

COMPREHENSIVE CANCER REHABILITATION

Guidebook



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Southern Nevada Healthcare System

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We would like to acknowledge VISN 21 and Women's Health Innovation and Staffing Enhancements (WH-ISE) for their generous contributions and funding that has led to the creation of VASNHS Comprehensive Cancer Rehabilitation Program.

Cancer Rehabilitation is a comprehensive multidisciplinary survivorship program designed to help people diagnosed with cancer minimize symptom burden, improve daily function and quality of life, live better physically, emotionally, spiritually, and financially, from diagnosis through end of life.

18.1 million*
Cancer Survivors in
the United States

* www.cancercontrol.cancer.gov/ocs/statistics

22.2 million
projected by 2030!

65% - 90%
of these survivors will have
AT LEAST ONE IMPAIRMENT
that decreases the quality
of their life

Comprehensive Cancer Rehab

As an integral part of cancer care in 2020, the American College of Surgeons' Commission on Cancer recognizes the increased role that rehabilitation needs to play in cancer care by creating a new standard.

2020 Commission on Cancer Standard 4.6: Rehabilitation Care Services

Rehabilitation care is patient-centered care that optimizes patient functional status and quality of life through preventative, restorative, supportive, and palliative interventions. The availability of rehabilitation care services is an essential component of comprehensive cancer care, beginning at the time of diagnosis and being continuously available throughout treatment.

The Oncologists, Surgeons, and Radiation Oncologists roles are to save or prolong a cancer patient's life. Oncology rehabilitation specialists provide improvements to patients' quality of life.



The Cancer Rehabilitation Team:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Nutrition
- Rehabilitation Nurse
- Registered Dietitian
- Social Work
- Mental Health
- Women's Health
- Recreational Therapy
- Kinesiotherapy
- Chaplain
- Whole Health
- Pain Management
- Palliative Care
- Oncology Physician
- Internist
- NP Navigator

Physical Therapy - Cancer Rehabilitation

Evidence supports that cancer rehab increases the quality of life regardless of the type of cancer, stage, or cancer treatments responsible for the impairments. It encourages cancer rehab services **before, throughout, and following cancer treatments.**



WHAT WE TREAT:

- Cancer related fatigue
- Loss of mobility
- Loss of strength
- Loss of endurance
- Pain and numbness of the hands and feet
- Cancer related pain
- Problems doing household and community activities
- Balance issues
- Posture
- Scar tissue issues
- Cancer related lymphedema (swelling of head/neck, arm breast, trunk, and pelvic region)



Thoughts of dealing with cancer and side effects can be scary and stressful.

Side effects can happen right away or years after treatment.

Side effects can hurt your ability to perform daily tasks and physical activities, and can hurt your quality of life.

Research supports early detection and treatment for related side effects.

The rehab team at **VASNHS** is here to help you. We are honored to be part of this journey with you, as we know it may prove to be a difficult one.

Physical therapists are movement experts. PT will promote and support physical activity, exercise, and weight-management behaviors through the trajectory cancer treatment and survivorship.

Physical Therapy - Cancer Rehabilitation

OVERVIEW OF THE PROGRAMS AND SERVICES OFFERED

Specific Rehabilitation

Preventative:

- **Pre-Surgical or Pre-Chemo/Radiation**
- Develop treatment plan to meet your goals
- Gather baseline measurements of mobility and function
- Education

Restorative:

- **Post-Surgical or Post-Chemo/Radiation**
- Restore to pre-morbid status
- Post-surgical assessment and rehabilitation
- Lymphedema Management as indicated with supplies and products as needed:
 - * compression garments
 - * compression pump

Supportive:

- Physical therapy care during active cancer treatments.

Palliative:

- Increased disability expected in the face of unrelenting progression of disease and progression

Ongoing Therapy

During Treatment:

- Follow plan of care developed pre treatment
- Maintain levels of function to minimize decline
- Home program to improve tolerance to treatment side effects

Ongoing Surveillance:

Pre, During, and Post Treatment and any time there is change in status.

