This project has been made possible through a grant from the Canadian Breast Cancer Foundation – Prairies/NWT Region.

Breast Cancer Rehabilitation Symposium

February 27 and 28, 2014

Saskatoon, Saskatchewan
Travelodge Hotel

Symposium Program

Hosted by
Continuing Physical Therapy Education, University of Saskatchewan
**SYMPOSIUM OVERVIEW**

**Program Description**

This symposium will provide an evidence-based update on management of breast cancer, and promote interprofessional treatment of breast cancer and other cancers that is consistent and based on best-practice guidelines. The format will include plenary sessions, interactive group workshops, and interprofessional case discussions.

**Who Should Attend**

The target audience for the symposium is: Physical Therapists, Occupational Therapists, Nurses, Nurse Practitioners, Massage Therapists, Kinesiologists, Chiropractors, Psychologists, Social Workers, Physicians, students in these disciplines, other interested health professionals, policy makers and program planners.

**What You Will Learn**

After attendance at this symposium participants will be able to:

- Describe and implement the best practice rehabilitation guidelines of breast cancer, and other types of cancer.
- Facilitate breast cancer management strategies, consistent with best evidence.
- Outline treatment-planning principles for exercise and cancer rehabilitation.
- Facilitate breast cancer rehabilitation program planning to ensure maximum benefit for patients.

**KEYNOTE SPEAKERS**

**Oren Cheifetz, BSc PT, PhD (Candidate)**

Oren practices with inpatients on a hematology-oncology unit at Hamilton Health Sciences, Hamilton, Ontario. He is currently working on finishing his PhD at McMaster University and is an Associate Clinical professor at McMaster school of Rehabilitation Sciences, where he tutors and lectures. Oren is the past Chair of the Oncology Division, Canadian Physiotherapy Association. He has published in Physiotherapy Canada, The Journal of Medical Acupuncture, and other publications. Oren’s focus of research is in cancer and exercise. He is a Clinical Specialist in Oncology, Canadian Physiotherapy Association. In addition to direct patient care, Oren is active in cancer-related research and is the Principal Investigator of the award winning (Cancer Care Ontario Innovation Award) CanWell program, a community-based exercise and education program for people with cancer. In collaboration with a Nurse Practitioner and another Physiotherapist, Oren established the Canadian Cancer Rehabilitation and Education Institute (CCREI), which aims to educate health-care professionals, institutions, and curriculum developers on safe and effective cancer rehabilitation.

**Margie McNeely, PT, MSc.PT, PhD**

Dr. Margaret (Margie) McNeely is an Assistant Professor in the Department of Physical Therapy at the University of Alberta in Edmonton, Canada. She currently holds a joint appointment in the Department of Oncology (Division of Radiation Oncology) and performs clinical research in the Rehabilitation Medicine Department at the Cross Cancer Institute. Dr. McNeely's Professional Interests include cancer rehabilitation and exercise, upper limb/shoulder function in survivors of cancer and cancer-related symptoms of pain, fatigue and lymphedema.

**Margaret Fitch, MScN, PhD**

Dr. Fitch is Head of Oncology nursing and Patient and Family Support at the Odette Cancer Centre, Sunnybrook Research Institute in Toronto, Ontario. She serves as an Adjunct Professor at Dalhousie University and an Associate Professor in the faculty of nursing at the University of Toronto. Dr. Fitch's broad research interests lie in the area of coping and adapting to illness, with a particular focus on understanding patients’ experiences, perceptions and psychosocial distress. Working with various cancer patient groups, she uses quantitative and qualitative methods to document and describe experiences of cancer patients and survivors and sexuality. Dr. Fitch is also interested in instrument development and testing. Other themes of her research work are clinical practice and knowledge transfer. Current projects that incorporate these notions focus on nursing roles in cancer care (including the use of advanced practice nurses in cancer care settings), recruitment and retention of cancer nurses, and quality workplaces for nurses. Specific projects have focused on the experiences of breast, ovarian/gynecological, prostate, colorectal and lung cancers.
WORKSHOP PRESENTERS

