

Cancer Rehab and Survivorship Program

For patients at Princess Margaret Cancer Centre

Read this pamphlet to know:

- What the Cancer Rehab and Survivorship (CRS) Program is
- How you can access the CRS program
- Who the CRS program can help
- What happens when you are referred to the CRS program
- What you should expect at your first appointment with CRS
- What could your care plan include



What is the Cancer Rehab and Survivorship Program?

The Cancer Rehab and Survivorship (CRS) program provides many services to support you during and after your cancer treatment. You can access the CRS program as an outpatient. This means you will not stay in the hospital to access the program.

The CRS program services can help you:

- manage the late and long-term side-effects of your cancer treatment
- improve your function
- improve your health and quality of life

How do I access the CRS program?

To access the CRS program you must:

- be a patient of Princess Margaret Cancer Centre
- have cancer-related problem

You must be referred to the CRS program by a doctor. Your referring doctor can be any doctor caring for you. Your referral can be found HERE:

https://www.uhn.ca/PrincessMargaret/Health_Professionals/Patient_Referral/Documents/CRS_Program_Referral.pdf.

Ask your doctor to send your referral by fax to 416 946 4549.

Who can the CRS program help?

Your doctor (oncologist or family doctor) can suggest the CRS program for many reasons. Your reason for referral must be cancer related. Below is a list of reasons for a referral to the CRS program:

- loss of range of motion
- weakness
- feelings of pain, tingling, numbness
- balance issues and falls
- fatigue (feeling tired)
- lymphedema (swelling)
- changes in appetite and diet concerns
- trouble with activities of daily living
- help with returning to work or school
- sexual health (less interest in sex, vaginal dryness, pain with sex, body image issues)
- psychosocial-help (emotions and coping, relationship changes, fear of cancer recurrence)
- “brain fog” (poor memory, attention or focus)
- help with exercise
- nutrition advice to help manage cancer-related side effects

What happens when I am referred to the CRS program?

Your referral is reviewed by the CRS team. Once it is approved, you are booked for an appointment to be assessed by our team.

If you do not see your appointment in myUHN and do not hear from the CRS program in 2 weeks, please call us at 416 946 4501 extension 2363.

What should I expect at my first appointment with CRS?

Your first appointment will be a complete assessment of your cancer-related concerns and rehab needs. This appointment takes about 2 hours. We will ask you to complete surveys which help the CRS team understand your concerns and needs. The surveys also assess your goals for the program.

For your assessment, you will first meet with a CRS physiotherapist or occupational therapist and/or a rehabilitation physician (physiatrist). Together with the CRS team, you will create a personalized rehab care plan to help you reach your goals.

Your CRS team consists of:

- a physiatrist (doctor of physical medicine & rehab)
- occupational therapists
- physiotherapists
- kinesiologists (exercise professionals)
- massage therapists
- social worker
- neuropsychologist
- dietitians
- wellness chef
- administrative coordinators

What could my care plan include?

During your first appointment the CRS team decides on the type of care you need.

The CRS team provides 3 different types of care:

- Cancer Rehabilitation and Exercise Program (CaRE)
- Specialized Rehab
- Community and Wellness Programs

Each form of care can include:

Cancer Rehabilitation and Exercise (CaRE)

The CaRE Program is an 8-week program that can be done at ELLICSR (a health and wellness space in Toronto General Hospital) OR in your own home.

Both programs include:

- A physical fitness test and personal exercise program (1.5 hours)
- Weekly in-person or online education on topics such as fatigue, managing emotions, mindfulness and relaxation, diet and nutrition, mindful eating and brain health.
- Follow-up physical fitness tests to review your progress and adapt your exercise. These follow-up tests happen at 3 and 6 months after your 8-week program.

CaRE at ELLICSR is in person and includes weekly 1 hour group exercise and 1 hour education sessions. All sessions and appointments occur at ELLICSR at Toronto General Hospital. The group-based format provides a supportive setting to connect and to share your experiences.

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CaRE at Home is a home-based exercise program supported by your kinesiologist. It includes weekly online education modules that cover the same topics as the in person program.

Doing the program at home allows you to be more flexible with your schedule. Your first and second fitness tests are done in person at ELLICSR.