We provide ongoing monitoring to make sure that your rehab needs are being met throughout treatment.

Our cancer rehabilitation team has specialized training and offers personal evidence-based management to address symptoms and side-effects. Health problems may be related to surgery, chemotherapy, and radiation therapy.

Visits can be:

- In Person
- Via Telehealth

Contact your **VA** Provider if you are interested in this program.

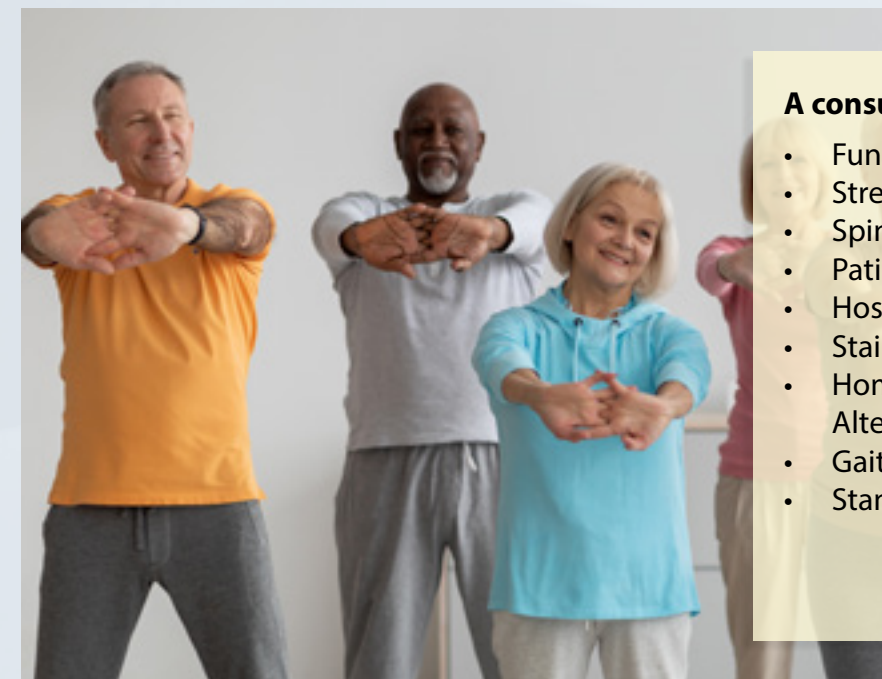
Kinesiotherapy

Kinesiotherapy (KT) is the application of scientifically based exercise principles adapted to enhance the strength, endurance, and mobility of individuals with functional limitations or those requiring extended physical conditioning.

Specialty services provided by Kinesiotherapy include:

- Amputation Care
- Assistive Technology
- Cardiac Rehabilitation
- Community Reintegration
- Falls Prevention
- Health and Wellness
- Home Modification
- Orthopedics
- Prosthetic & Orthotics
- Wheelchair Seating and Mobility
- KT Spine Clinic
- Gerofit

** All KT services require a consult by your VA provider **



A consult for KT can be placed for:

- Functional Rehabilitation
- Strength and Conditioning
- Spinal cord Injury
- Patient Lift
- Hospital bed
- Stair Glide
- Home Improvement and Structural Alterations (HISA Evaluation)
- Gait Aid/Bathroom Aid
- Standard Wheelchair/Transport Chair

** All power wheelchairs and scooters require a Motorized Mobility Consult*

Kinesiotherapy - Gerofit Program

The Gerofit Program is a supervised exercise program for Veterans aged 65 years old and over offered through the Las Vegas VA Healthcare Center. This is a FREE program offered to our Veterans.