Tracy Gardikiotis, BScPT, CLT-UE, CCES graduated from the University of Saskatchewan in 1998 with a Bachelor of Science degree in Physical Therapy. Since graduation, she has worked in various areas including inpatient and outpatient orthopedics, inpatient medicine and lymphedema management at different Regina hospitals. In 2005, the Pasqua Hospital promoted Tracy to senior lymphedema therapist, where she specializes in breast cancer related lymphedema and rehabilitation. She has worked towards expanding both the patient education and treatment services offered by the program to meet the specific needs of breast cancer patients. Tracy has completed extensive post graduate training in breast cancer rehabilitation and lymphedema management including: certified garment fitter for 6 major companies, Certified Lymphedema Therapist (CDT/MLD) by Klose Training and Consulting, and Certified Cancer Exercise Specialist by The University of Northern Colorado Rocky Mountain Cancer Institute. Tracy has worked with the Allan Blair Cancer Centre in the Transitions to Wellness sessions. She also regularly lectures on breast cancer rehabilitation and lymphedema to patients, health care professionals and community groups. She is a committee member of the Pink Earth Angels Breast Cancer Support Group, the Lymphedema Association of Saskatchewan and Saskatchewan Breast Cancer Connect. Tracy is dedicated to supporting breast cancer patients and increasing awareness and access to breast cancer rehabilitation services. She was recently awarded the 2012 Women of Distinction Award in Wellness, Recreation and Healthy Living for her work with breast cancer patients. Tracy is an invited speaker at the symposium will be co-presenting at the Breast Cancer Management Workshop to end the conference.

Sarah Garden is the director of Bodhi Tree Yoga Therapy and co-director of Bodhi Tree Yoga College in Regina and runs busy yoga therapy programming. Her classes are fun and educational, with an emphasis on healing and re-integrating the body, mind, and spirit to produce healthier and happier students. When she isn’t working with students she is co-directing and teaching in the Bodhi Tree’s teacher training program as well as mentoring and acting as a consultant to yoga teachers in yoga therapy. Sarah began the Renew Yoga for Cancer program almost 4 years ago, which runs free of charge to people who are living with cancer and in cancer recovery.

INVITED SPEAKERS

Asim Amjad, MD, RO is a Radiation Oncologist and an Assistant Professor for the College of Medicine, University of Saskatchewan. He trained in Ireland and the United Kingdom. He has been working with the Saskatchewan Cancer Agency since 2008 and has a special interest in breast, prostate and cervix cancer. He is currently the Provincial Lead Oncologist for breast cancer.

Geethan Chandran, MD, FRCSC grew up in Saskatoon and enrolled at the University of Saskatchewan in 1994 for his undergraduate degree in Chemistry. In 2001 he graduated with his Medical Doctorate from the University of Saskatchewan. Postgraduate training includes general surgical years at the University of Saskatchewan, anesthetists at Memorial University, a research year at the University of Alberta Burn Unit in burn and wound healing, with his formal residency in Plastic Surgery completed at Dalhousie University in Halifax, Nova Scotia in 2010. Upon obtaining his FRCSC, further subspecialty training in Reconstructive Microsurgery including breast, head & neck and upper/lower limb reconstruction was obtained at the University of Manitoba. Dr. Chandran has practiced as a plastic surgeon in the Regina/Qu’Appelle Health Region for the past 3 years and has now moved to Saskatoon. His main clinical interests include breast cancer reconstruction, complex microsurgical reconstruction, hand surgery, skin cancer, body contouring and aesthetic surgery.

Gary Groot, MD, PhD, FRCSC is a General Surgical Oncologist and Clinical Professor of Surgery for the College of Medicine, University of Saskatchewan where he serves as Director of Surgical Oncology and Director of Research and Graduate Studies. After obtaining his MD and FRCS(C) from the University of Saskatchewan, he completed his fellowship in surgical oncology at the University of Manitoba before returning to Saskatoon in 1991, where he has practiced since. In addition to a stint as Head of the Saskatoon Health Region’s Department of Surgery, he has served on various local, provincial and national committees along the way. Throughout his career, he has maintained a special interest in the management of breast, melanoma and head and neck oncology. Dr. Groot has taken on a research interest that prompted him to complete his PhD last year and become involved with the Saskatchewan Surgical Initiative’s work on variation and appropriateness in surgical practice.

