

Cancer Recovery Programme™

Introduction

Cancer diagnosis can be a traumatic event for any patient. Diagnosis or treatment can cause side effects such as fatigue, nausea, and weight changes, musculoskeletal or psychological problems which can present week, months or even years after treatment. The Cancer Recovery Programme (CRP) is a vital tool in helping to reduce disease and treatment related side effects and for helping to improve your quality of life.

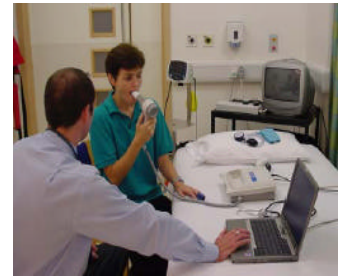


Is the CRP for me?

The CRP is available to any cancer patient with an associated Oncology Specialist's referral and is committed to helping you improve your quality of life during and following treatment through specialist recovery support.

What does the programme involve?

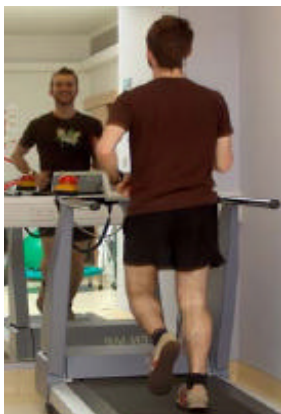
Participation in the CRP could involve a single appointment or a series of ongoing sessions. An individualized programme is developed based on a personal consultations, specific questionnaires and painless tests to enable the Cancer Recovery Specialist (CRS) to design your personalized 'recovery prescription' which may involve input from other specialists depending on your specific needs.



How do I get involved?

To participate in the CRP you must have a referral from your Oncology Specialist. Upon receiving this referral, the CRS will then contact you directly to arrange an appointment. Alternatively, appointments can be made through the Physiotherapy Department of the hospital.

What can the CRP do for me?



- Provide multi-specialist support
- Help with and demonstrate your recovery
- Aid your post-surgical recovery
- Help with weight issues
- Help with body image and confidence issues
- Help with musculoskeletal problems
- Help improve your blood cholesterol levels
- Help you improve your sleep patterns
- Help maintain and improve lung function
- Help reduce the risk of other diseases
- Help speed your return to your normal life
- Liaise with your GP
- Help arrange community support

- Reduce treatment related side effects
- Assist with pain control
- Help reduce your fatigue
- Help with Lymphoedema management
- Help with your nutritional needs
- Help increase you energy levels
- Help you reduce your blood pressure
- Provide your family / carers support
- Help with depression / moods
- Help speed your return to work
- Liaise with your employers
- Liaise with your insurance company
- Help with you general fitness

Payment

Payment for your assessment and treatment is required at the time of visit unless your insurance company has authorized participation. Please note that not all insurance companies cover the cost of participation.

For further information please contact Matt Hickey, Cancer Recovery Specialist at:
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