The Gerofit Program:

- Helps and encourages you to be physically active.
- Shows you how to reduce the risk of falls
- Improves your ability to move and be active

Gerofit is offered on-site and virtual:

On-Site:

- M/W/F 9-10 a.m. & 10-11 a.m.
- T/W/TH - 1-2 p.m.
- Located in PM&R - Building 5, 1st floor

Virtual:

- M/W/F 11 a.m. to 12 p.m.
- T/W/TH 2-3pm
- Location: Online through Virtual Care Manager (VCM)



Gerofit Program offers:

- Strength Training
- Balance exercises
- Flexibility Exercises
- Cardio fitness to improve endurance

What you need to know:

- Gerofit does not offer transportation
- There is no travel pay

** To join, ask your VA provider to put in a consult*

Why Join Gerofit?

- Joining Gerofit can improve your overall health and wellbeing
- You can have fun exercising
- Meet friends and fellow comrades
- Boost your weight loss and energy



Occupational Therapy

The role of occupational therapy in the survivor/cancer care continuum:

- Focus on an individual's abilities to functionally participate throughout the cancer continuum
- Focus on improving quality of life despite identifiable issues
 - * OT requires a consult from your **VA** provider



How Can Occupational Therapy Help:

- Assess impact of cancer related fatigue on occupational engagement
 - * Educate on energy conservation and management techniques
 - * Educate on sleep hygiene
 - * Therapeutic exercises
- Assess impact of cancer related cognitive decline on occupational engagement
 - * Educate on organizational strategies
- Assess impact on psychosocial factors on occupational engagement
 - * Administer depression, anxiety screenings
- Assess impact of cancer related pain and peripheral neuropathy on occupational engagement
 - * Educate on self-management techniques
 - * Postural re-education and strengthening
 - * Use of modalities (heat/cold/TENS)
 - * Desensitization/distraction techniques
 - * Therapeutic exercise and self-care
- Assess for activity modification/compensation/adaptive equipment
 - * Promote adaption of health behaviors
 - * Activity modifications
 - * Support habit changes
 - * Assist with goal setting and action planning

Speech Therapy

Speech therapy intervention is crucial for patients undergoing chemotherapy, radiation treatment, or surgery. Services are primarily for individuals with oral, laryngeal, or pharyngeal cancer. Speech Therapy includes the treatment of "chemo brain", including word-finding and memory difficulties that often come as a result of chemotherapy.



SERVICES:

- Pre-treatment education on potential side effects of chemotherapy and radiation on speech, voice, and swallowing
- Pre-treatment and post-treatment for any voice related changes; may include assistive device or exercise program
- Swallowing evaluations can be provided prior to, during, and following cancer treatment
- Pre-treatment and post-treatment for swallowing difficulties; may include swallow strategies and exercise program
- Provides treatment for "chemo brain" to include assistance with word finding and memory difficulties

* Contact your **VA** provider if you are interested in the program. A consult is required.

Recreational Therapy

Currently, recreational therapy is offering an on-site one-on-one cycling program. Our recreational therapists are also available to issue contact information for recreation programs available through our community partners. All recreational therapy service require a consult from your VA provider.



Nutrition Services

Benefits of Healthy Eating for Cancer Prevention/Recurrence

Increase strength & energy * Prevent muscle & weight loss * Reduce complications during & after treatment * Improve quality of life * Help with poor appetite & changes in taste * Treatment & post treatment symptom management * Cancer survivorship & prevention * Prevent recurrence

Programs

- One on One with dietitian (video, phone, or in-person)
- MOVE weight management program (video or in-person)
- Healthy Teaching Kitchen/cooking classes (Video or in-person)
- Body Composition Analysis

Appointment Options

- Dietitian in Oncology Clinic available on Wednesdays for walk-ins
- Make an appointment to speak with a dietitian at any Primary Care Clinic at front desk
- Call the scheduling center to schedule: **702-791-9024 ext. 2**