Jenna Leib, BSc.Kin, CES, CEP, CCES, graduated from the University of Regina in 2007 with a Bachelor of Kinesiology, Fitness and Lifestyle degree. Since graduation, she has completed additional training to become a Certified Cancer Exercise Specialist, Certified Personal Trainer, Certified Urban Poling Instructor, and Level 3 Yoga Instructor. Jenna is also a consultant for the Sport Medicine Council of Saskatchewan. Since starting her career as an Exercise Therapist, Jenna has gained experience working with a variety of clientele and has developed specialized programming for adults and children with disabilities, post-surgical orthopedic patients (i.e. hip and knee replacements), pre/postnatal women, and patients with weight management issues. Jenna has taken a special interest in breast cancer rehabilitation and instructs a breast cancer support program specific to the needs of breast cancer patients recovering from their treatments. She has worked with the Allan Blair Cancer Center in the Transition to Wellness sessions and has lectured at the Living Well With Cancer Conference. In addition, Jenna is a founding member of the Pink Earth Angels Breast Cancer Support Group and a committee member of Saskatchewan Breast Cancer Connect. Jenna is a highly motivated individual dedicated to improving her client’s health, wellness and lifestyles.
INVITED SPEAKERS (continued)

Yvonne Taylor, Saskatchewan Cancer Agency, is the Provincial Leader of Early Detection, Population Health Division of the Saskatchewan Cancer Agency. Yvonne oversees three organized cancer screening programs: Prevention Program for Cervical Cancer, the Screening Program for Breast Cancer, and the Screening Program for Colorectal Cancer. Previously, Yvonne has worked as the Provincial Director for the Alberta Cancer Board’s Screening Department; and as the Executive Director, Victorian Order of Nurses, Southern Alberta. Yvonne is passionate about enhancing cancer awareness in communities and increasing access to cancer screening services throughout Saskatchewan. She lives in Regina and has one grown son.

Joan Santoro, RN, BSN is the manager of the Irene and Leslie Dubé Centre of Care Breast Health Centre at Saskatoon City Hospital. Their goal is to offer the people of Saskatchewan the best up to date standard of care in breast health.

Joanne Frederick, M.A., Registered Psychologist
Joanne Frederick is a Registered Psychologist in private practice in Regina who works extensively with people affected by cancer. She uses mindfulness-based interventions to support individuals at all stages of their journey, from diagnosis to recovery. Mindfulness-Based Cancer Recovery (MBCR) is a therapeutic combination of mindfulness meditation and gentle yoga that Joanne offers to cancer survivors and their love ones.

Tatjana Zdravkovic, MD graduated from medical school in Belgrade, Serbia in 2000. After coming to Canada in 2002, she was privileged to work as a bedside physician at the BC Children’s Hospital-Hematology/Oncology ward and at the Foothills Hospital in Calgary with Hematology, BMT and Radiation Oncology teams. During her residency in Physical Medicine and Rehabilitation at University of Saskatchewan, Dr. Z had electives in Cancer Rehabilitation at Sloan-Kettering Cancer Center, MD Anderson Cancer Center, and at the McMaster Cancer Rehabilitation Unit. After graduation, she joined the Physical Medicine and Rehabilitation Department in Saskatoon. Dr. Z is working to combine her previous experiences and contribute to improvements in the rehabilitation of patients with cancer in Saskatoon.

Ryan Dueck, OT established iPM Occupational Therapy after recognizing a need for injury prevention in the workplace industry. He has worked in vocational and workplace rehabilitation for ten years in Saskatoon and experienced first-hand the importance of addressing injuries before they progress. Ryan holds a Bachelor of Science Degree in Kinesiology and a Master’s Degree in Biomechanics (the study of human movement) from the University of Saskatchewan, and his Bachelor of Medical Rehabilitation Degree in Occupational Therapy from the University of Manitoba. Ryan’s career has been focused on functional rehabilitation and his experiences include working as a consultant with multidisciplinary assessment teams, functional capacity evaluations, work education seminars and splinting.

Anne-Marie Graham, BScPT is a partner at Bourassa & Associates Rehabilitation Centre since 1997. Anne-Marie was trained at the University of Western Ontario, graduating with a BScPT. Anne-Marie has been a physiotherapist for 30 years, and has expertise in the treatment and management of female and male pelvic floor conditions, breast cancer rehabilitation and sports physical therapy. Anne-Marie has been involved with the local ‘A Breast in a Boat’ chapter since it started in Saskatoon in 1994, with Bourassa and Associates providing the dry land training to this group for many years. Anne-Marie received the Y.W.C.A. Women of Distinction award in 2004 for community recognition of her work in the physical therapy profession. Anne-Marie also held a faculty position with the University of Saskatchewan, College of Medicine, 1995-2011 in the School of Physical Therapy Program. She holds advanced credentials in Women’s health, and achieved the Canadian Acupuncture Foundation of Canada Institute Certification in 1989, Certificate in Medical Acupuncture in 1989, Certificate in Intramuscular Stimulation in 1995, and Diploma in Sports Physiotherapy in 1999. Anne-Marie received the Saskatchewan Physical Therapy Association Award for clinical excellence in 2011. Anne-Marie is married with three children and is a recent breast cancer survivor.

