

Professional Development Course

Exercise and Lifestyle in Rehabilitation and Cancer Survivorship

19, 20 & 21 April 2010

University of Ulster, Jordanstown campus, Northern Ireland

Offered by the School of Health Sciences

Exercise supported by positive lifestyle advice can enhance quality of life for people diagnosed with cancer. These aspects of holistic care are fundamental to the process of rehabilitation. This course has been designed to enable participants to acquire and critically review the evidence base while developing and applying exercise and other lifestyle advice, specifically to the cancer population.

Outline Programme

Monday 19 April 2010	Day 1 – Exercise in Cancer Rehabilitation Current research and evidence for exercise in cancer populations – development and critical review. Exercise and physical activity in cancer populations, exercise physiology and principles of exercise prescription. Current clinical practice and clinical guidelines.
Tuesday 20 April 2010	Day 2 - Exercise, Symptom Management and Behaviour Change in Cancer Populations Exercise and behaviour change models. Nutritional Management and barriers to exercise in cancer populations. Exercise in specific symptom management, including fatigue, pain, lymphoedema, depression, self esteem and cachexia.
Wednesday 21 April 2010	Day 3 - Programme Development and Practical Application Fitness assessment and exercise prescription, development and analysis of programmes. Designing and implementing exercise interventions within cancer populations to optimise quality of life.

Exercise and Lifestyle in Rehabilitation and Cancer Survivorship

Introduction

This innovative course will review the evidence base around exercise in cancer and can be attended as a short course (2 or 3 day). Participants completing the 3 day course will be eligible to register for the 30 credit point Masters level module. This module is part of the MSc in Advancing Practice for AHPs, School of Health Sciences, and is completed via web based learning.

Who should attend?

This course is primarily for physiotherapists and healthcare professionals involved in exercise prescription in cancer populations.

Key Speakers

Dr Anna Campbell, Dr Jackie Gracey and Dr Karen Robb

Speaker Biography's

Dr Anna Campbell

Dr Anna Campbell trained as scientist in Immunology and Biochemistry at the Universities of Glasgow and St Andrews and is currently an Honorary Research Fellow in the Department of Surgery, University of Glasgow. Over the past nine years she has been studying the effects of exercise on the physiological, functional and psychological wellbeing of cancer patients and survivors. In 2004, she helped to design and run the largest randomised controlled trial on the effects of a group exercise programme during breast cancer treatment – funded by Cancer Research UK. The results of which have led to the first UK city wide exercise based cancer rehab service.

Dr Jackie Gracey

Dr Gracey is a lecturer in physiotherapy at the University of Ulster. Research in the area of exercise and cancer rehabilitation is of particular interest. Research recently completed at Ulster has involved an RCT of a home based exercise programme for women diagnosed with gynaecological cancer and a number of questionnaire surveys investigating, barriers to exercise in cancer populations and the role of exercise in managing fatigue in cancer populations.

Dr Karen Robb

Karen works as a Consultant Physiotherapist for Cancer Services at Barts and the London NHS Trust. Her clinical and research interests are linked to managing the consequences of cancer treatment, particularly in breast cancer patients. She has published a range of peer-reviewed articles and book chapters as well as co-editing a recent textbook entitled 'Rehabilitation in Cancer Care'. Karen is currently Project Lead for an MDT survivorship rehabilitation project in Tower Hamlets and was recently appointed to Macmillan Cancer Care's 'Community of Influence' to drive forward national issues in cancer survivorship. Karen is passionate about education in cancer care and considers it a vital ingredient in improving patient care.

Ms Jane Rankin

Ms Rankin is the chair of the Association of Chartered Physiotherapists in Oncology and Palliative Care (ACPOPC). In responding to the ACPOPC members' views on modernisation, the executive committee have collaboratively worked with the University of Ulster to produce this accredited module aiming to promote the role of exercise prescription for patients with cancer and widen the scope of professional practice. The ACPOPC AGM will also be held at this event.

Course Content

The course will review the current evidence and clinical guidelines for exercise in cancer rehabilitation. Lecture material will include a review of exercise physiology and principles of exercise prescription in cancer populations. Models of behaviour change, symptom management and practical application of exercise and lifestyle change will be developed through workshops and practical sessions.

Further Information

Date: 19, 20 & 21 April 2010

Time: 9:30am – 4:30pm

Venue: Seminar Room 01F122, Centre for Rehabilitation Research, University of Ulster, Jordanstown campus

Credits: Certificates of attendance will be provided to all who attend the three day programme. However applicants may wish to complete the assessment part of this programme in order to achieve 30 credit points at Masters level.

APPLICATION FORM

Professional Development Course

Exercise and Lifestyle in Rehabilitation and Cancer Survivorship

Monday 19, Tuesday 20 & Wednesday 21 April 2010

**I wish to apply for a place on the above course and enclose the fee of:
(please tick the following as appropriate)**

2 days non-credit bearing £250

3 days non-credit bearing £300

3 days plus credit bearing module £600

(i.e. 30 credits at masters level)

Please complete in block letters.

FULL NAME & TITLE: (Prof/Dr/Mr/Mrs/Miss/Ms)	
CORRESPONDANCE ADDRESS:	
POST CODE:	
TEL No. (Mobile):	(Work):
EMAIL:	
JOB TITLE:	PROFESSION:
PLACE OF WORK:	
Refreshments and lunch will be provided each day please indicate any special dietary requirements:	

A SHUTTLE BUS WILL RUN FROM JURY'S INN, FISHERWICK PLACE, CENTRAL BELFAST, TO THE UNIVERSITY (6 miles)

(Please tick as appropriate)

WILL YOU REQUIRE A SHUTTLE BUS? YES NO

19 April AM FROM BELFAST TO UNIVERSITY? 19 April PM FROM UNIVERSITY TO BELFAST?

20 April AM FROM BELFAST TO UNIVERSITY? 20 April PM FROM UNIVERSITY TO BELFAST?

21 April AM FROM BELFAST TO UNIVERSITY? 21 April PM FROM UNIVERSITY TO BELFAST?

Please ensure that you have ticked the appropriate boxes above. Thank you

We would like to send out notices of future events by email, please indicate if you would like us to send these to you: Yes No

APPLICANT SIGNATURE:	DATE:
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(please turn over)

METHODS OF PAYMENT

CHEQUES

Cheques should be made payable to the University of Ulster and crossed. Cheques can only be accepted if in Sterling or Sterling Draft. Unfortunately it is not feasible to invoice your company/employer.

To ensure that you minimise your costs we recommend that you book flights and accommodation as early as possible. See our website for further information on accommodation and flights www.ahp.ulster.ac.uk.

For further information or a draft programme please visit our website www.ahp.ulster.ac.uk or contact Suzanne Hewitt on 028 9036 8377 or sr.hewitt@ulster.ac.uk.

In order to secure you place you must send the course fee along with your completed application form by Monday 29th March 2010 to Suzanne Hewitt at the address below:

Mrs S Hewitt
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Co Antrim, BT37 0QB
Northern Ireland, UK
Tel: +44 (0)28 90368377
Fax: +44 (0)28) 90368307
Email: sr.hewitt@ulster.ac.uk



Please note early applications are advisable as places will be issued on a first come first served basis.

The closing date for all applications is Monday 29 March 2010

www.ahp.ulster.ac.uk