Pain Management

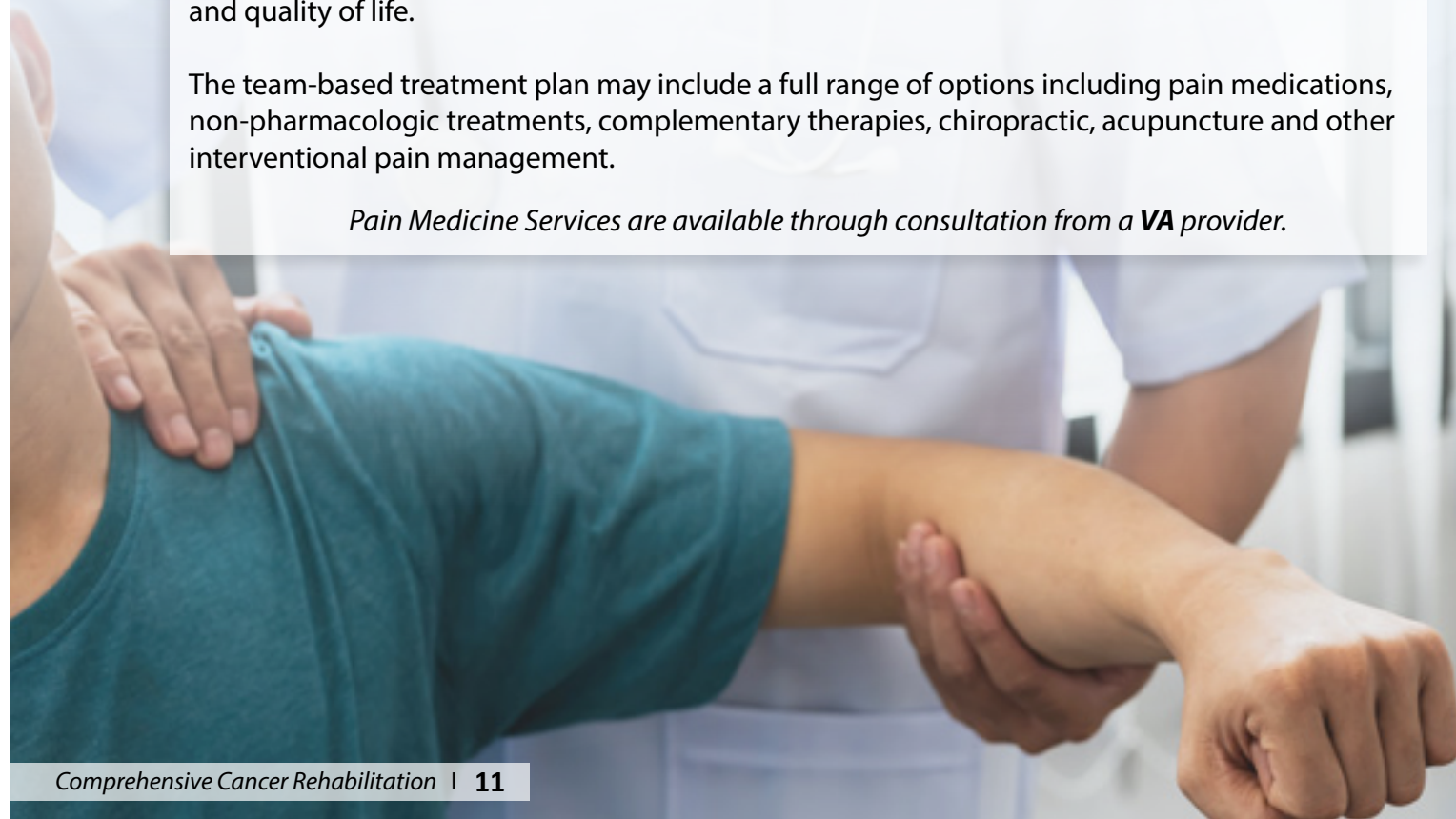
Comprehensive Pain Management is part of an integrated and multidisciplinary team approach to bring the most advanced, up-to-date, and effective pain management techniques and practices to our Veterans to ensure they have a treatment plan tailored to their specific needs.