Elizabeth Quinlan, PhD researches and teaches in the Department of Sociology, University of Saskatchewan. Her areas of interest include breast cancer survivorship, caring labour, work organization, and research methods. With Dr. Roanne Thomas, Quinlan leads a CIHR-funded research project on arm morbidity among breast cancer survivors.

Pam Fichnter, RMT/CDT was trained in Manual Lymph Drainage with the Dr. Vodder School and has her first two levels of Lymphatic Drainage with the Chikly Institute. She has been practicing as a massage therapist since 1998. She supports people holistically and has worked extensively with breast cancer patients. She teaches Breast Massage and complementary health workshops throughout Canada. She has her BA in Sociology and is continually taking training in other modalities. She is involved in a variety of research projects at the University of Saskatchewan including the ethnodrama lymphedema project and creative practices for people with cancer.
General Information

Education Credit Information
This symposium information may be useful for health professional Continuing Competency Portfolios or for continuing education credits. Please contact your regulatory body directly to determine applicability for continuing education credits.

Approved by the Massage Therapy Association of Saskatchewan (MTAS) for the following credits:
Breast Cancer Rehabilitation Symposium: 14 primary credits
Public Forum: 1 primary credit

This Symposium is eligible for the PEARLS program through the College of Family Physicians of Canada for 3 credit hours. Contact the CFPC or visit their website at www.cfpc.ca for more information.

Approved by the Canadian Society for Exercise Physiology (CSEP) for 5 Professional Development Credits (Category B) for each day of the symposium attended.

Photographs and Video:
Photographs or video are routinely taken of participants for advertisement and other purposes. By registering for the symposium, you hereby grant the committee permission to utilize photos of you taken at the symposium for advertising purposes.

*Audio and video recording or photographing of sessions by participants is prohibited.

Scent Free Symposium:
Due to the health concerns arising from exposure to scented products, we have instituted a policy to provide a scent-free environment for all participants. Scented products such as hair spray, perfume, and certain deodorants can trigger reactions such as respiratory distress and headaches. We kindly ask you to consider others and not use these products during the conference. Thank you.

Room Temperature:
We would like to remind all participants that the room temperature may vary from time to time. While we will try our best to accommodate everyone, we cannot control these variants. Please dress in layers.

Disclaimer:
While every attempt has been made to obtain each speaker’s presentation, not all presentations were available at the time of printing.

If you are interested in obtaining a copy of a presentation that is not included, please speak to the presenter directly.

Continuing Physical Therapy Education is not responsible for any errors or omissions in information included in the handouts in this syllabus.

Planning Committee
Monique Marshall, MHS, BScPT, Program Administrator, Continuing Physical Therapy Education (CPTE)
Stacey Lovo Grona, MSc, BScPT; Program Director, Continuing Physical Therapy Education (CPTE)
Jillayne Neufeld, Program Assistant, Continuing Physical Therapy Education (CPTE)
Tracy Gardikiotis, BScPT, CDT; Regina Qu’Appelle Health Region (RQHR, LAS)
Donelda Gowan-Moody, PhD Candidate, Massage Therapist, Saskatoon, Saskatchewan
Jenna Leib, Exercise Therapist, Regina, Saskatchewan
Meghan Nieman, Occupational Therapist, Saskatoon Health Region
Erin Soltys, Occupational Therapist, Saskatoon Health Region
SYMPOSIUM PROGRAM: Thursday, February 27, 2014

Delta Room, Travelodge Hotel, Saskatchewan

Chairperson: Monique Marshall, Program Administrator CPTE

7:45 am  Registration

8:00 am  Welcome & Introductions .................................................................M. Marshall
Welcoming Remarks – Lois Harrison, Director, Canadian Breast Cancer Foundation
Welcoming Remarks – Ministry of Health

8:10 am  Breast Cancer Treatment in Saskatchewan ................................. Dr. G. Groot, Dr. A. Amjad
This session will describe current surgical options and radiation management of breast cancer.
Learning Objectives:
1. To understand the current management options for the surgical treatment of breast cancer and the theoretical foundations underlying those options.
2. To understand anticipated current and future trends in the surgical management of breast cancer.
3. To understand radiation options for breast cancer.

