

# Creating Community-Based Wellness Programming for Cancer Survivors

## November 17, 2017



### COURSE DESCRIPTION:

This course will provide an overview of the pathophysiology of cancer treatment interventions and explore the role of physical activity, nutrition and mindfulness in improving clinical outcomes and personal wellness in cancer survivors. Evidence-based assessments and exercise program guidelines to create safe and effective physical activity programming in the community will be presented including physical fitness assessment, functional strength and balance assessments in a laboratory session. Additionally, the importance of nutritional support and mindfulness-based cancer recovery as pillars of wellness programming for cancer survivors will be included.

### LEARNING OUTCOMES:

- Describe the pathophysiology of cancer treatment interventions on the cardiovascular, neuromuscular, musculoskeletal, integumentary, and immune systems in the body
- Describe the psychosocial impact of cancer and cancer treatment in cancer survivors
- Define cancer-related fatigue (CRF) and its components
- Identify the evidence-based literature supporting the role of physical activity and mindfulness-based cancer recovery in treating cancer-related fatigue and other adverse effects of cancer
- Identify the primary precautions and risk factors in designing a safe exercise program
- Develop the components of a multifaceted community-based wellness program for cancer survivors
- Perform assessments and screenings to ensure safety in program design
- Identify the nutritional needs of recovery and when referral is indicated
- Identify barriers to becoming physically active and the impact of self-efficacy for exercise and readiness for change



### PRIMARY INSTRUCTOR:

Carlynn A. Alt, PT, PhD, is a Clinical Associate Professor in the Doctor of Physical Therapy Program at the University of Wisconsin – Milwaukee. Her educational background includes a PhD from Marquette University in Integrative Neuromuscular Physiology, a MS from UW Milwaukee and a BS in Physical Therapy from UW Madison. She has co-authored a chapter in a cancer survivorship textbook and has published manuscripts in the area of cancer survivorship and barriers to being physically active. She has given numerous presentations on the topic on cancer physiology, cancer-related fatigue and the role of physical activity in cancer survivorship. She currently runs a community-based physical activity program for cancer survivors in Milwaukee and has been an educational consultant with the YMCA and Livestrong with their cancer exercise program. She continues both community service and scholarship in this topic area and she is dedicated to helping cancer survivors reclaim their wellness.



### ADDITIONAL INSTRUCTORS:

Susan Kundrat, MS, RD, CSSD, LDN, is a Clinical Associate Professor of Kinesiology in the Nutritional Sciences Program at the University of Wisconsin-Milwaukee. She teaches courses on nutrition and wellness, sports nutrition, and nutrition science. She is the author of "101 Sports Nutrition Tips" and has spoken nationally on nutrition for wellness and sport. A Registered Dietitian, Susan received her B.S. in Dietetics from Minnesota State-Mankato, a MS in Human Nutrition from Iowa State University, and completed a Dietetic Internship at Boston's Beth Israel Hospital. She is a Certified Specialist in Sports Dietetics and a Licensed Dietitian Nutritionist.

Laura Rooney, PhD, MS, ACSM/ACS-CET, is a Clinical Associate Professor of Kinesiology at the University of Wisconsin-Milwaukee. She teaches courses on exercise testing and prescription, program design and evaluation and directs the UWM Wellness HUB, which provides experiential learning for Kinesiology undergraduate and graduate students through physical activity classes and programs for the UWM employee and alumni community. Laura is also a registered, experienced yoga instructor, mindfulness teacher and certified cancer exercise trainer dedicated to community service through teaching, consulting and advisory roles locally and nationally.

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## AGENDA

- 7:30 a.m. Registration
- 8:00 a.m. Introduction and Overview
- 8:15 a.m. Cancer Risk Factors and Cancer Interventions
- 9:00 a.m. Treatment Related Adverse Effects
- 9:45 a.m. Break
- 10:00 a.m. Role of Exercise/Physical Activity for Cancer Survivors
- 11:00 a.m. Role of Nutritional Supports in Recovery and Wellness
- 12:00 p.m. Lunch (on your own)
- 1:00 p.m. Role of Mindfulness in Cancer Recovery
- 2:00 p.m. Screening and Assessment Measures LAB  
 Submax aerobic assessment, field tests, strength balance, Sr. Fitness Test, functional assessments
- 3:15 p.m. Break
- 3:30 p.m. Components in Complete Wellness Programming for Survivors
- 4:00 p.m. Barriers to Being Active
- 4:15 p.m. Question and answer, wrap up
- 4:30 p.m. Adjourn

## PRE-COURSE ASSIGNMENT

Schmitz et al. (2010) ACSM Roundtable on Exercise Guidelines for Cancer Survivors, *Medicine and Science in Sport and Exercise*, Vol 42(7), p1409-1426



PROGRAM NUMBER: 10448  
 CEUs: 0.7 (Contact Hours: 7 hours)  
 PRICE: \$255 (before/on 10/17/17)  
 \$305 (after 10/17/17)

LEVEL: Intermediate

DATE: **Friday, November 17th, 2017**  
 8:00 a.m. to 4:30 p.m.

LOCATION: UW-Milwaukee School of Continuing Education  
 161 West Wisconsin Avenue, Milwaukee, WI 53203

CONTENT FOCUS:  
 Domain of OT:  
 Client Factors and Performance Patterns  
 Occupational Therapy Process:  
 Evaluation, Intervention,  
 AUDIENCE:  
 OTs, OTAs, PTs, PTAs, SLPs

## QUESTIONS? CONTACT US