Controlling pain is an important part of the cancer treatment plan. The Pain Medicine Service Team works together with the other medical team services and the patient in a focused effort to determine a plan to address pain control as well as their functional status, emotional well-being, and quality of life.

The team-based treatment plan may include a full range of options including pain medications, non-pharmacologic treatments, complementary therapies, chiropractic, acupuncture and other interventional pain management.

*Pain Medicine Services are available through consultation from a **VA** provider.*



Social Work

Oncology Social Workers are available to assist you and your family at every stage of care. Our social workers can provide emotional support and help you find resources to help you cope with a cancer diagnosis. They can assist with services tailored to your needs. They can also help you communicate with family, friends, and your health care team. Social Workers provide a variety of clinical interventions and programming within the VA system and the community, these include but are not limited to the following:

- Information linkage and referral to VA and Community Resources
- Education regarding VA and community Benefits
- Counseling and Psychotherapy
- Case Management
- Financial Assistance linkage and referral
- Housing and community living options
- Advanced Care Planning, mental health preferences and long term planning



Behavioral Health Services



It is common and natural if you have received a diagnosis of cancer to feel distress at some point throughout your recovery process. Many people often feel anxious, sad or helpless and sometimes even doubts about the important decisions made about their treatment. Family members and loved ones may also experience distress at some point along the way as well.

VA is committed to ensuring that your care continues during and long after cancer treatments as you maintain your recovery. Veterans have ongoing access to our extensive team of supportive care experts focused on helping you and your loved ones achieve and maintain your best quality of life before, during, and after your treatments.

Don't hesitate to speak with a member of your treatment team if you would benefit from any of the services offered by VA Behavioral Health. Your cancer care team can help you in developing coping strategies that may have a positive impact on your recovery and lower distress levels so you can focus on what is important to you and your loved ones.



VA Behavioral Health offers a number of supportive services to address Veterans needs. Many people who are living with a cancer diagnosis often find it helpful to participate in individual or group treatments to address feelings that may be experienced during this time such as uncertainty, stress, depression, changes in self image or grief. Adjunctive care such as couples therapy, substance abuse treatment, and inpatient support services are also available to support Veterans during their recovery. If you are interested in any of these services or would like a referral to a community based support group, please request a referral to VA Behavioral Health. Additional holistic services that may be offered to Veterans living with a cancer diagnosis are:

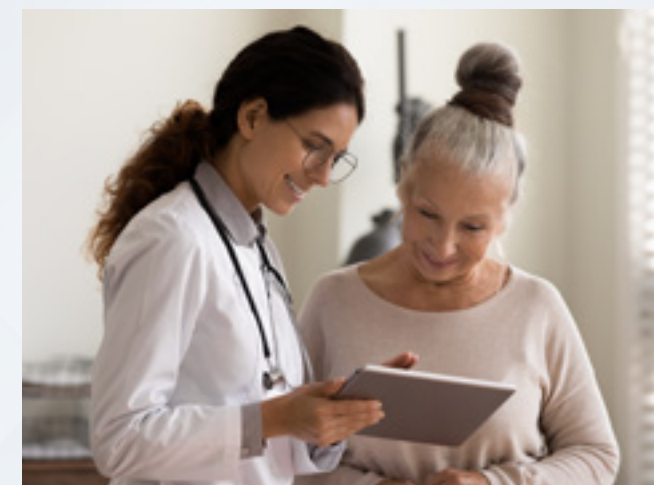
- Grief Group
- Alpha Stimulation
- Mindfulness Based Stress Reduction groups
- Evidence Based Psychotherapy
- Peer Support groups

Women's Health Services



Women's Health Services

The Women's Health Center (WHC) provides a comprehensive model of care. Veterans will receive primary care, gender-specific care, mental health, and social work services in one location. The WHC offers a comfortable, safe and private environment.