8:55 am  Questions and Discussion – A. Amjad, G. Groot.

9:00 am  Options for Breast Cancer Reconstruction: A Patient Centered Model......................Dr. G. Chandran
This session will describe current surgical reconstruction options for breast cancer.
Learning Objectives:
1. To gain an understanding of the realistic expectations and goals of breast reconstruction
2. To be familiar with common breast reconstruction options
3. To be familiar with new procedures in breast reconstruction including perforator flaps, fat grafting and alloderm.

9:15 am  Questions and Discussion – G. Chandran

9:20 am  Overview of Breast Cancer Rehabilitation ............................................T. Gardikiotis
This session will identify and describe main concepts in breast cancer rehabilitation.
Learning Objectives:
1. To expand clinical knowledge about the common side effects of breast cancer treatments including postsurgical mobility restrictions, axillary web syndrome, lymphedema, targeted hormonal therapies side effects, chemotherapy and radiation-related impairments and psychosocial implications.
2. To identify rehabilitation considerations of the acute, long-term and late effects of breast cancer treatment.
3. To understand the role of multidisciplinary rehabilitation health professionals in the continuum of breast cancer care.

10:10 am  Questions and Discussion – T. Gardikiotis

10:15 am  Refreshment Break & Displays – Delta/Concorde Room

10:45 am  Exercise and Cancer: Evidence, Safety, and a Touch on Prescription..................O. Cheifetz
This session will provide participants with a basic understanding of cancer rehabilitation.
Learning Objectives - By the end of the session participants will be able to:
1. Discuss the evidence supporting the incorporation of exercise as standard of care for women with breast cancer.
2. Monitor the safety of cancer patients participating in exercise programs.
3. Incorporate proper, safe, exercise prescription principles in their practice.

11:50 am  Questions and Discussion – O. Cheifetz

12:00 pm  Lunch and Displays
Thursday, February 27, 2014, continued

Delta Room, Travelodge Hotel, Saskatchewan
Chairperson: Stacey Lovo Grona, Program Director CPTE

1:00 pm  Cancer Survivorship – A Pressing Imperative ................................................................. Marg Fitch
This presentation will provide health care practitioners an increased understanding of survivorship issues and prepare them to engage in planning survivorship care.

Learning Objectives:
1. To outline the challenges experienced by cancer survivors.
2. To describe the current approaches regarding survivorship care.

2:10 pm  Questions and Discussion – M. Fitch

2:15 pm  ORGANIZED POPULATION BASED SCREENING: Screening Program for Breast Cancer of the Saskatchewan Cancer Agency........................................................................................................ Yvonne Taylor
There are two major components of early detection of cancer: 1) education to promote awareness of cancer screening and its early diagnosis, and 2) access to regular screening. Screening refers to the use of simple tests across a healthy population to identify individuals who have disease, but do not yet have symptoms. Examples include breast cancer screening using mammography, cervical cancer screening using cytology screening methods, including Pap tests, and colorectal cancer using fecal immuno-tests. Yvonne will specifically speak about Saskatchewan’s Screening Program for Breast Cancer and its effectiveness to screen for breast cancer through the use of digital mammography. Included in this presentation, will be information on recruitment strategies to access screening mammography, test result notification processes, and recall information for those in the targeted population.

2:40 pm  Questions and Discussion – Y. Taylor

2:45 pm  Overview of the Breast Health Centre..................................................................................... Joan Santoro
The Irene and Leslie Dubé Centre of Care is the Breast Health Centre serving central and northern Saskatchewan. The centre, located at the Saskatoon City Hospital, is the result of hard work and ongoing fundraising by the City Hospital Foundation, hundreds of individual groups, businesses, and communities throughout Saskatchewan. This presentation will be an overview of the mission and services offered at the Breast Health Centre.

2:55 pm  Questions and Discussion – J. Santoro

3:00 pm  Refreshment Break/Displays - Delta/Concorde

3:15 pm  Cancer Rehabilitation Opportunities.......................................................................................... Tatjana Zdravkovic
This presentation is an overview of rehabilitation options for breast cancer and other types of cancer.