Specialized rehab

The supports offered through the CRS program can also focus on specific issues. Here is a list of other services available for you at CRS:

- **Individual appointments with the CRS team.** These appointments help teach you how to care for yourself at home and can help with:
 - Pain and physical concerns such as weakness, and loss of range of motion
 - Lymphedema (swelling) such as teaching you how to assess your lymphedema and do self-massage, compression bandaging or kinesiotaping. We also cover getting funding for compression garments for lymphedema.
 - Fatigue and tools to help you improve your energy and sleep
 - Lowering your stress with relaxation techniques and mindfulness
 - Scar self-massage
 - Diet and nutrition issues
 - Returning to work or school
 - “Brain fog” such as poor memory, attention or focus
 - Body image or sexual health concerns
 - Psychosocial concerns such as emotions and coping, relationship changes, fear of cancer coming back

Patients who need specialized therapy may also be referred to other programs.

Princess Margaret Cancer Centre

- Older Adults with Cancer Clinic
- Adolescent and Young Adult
- Psycho-social oncology
- Palliative Care

Toronto Rehabilitation Institute (TRI)

- Musculoskeletal Rehabilitation and Multi-System Outpatient Program
- The Health, Exercise, Active Living and Therapeutic Lifestyle (HEALTH) Program
- Falls Prevention Program

Toronto General Hospital

- Cancer Pain Clinic

Mount Sinai Hospital

- Taking Charge Program

When you are done your specialized program, you will have access to the CRS program again. You may need a new referral and assessment. You also may be able to take part in the Community and Wellness Care listed here.

CRS Patient and Wellness Information

The CRS program can help you find the right virtual group education classes for you, such as:

- Fear of Cancer Recurrence
- Cancer Related Fatigue
- What you can do about Brain Fog
- Prepare to Return to Work
- Lymphedema Management
- Healthy Eating to Better Manage Cancer-Related Fatigue

The CRS Program has also developed several education e-modules that you can access through the Patient Education Classes Princess Margaret website pmcancerclasses.ca and search by title:

- [Fear of Recurrence](#)
- [Prepare to Return to Work](#)
- [Cancer Related Fatigue](#)
- [Cancer Related Brain Fog](#)

ELLICSR Kitchen

The CRS program offers an excellent cooking and nutrition resource through the ELLICSR Kitchen.

ELLICSR Kitchen supports cancer survivors with culinary and nutrition resources to support healthier eating and to help manage some of the side effects of cancer and cancer treatment that make it hard to eat well.

Join their Registered Dietitian and Wellness Chef for a live online cooking and nutrition demonstration, or search through their archive of easy, nutritious and delicious recipes.

Find more information at:

Website: ELLICSRkitchen.ca

YouTube: [YouTube.com/ELLICSRkitchen](https://www.youtube.com/ELLICSRkitchen)

Twitter: [@ELLICSRkitchen](https://twitter.com/ELLICSRkitchen)

Instagram: [@ELLICSRkitchen](https://www.instagram.com/ELLICSRkitchen)

Cancer support organizations

The CRS program can also connect you to cancer support organizations in the community:

- Wellspring: <https://wellspring.ca>
- Gilda's Club: www.gildasclubtoronto.org
- Active Match (Toronto): www.activematch.ca
- YWCA Encore (Hamilton): <http://ywcHamilton.org>
- CanWell (Hamilton): Phone 905 921 7711
- Wellwood (Hamilton): <https://www.wellwood.ca/>
- Hearth Place (Oshawa): <https://hearthplace.org>
- Local Health Integration Networks (LHIN): <http://www.lhins.on.ca>

Any patient can access these programs. You do not need a CRS referral. Contact the Princess Margaret Patient & Family Library or ELLICSR for more information.

Princess Margaret Patient and Family Library

Phone: 416 946 4501 extension 5383

ELLICSR: Health, Wellness & Cancer Survivorship Centre

Phone: 416 581 8620

How do I contact the CRS Program?

We have 2 locations:

The OneWalk Cancer Rehabilitation and Survivorship Centre

Princess Margaret Cancer Centre, 2nd floor beside the Breast Centre

Hours: Monday to Friday, 9:00 am – 5:00 pm

Phone: 416 946 4501 extension 2363

Fax: 416 946 4549

Email: Survivorship@uhn.ca

Twitter: [@PMCancerRehab](https://twitter.com/PMCancerRehab)

Instagram: [@PMCancerRehab](https://www.instagram.com/PMCancerRehab)

ELLICSR: Health, Wellness & Cancer Survivorship Centre

Toronto General Hospital – Basement, Peter Munk Building (Room 130)

Hours: Monday to Friday, 8:30 am – 4:30 pm Phone: 416 581 8620

Fax: 416 340 5027

Email: Survivorship@uhn.ca

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