In addition, each Primary Care Clinic location has at least one designated Women's Health Provider who offers primary care as well as routine gender specific care.

WH Services include but are not limited to:

- Treatment for Acute and Chronic diseases
- Breast and Cervical Cancer Screenings
 - Cryogenic preservation of Eggs and Sperm Contraception
 - Hormone Replacement therapy
 - Treatment of vaginitis and sexually transmitted infections
 - Menstrual Problems
 - Menopause
 - Urinary Incontinence
 - Sexuality
 - Sex Education

PACT Model of Care

Patient Aligned Care Team are made up of a primary care provider, nursing staff, mental health provider, social worker and medical support assistant. Each Veteran is assigned to a PACT.

**If you would like to be assigned to a Women's Health Provider
Please call 702-791-9176**

Whole Health: The Basics

Whole Health is VA's cutting-edge approach to care that supports the Veteran's health and well-being. Whole Health centers around what matters to you, not what is the matter with you. This means the health team gets to know each Veteran as a person before developing a personalized health plan based on the Veteran's values, needs, and goals. It is an approach to health care that empowers and equips people to take charge of their health and well-being and live life to the fullest.



Mission, Aspiration, and Purpose

Whole Health starts with the Veteran's MAP: their mission, aspiration, and/or purpose. This MAP provides direction for all interventions and recommendations. In other words, Whole Health personal health plans focus on "mapping to the MAP."

The Veteran is at the center with their individual MAP

- Mindful Awareness allows Veterans to think about and attend to what matters most to them
- The eight areas of self-care help us consider various aspects of health and well-being, including strengths and challenges
- Health care expands to include complementary approaches and to focus on skill-building for selfcare
- All healing takes place in a community

Circle of Health

Whole Health is best understood by reviewing the Circle of Health. As seen here:



Whole Health

OVERVIEW OF THE PROGRAMS AND SERVICES OFFERED

Intro to Whole Health

- In-person or virtual
- Single Class
- Introduces Veterans to the Whole Health (WH) System
- Direct Schedule
 - * Call **702-791-9000 ext. 14708**

Thrive

- In-person
- 14 week program for Veterans who are looking for holistic approach to health and well being
- Walks Veterans through 12 areas of self care
- Currently for female Veterans only
- Referral from clinician

Taking Charge of My Life and Health (TCMLH)

- In-person or virtual
- 6 week program
- Walks Veterans through areas of self care on the circle of health

Tai Chi

- Currently drop-in
- No referral needed
- Group classes are held Mondays from 5-6 p.m. in the VA Medical Center Auditorium

Meditation

1) VA Calm

- In-person
- 8 week program
- Based on mindfulness based stress reduction
- Referral from clinician

2) Morning Meditation

- Virtual
- Classes are held on Tuesdays from 8-830 a.m.
- Referral by clinician

3) Mantram Meditation

- Direct Schedule
- Contact M2VA Program
 - * Call **702-224-6029**

YOGA

Orientation to Yoga Class

- Overview of yoga, brief assessment, and determination of placement in all other classes based on abilities
- Direct Schedule
 - * Call **702-791-9000 ext. 14708**

CHIROPRACTIC

- Requires a consult to pain clinic by provider

ACUPUNCTURE

- Requires a consult to pain clinic by provider

BIOFEEDBACK:

- Referral to Primary Care Behavioral Health

CLINICAL HYPNOSIS:

- More coming soon in Behavioral Health



Spiritual Care - Spiritual Support



Spiritual care and spiritual support can be important to the well-being of people who have cancer, enabling them to better cope with the disease. Spiritual care and spiritual support has helped many patients and families find deeper meaning and experience a sense of personal growth during cancer treatment, while living with cancer, and as a cancer survivor.