Learning Objectives:
1. Understand the basic principles and practice of safe and effective cancer rehabilitation.
2. Define the role of the Rehabilitation Medicine Specialist in the evaluation and treatment of cancer patients.

3:40 pm  Questions and Discussion – T. Zdravkovic

3:45 pm  Preparing for Return to Work After Breast Cancer Diagnosis.................................................. Ryan Dueck
Returning to work following diagnosis and treatment for breast cancer may be a means of regaining sense of normality, self-concept and identity. However, the idea of going back to work can be overwhelming, and it takes a collaborative effort between all parties involved to facilitate a successful return. Using past research and personal experiences from breast cancer survivors in Saskatchewan, this session will review the challenges and strategies involved with returning to work.

Learning objectives:
1. Evaluate the reasons for returning to work and understand how physical, cognitive and emotional status can have an impact on readiness to return to work successfully.
2. Understand the roles and responsibilities of the worker, health care practitioners, employer, and insurer.
3. Review the steps and strategies that can be taken to facilitate a successful transition back into the workplace.

4:10 pm  Questions and Discussion – R. Dueck
Thursday, February 27, 2014, continued

4:15 pm  Breast Cancer Related Lymphedema................................................................. Tracy Gardikiotis
This presentation will include an overview of breast cancer related lymphedema and its treatment and current lymphedema management in Saskatchewan.

Learning objectives:
1. To expand clinical knowledge of breast cancer related lymphedema including pathophysiology, stages of lymphedema, risk factors, signs and symptoms, standards of practice treatment guidelines and considerations for return to work.
2. To understand the impact of breast cancer treatments such as surgery, chemotherapy and radiation on the lymphatic system.
3. To provide basic and effective lymphedema and infection prevention education to breast cancer patients.
4. To review current lymphedema treatment services in Saskatchewan and SAIL compression policies.

4:55 pm  Questions and Discussion - T. Gardikiotis

5:00 pm  Wrap up for day, Announcements, Adjourn

SYMPOSIUM PROGRAM: Friday, February 28, 2014

Delta Room, Travelodge Hotel, Saskatchewan
Chairperson: Erin Soltys, Occupational Therapist, Saskatoon Health Region

7:00 am  Networking Breakfast (Tables set up with various topics of interest regarding cancer rehabilitation, people sit at table with topic of interest to them)

7:50 am  Morning Announcements

7:55 am  Registrants move to interactive Breakout Sessions

8:00 am  Small Group Interactive Breakout Sessions

Delta Room
1. Functional Upper Extremity Exercises for Breast Cancer Survivors ......................... AM Graham
   Exercise programs can influence functional outcomes in female breast cancer survivors. This session focuses on a description of dry land training sessions for breast cancer survivor dragon boat paddlers.

   Learning Objectives: Participants in this breakout session can expect to leave with an appreciation of the following points:
   a. The role of strength in improving upper body function.
   b. The role of flexibility in improving upper extremity range of motion in breast cancer survivors.
   c. The importance of group accountability (including program, time and place) in exercise adherence.
   d. To discuss the role of exercise and physical activity in helping to manage treatment-related side effects.
   e. To facilitate exercise therapy strategies and specific exercise protocols for cancer survivors.

Viscount Room
2. Creative Practices for People with Cancer ........................................... Elizabeth Quinlan, Pam Fichtner
   The Creative Practices for People with Cancer (CP4PC) Research Group is an interdisciplinary network of researchers and clinicians with the goal of developing and evaluating arts-based interventions for people with cancer to improve quality of life for this growing population. Working closely with creative practitioners, the CP4PC Group held mini-workshops to experiment with a variety of popular expressive arts that do not require extensive training or talent (clay mask making, voice, drumming). Outcomes of the workshops, analyzed for the potentials, limitations, transferability and challenges associated with these expressive arts as interventions, will be shared in the conference session. The session will then move to a group discussion about the barriers and facilitators to integrating the expressive arts into everyday clinical practices.

   Learning objectives: Following this session participants will be able to:
   a. To consider the use of the expressive arts for health and healing.
   b. To identify the barriers and facilitators to integrating the expressive arts into clinical practices.
Friday, February 28, 2014, cont’d

Vanguard Room
3. Mindfulness-Based Cancer Recovery (MBCR) ......................................................... Joanne Frederick
   Mindfulness-Based Cancer Recovery is an evidence-based intervention, which is becoming recognized as a best practice when working with people recovering from cancer treatment.

