

Cancer Rehab and Survivorship Program



Princess Margaret

For patients

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 your care plan could 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 will 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:

- live with the late and long-term effects of your cancer treatment
- improve your function
- improve your health and quality of life
- get better with help from a large rehab team

How do you 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 is a paper form that can be found online at: <http://bit.ly/2hpFIUe>

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

Who can the CRS program help?

Your 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

What happens when you are referred to the CRS program?

Your referral is reviewed by the CRS team. You will be called within 2 weeks to book your first appointment. If you do not hear from the CRS program in 2 weeks, please call the CRS program at 416 946 4501, ext. 2363.

What should you expect at your first appointment with CRS?

Your first appointment at the CRS program takes about 2 hours. You will be asked to complete surveys in the first 20 minutes of your appointment. The surveys help the CRS team understand your concerns and needs.

The surveys also assess your goals for the program. You will be assessed by a physiotherapist or occupational therapist when your surveys are complete.

You may also be assessed by a physiatrist (doctor of physical medicine and rehab). Together with the CRS team you will create your own care plan to help you reach your goals.

Your CRS team consists of physiatrist (doctor of physical medicine and rehab), occupational therapists, physiotherapists, kinesiologists, massage therapists, social worker, psychologist, neuropsychologist, dietitian, wellness chef and coordinators.

What could your 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 (1.5hr)
- Support through in-person or online education is provided once a week. Resource topics include 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 occur at 3 and 6 months after your 8 week program.

CaRE at ELLICSR has weekly group exercise and education sessions. All sessions and appointments occur at ELLICSR.

The group-based format provides a supportive setting to connect and to share your experiences.

CaRE at Home offers a number of education resources. Education resources include pamphlets, YouTube videos, websites and books. You can use your education resources at times that work for you.

You will be doing your exercises at your home. Doing the program at home allows you to be more flexible with your schedule. Your follow up appointments occur at ELLICSR.

Specialized Therapy:

The supports offered through the CRS program can also be issue-specific. Here is a list of other services available for you at CRS:

1. One on one appointments with the CRS team. These appointments will help teach you how to care for yourself at home and can help with:
 - Lymphedema (swelling) such as teaching you to assess your lymphedema, teaching you self-massage, compression bandaging or kinesiotaping. Getting funding for compression garments for lymphedema.
 - Fatigue and tools to help you sleep
 - Lowering your stress with relaxation techniques and mindfulness
 - Pain and physical concerns such as weakness, and loss of range of motion
 - Scar management
 - Returning to work or school
 - “Brain Fog” such as poor memory, attention or focus
 - Body image or sexual health concerns
 - Diet related to cancer symptoms such as nausea (feeling like throwing up), diarrhea (loose poo) and constipation (trouble having a poo)
 - Psychosocial concerns such as emotions and coping, relationship changes, fear of cancer coming back

2. Lymphedema (swelling) group teaching classes for different parts of the body. Group classes include:
 - Massage
 - Kinesiotaping
 - Bandaging
 - Exercises to help with swelling
 - Self-measurement for swelling

Patients that need specialized therapy may also be referred to other programs. Read the following information to learn about the 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

Toronto Western Hospital

- Outpatient Dietitian Clinic – Weight Management Program

Mount Sinai Hospital

- Taking Charge Program

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

Wellness and Community and Programs:

The CRS program will help you find the right programs for you.

There are many wellness classes offered through ELLICSR. The wellness classes offered at ELLICSR include:

- Living Well with Cancer
- Getting Back on Track
- Lymphedema Awareness
- What you can do about Brain Fog
- Sex and Intimacy
- Healthy Steps
- Yoga
- Mindfulness Meditation

See the Patient and Survivorship Education Calendar of Events for class description and times. Use the link below to see the online calendar: <http://bit.ly/2hWxkVQ>

The CRS program can also connect you to Community Cancer Support Organizations in the community. Community organizations include:

- Wellspring
- Gilda's Club
- Active Match (Toronto)
- YWCA Encore (Hamilton)
- CanWell (Hamilton)
- Wellwood (Hamilton)
- Hearth Place (Oshawa)
- Art for Cancer
- Community Care Access Centre

You do not have to go through the CRS program to access these programs. Any patient can access these programs. Contact the Princess Margaret Patient and Family Library or ELLICSR for more information.

Patient and Family Library

Phone: 416 946 4501, ext. 5383

ELLICSR: Health, Wellness & Cancer Survivorship Centre

Phone: 416 581 8620

Where is the CRS program and how can I contact the CRS program?

There are 2 locations for the CRS program. Below is information about each location:

1. The **Cancer Survivorship Centre** is located at Princess Margaret Cancer Centre on the 2nd floor beside the Breast Centre
Hours: Monday to Friday, 9:00 am – 5:00 pm
Phone: 416 946 4501, ext. 2363
Fax : 416 946 4549
Email: Survivorship@uhn.ca

2. **ELLICSR: Health, Wellness & Cancer Survivorship Centre** is located at 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