- Chaplains are clinically trained care providers who may assist you in the journey into your spiritual life.
- Chaplains help others with making meaning or finding meaning and purpose.
- Chaplains understand the importance of connecting with a community for support and resources to help you to have a better quality of life during your illness and care.
- Chaplains are available 24 hours a day, 7 days a week to provide care and respond to your needs.

Location
VA Medical Center
 5th Floor
 West Tower (5D)
 6900 N Pecos Rd
 North Las Vegas, NV 89131

Schedule of Services

Protestant
 To Be Determined
 5D West Tower Chapel, Room 5D113

Catholic Mass
 To Be Determined
 5D West Tower Chapel, Room 5D113

Office Hours
 Chaplain services are available Monday through Friday, 8:00am-4:00pm at the VA Medical Center 6900 N Pecos Road, North Las Vegas, NV 89131. Emergency on-call chaplain services are available Monday through Friday and all day Saturday and Sunday. (Contact information is located on AMION).
 Adding the Call After Hours Phone:
 Chaplains On Call (702) 275-3011

Chaplain Services

Choose VA
 Adding the 3rd dimension of care:
 Body, Mind, Spirit

If you wish to speak with a chaplain or you are trying to discover your spiritual pathway, spiritual resources or spiritual support, please call 702-275-3011 or have your provider put in for a consult for spiritual support or spiritual resources.

Palliative Care Consult Team



Palliative Care is specialized medical care that can provide an extra layer of support to complement other ongoing treatment you may be receiving for a serious or life threatening illness. The care is focused on improving quality of life for Veterans who may be experiencing physical, emotional or spiritual distress as a result of the treatment they may be receiving for their serious illness.

The goal of Palliative Care is prevention and relief of suffering as soon as possible. It does not require you to stop other treatments that you are receiving, it helps you with getting through them comfortably.

Palliative Care is an approach to care that you may want to consider at any stage of a serious illness as it can help you manage symptoms.

You might consider Palliative Care if:

- You are suffering from pain or other symptoms due to any serious illness.
- You are experiencing physical or emotional pain that you have difficulty managing successfully or that may intensify your illness.
- Need help with understanding your treatment options and how to tailor your care plan to what works the best with your values and goals.
- Need to know what programs and resources are available to you throughout your journey through the disease process.

Although Palliative Care provides beneficial care for those who may be struggling with the severity of illness it can also provide comfort when a cure may no longer be possible.

CANCER REHABILITATION

Cancer and its treatment often cause physical, psychological, and cognitive problems. These problems can make it harder to do daily activities or return to work. They may also have a lasting effect on your health. Cancer rehabilitation can help with these problems, which can happen during and after cancer treatment. Cancer and cancer treatments can have late and long-term effects which can cause dysfunction even years past the event. The goal of cancer rehabilitation is to:

- Help you stay as active as possible and participate in work, family, and other life roles
- Help keep you as independent as possible
- Lessen the side effects and symptoms of the cancer and its treatment
- Improve your quality of life

Problems cancer rehabilitation can address:

Mobility Problems:

Mobility Problems affect how a person moves around. Cancer rehabilitation can help you if you have difficulty:

- Getting up off the floor
- Getting out of a chair
- Climbing stairs
- Walking
- Getting Dressed

Cognitive Problems:

Cognitive problems are related to a person's mental abilities. Talk with your VA provider about cancer rehabilitation if you have:

- Difficulty multitasking
- Difficulty thinking clearly or mental fogging
- Memory Trouble

Physical Problems:

Cancer and cancer treatment can cause many different kinds of physical problems. Cancer rehabilitation can help with many of them, including:

- Pain
- Swelling
- Weakness and loss of strength
- Range of motion and flexibility issues
- Skin changes from radiation therapy
- Lymphedema
- Balance issues and fear of falling
- Neuropathy, or numbness and tingling in hands or feet
- Fatigue
- Sexual dysfunction
- Problems swallowing
- Problems chewing food

When to get cancer rehabilitation:

You can play a proactive role in your medical care. Talk with your VA health care team about cancer rehabilitation any time you notice a change in symptoms that makes you less active or makes everyday tasks more difficult. You can also ask your health care team about seeing a cancer rehabilitation professional before you start cancer treatment. VA is committed to ensuring that your care continues long after treatment may be completed and to remain in place while maintaining your recovery. Veterans will have ongoing access to our extensive team of supportive care experts, who will help you and your loved ones achieve and maintain your best quality of life before, during, and after your treatments.