   **Learning Objectives:** In this workshop, participants will become familiar with:
   a. The history of MBCR and its application as an evidence-based psychosocial program for people affected by cancer.
   b. An overview of the eight-week MBCR program.

9:00 am Repeat of Interactive Breakout Sessions
1. Functional Upper Extremity Exercises for Breast Cancer Survivors......................... AM Graham
2. Creative Practices for People with Cancer................................................................. Elizabeth Quinlan
3. Mindfulness-Based Cancer Recovery (MBCR)......................................................... Joanne Frederick

10:00 am Refreshment Break/Displays
10:20 am Registrants move to Plenary Session
10:30 am Rehab Considerations for the Survivor of Breast Cancer - Along the Continuum of Treatment and Recovery: What’s New?................................................................. Margie McNeely

   **Learning Objectives:**
   1. To describe the current issues related to acute, long-term and late effects of breast cancer treatment.
   2. To review the research evidence for physical therapy and exercise in the management of common effects from breast cancer treatment.
   3. To discuss how the research evidence can be used to guide clinical practice.

11:40 am Questions and Discussion – Margie McNeely
11:45 am Lunch & Displays

Public Forum, Friday, February 28, 2014
Delta Room
Chairperson: Stacey Lovo Grona, Program Director CPTE

No charge for Symposium registrants. $20 charge for all others for lunch, to be paid at the door.
Public Forum open to individuals with breast cancer and other interested persons.
Introduction of Breast Cancer Support Partnership Groups in Saskatchewan

12:00 noon Breast Cancer Survivorship: Finding the Way Forward................................. Marg Fitch
   This session will address common challenges that many people face after cancer treatment.

   **Learning Objectives:** Following this presentation, attendees will be able to:
   1. Describe challenges experienced by survivors of breast cancer.
   2. Highlight current approaches to support breast cancer survivors and promote their recovery.

12:45 pm Using Exercise to Increase Control: Review of Evidence and Safety............... Oren Cheifetz
   This presentation will describe how cancer patients can increase “personal control” with exercise and use this control to improve exercise adherence.

   **Learning Objectives:** By the end of the session, participants will be able to:
   1. Appreciate the evidence supporting the incorporation of exercise into the care of individuals with breast cancer and other cancers.
   2. Be aware of safety considerations when exercising following the diagnosis of cancer.

1:30 pm Questions & Discussion; Completion of Public Forum
Friday, February 28, 2014, cont’d
Delta Room

1:45 pm  Rehabilitation Interventions for Chemotherapy Induced Peripheral Neuropathy: Can we make a difference?……………………………………………………………………..Margie McNeely

   Learning Objectives:
   1. To provide a brief overview on the etiology, incidence and natural progression of chemotherapy induced peripheral neuropathy (CIPN).
   2. To review the research evidence for rehabilitation interventions and exercise in the management of CIPN.
   3. To illustrate, using selected case presentations, the role of rehabilitation in optimizing outcomes the survivor with CIPN.

2:40 pm  Questions & Discussion

2:45 pm  Refreshment Break/Displays - Delta/Concorde

Breast Cancer Rehabilitation Management Workshop..........Delta Room

3:00 - 4:30 pm, Friday, February 28, 2014

Target Audience: Health professionals involved in the exercise prescription and rehabilitation of breast cancer.
Speakers: T. Gardikiotis, J. Leib and S. Garden

Description: This workshop will discuss an overview of assessment and treatment planning for breast cancer patients.

   Learning Objectives:
    To provide a basic overview of assessment and management of common side effects of breast cancer treatment including axillary web syndrome, radiation fibrosis, lymphedema and breast cancer reconstruction surgery through case study presentations.
    To identify reliable and effective outcome measures and assessment tools for breast cancer patients.
    To identify specific clinical goals of targeted exercise protocols for breast cancer patients.
    To introduce the practice of yoga for breast cancer patients.

4:30 pm  Wrap-up – Review of Key Messages from Conference..............................................Monique Marshall

4:30 pm  Adjourn Conference
ACKNOWLEDGEMENTS

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SILVER

BSNmedical

www.bsnmedical.ca

Other Exhibitors/Contributors

Lymphedema Association of Saskatchewan Inc.

www.sasklymph.ca

PinkTree

www.pinktree.ca/

Fitness on 25th

www.fitnesson25th.com

LISAB Originals

www.lisaboriginals.org

Prevent-RSI

www.Prevent-RSI.com