

# CANCER PROGRAM

BROOKS<sup>®</sup>  
Rehabilitation



# Cancer Program Overview

Brooks Rehabilitation clinicians are experts in rehabilitation who are ready to meet the unique needs of cancer patients at any stage of their journey. The Cancer Program takes an interdisciplinary approach to address the specific needs of patients before (pre-rehabilitation), during and after cancer treatments.

Whether a patient needs inpatient, outpatient or home health services, our clinicians complete a thorough evaluation and collaborate with patients to design an individualized treatment plan to address functional goals. Our clinicians also partner with the patient's oncology team to ensure seamless delivery of care.

This unique program supports patients' overall well-being, restores function and improves quality of life with goals that include improving strength and endurance to help with activities of daily living and prepare for further cancer treatments.

## OUR CANCER PROGRAM SERVICES INCLUDE:

- Physical therapy
- Occupational therapy
- Speech-language pathology
- Certified rehabilitation nurses
- Neuropsychology and psychology
- Physical medicine and rehabilitation physician
- Technology-assisted therapy
- Vestibular and balance therapy
- Cognitive therapy
- Pain management
- Lymphedema therapy
- Gait training
- Fall prevention
- Caregiver training
- Dietician services
- Fatigue management
- Coordinated care with oncology teams
- Cancer rehabilitation navigation



# Inpatient Rehabilitation Hospital

Our interdisciplinary team is committed to providing you with the most expertly trained clinicians, advanced technology and individualized plan of care to meet each patient's unique needs. We treat patients who require a hospital-level of care due to cancer or cancer-related treatments. We manage any complex medical issues. Inpatient rehabilitation is shown to improve independence, increase ability to complete everyday activities and a supports a safe return home.

## Inpatient services may also include:

- Physical medicine and rehabilitation physician
- Oncology-trained therapists
- Neuropsychology
- Dietary consults
- IV antibiotics
- Pain medication
- Blood transfusions
- Technology evaluation
- Wheelchair clinic
- Caregiver support and education
- Music therapy
- Canine therapy





## Home Health

This program is designed to treat the cancer patient in the home setting. Together and in partnership with the oncology physician, our team of therapists, nurses and support staff, will conduct a complete evaluation and then develop a treatment plan that is individualized for each patient's needs, in the comfort of their own home.

The home health clinical team strives to improve stamina, function and overall health management using our evidence-based teaching guides. Our overall goal is to provide support, knowledge, clinical expertise and teaching that will enable patients to make decisions regarding their health, to follow their plan of care and to support their optimal level of well-being.

### Home health services may also include:

- Disease management
- Wound care
- Port and central line care
- Medication management
- Nursing and home health aide services
- Coordination of medical equipment and supplies
- Medical social worker for long range planning
- Lab monitoring
- Lymphedema therapy
- Total parental nutrition
- IV antibiotics administration
- Telehealth monitoring



# Outpatient

The outpatient cancer team specializes in preserving function during and after cancer treatments. Patients often experience fatigue, decline in balance, generalized weakness and range of motion deficits that affect daily function. Our therapists understand the importance of getting each person back to their highest level of recovery.

## Pre-habilitation Program

(services initiated before oncology interventions)

### These services may include:

- Assessment of baseline functional measures, range of motion and strength
- Lymphedema monitoring and education
- Development of an individual plan to address any impairments that may affect recovery while receiving cancer treatments
- An exercise program to address overall cardiovascular strength and endurance
- Education for identifying and addressing cancer-related fatigue

## During and After Cancer

It is recommended that cancer survivors engage in 150 minutes a week of moderate-intensity activity to improve overall function and reduce rate of recurrence. Our therapists are trained to support these guidelines and improve quality of life during and after cancer. There is strong evidence that a conservative, interdisciplinary approach is beneficial for managing the effects of chemo and radiation and that this approach supports the preservation and restoration of function.



## For more information:

### INPATIENT

Please email [BrooksAdmissionsServices@brooksrehab.org](mailto:BrooksAdmissionsServices@brooksrehab.org)  
or call (904) 345-7600 | fax (904) 456 - 8771

### OUTPATIENT

Please email [Brooks.Oncology@brooksrehab.org](mailto:Brooks.Oncology@brooksrehab.org)  
or call our Central Intake Unit at (904) 345-7277.

### HOME HEALTH

Pease email [homehealth@brooksrehab.org](mailto:homehealth@brooksrehab.org)  
or call our Central Intake Unit at (844) 238-0064.