Originally published by the American Society of Clinical Oncology. ["What is Cancer Rehab" 04/2019]" ©ASCO. All Rights Reserved

CONTACTS

Physical Therapy, Occupational Therapy, Kinesiotherapy, Speech Therapy, Recreation Therapy, Pain Management

- Requires a consult from a VA provider, or call **702-791-9052** for more information

Oncology Nutrition

- Dietitian in Oncology Clinic available on Wednesdays for walk-ins
- Make an appointment to speak with a dietitian at any Primary Care Clinic at front desk
- Or call the scheduling center to schedule: **702-791-9024**

Oncology Social Work

- Please call **702-791-9054** to schedule

Behavioral Health Services

- Requires a consult for a VA Provider, or call **702-791-9000 ext. 19062**

Spiritual Support/Chaplain Services

- Please call **702-275-3011** to schedule, or ask a VA provider to place a consult

Women's Health

- Please call **702-791-9176** to schedule

Whole Health

- Please call **702-791-9000 ext. 14708** for information on programs or schedule

Palliative Care

- Requires a consult from a VA Provider, or call **702-791-9034** for more information

Community Care

- 702-791-9066

Women's Health NP Navigator – Cancer Rehab

- 702-791-9000 ext.15304

Oncology Social Work – Cancer Rehab

- 702-762-4283

VA Hematology/Oncology

- 702-791-9054

Radiology

- 702-791-9080

Prosthetics

- 702-791-9063

General Surgery

- 702-791-9167

Patient Advocate

- 702-791-9000 ext.15436

Pharmacy

- 702-791-9061

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Southern Nevada Healthcare System

FACILITIES AND LOCATIONS



North Las Vegas Medical Center

6900 North Pecos Road
North Las Vegas, NV 89086
702-791-9000 1-888-633-7554

Women's Health Center

(VA Medical Center)
6900 North Pecos Road, 3rd Floor, Room 3A-333
North Las Vegas, NV 89086
702-791-9176



Mike O' Callaghan Military Medical Center

4700 North Las Vegas Boulevard
Nellis AFB, NV 89191
702-653-3040



Northeast Las Vegas VA Clinic

4461 East Charleston Boulevard
North Las Vegas, NV 89104
*Includes Community Resource and
Referral Center (CRRC) Services
702-791-9050 CRRC: 702-791-9077



Northwest Las Vegas VA Clinic

3968 North Rancho Drive
Las Vegas, NV 89130
702-791-9020



Southeast Las Vegas VA Clinic

1020 South Boulder Highway
Henderson, NV 89015
702-791-9030



Southwest Las Vegas VA Clinic

7235 South Buffalo Drive
Las Vegas, NV 89113
702-791-9040



West Cheyenne VA Clinic (VRC/PRRC)

3525 W. Cheyenne Avenue
North Las Vegas, NV 89032
702-791-9060



Vet Center - Las Vegas

7455 W. Washington Avenue
Suite 240
Las Vegas, NV 89128
702-791-9170



Vet Center - Henderson

400 North Stephanie Street, Suite 180
Henderson, NV 89014
702-791-9100



Pahrump VA Clinic

220 South Lola Lane
Pahrump, NV 89048
775-727-7535



MCPO Jesse Dean VA Clinic

(Laughlin Professional Plaza)
3650 South Point Circle, Bldg. D
2nd Floor, Suite 200
Laughlin, NV 89029
702-298-1100



Choose **VA**