication during 45th AIOTA Conference.

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