



TurningPoint Breast Cancer Rehabilitation
2017 Healthcare Provider Institute
Introduction to Evidence-Based Breast Cancer Rehabilitation

November 10-11, 2017

Mercer University, Atlanta, GA

\$425 – Register on or before October 15, 2017 (\$450 after)

This course has been approved for 15.5 CCHs by the Physical Therapy Association of Georgia and for 15.5 contact hours by the Georgia Occupational Therapy Association.

COURSE DESCRIPTION:

This evidence-based course will address the complexities of breast cancer rehabilitation, with a focus on understanding the medical management of breast cancer and the role of rehabilitation, including physical and occupational therapy evaluation and treatment programs related to common treatment side effects. A special panel presentation will highlight the importance of integrated care that addresses the physical, psychosocial and wellness issues faced by breast cancer patients and survivors.

COURSE OBJECTIVES:

1. Describe medical management, staging and types of breast cancer
2. Understand common breast cancer treatments including precautions and implications for rehabilitation
3. Understand common breast cancer reconstructive surgeries and specific surgical implications that require physical rehabilitation
4. Understand common rehabilitation issues as related to breast cancer treatment including: shoulder, upper quadrant and trunk dysfunction, peripheral neuropathy, lymphedema and fatigue
5. Evaluation of the breast cancer patient with focus on the limitations, impairments and common side effects experienced after breast cancer treatment
6. Design and implement a comprehensive, evidence-based breast cancer rehabilitation program for patients with:
 - a. shoulder dysfunction
 - b. upper quadrant and trunk dysfunction
 - c. peripheral neuropathy
 - d. fatigue
 - e. Lymphedema
7. Describe the importance of integrated physical, physiological and nutritional interventions to decrease the morbidity related to breast cancer and treatment

COURSE SPONSOR:

TurningPoint Breast Cancer Rehabilitation is a non-profit organization whose mission is to maximize the quality of life for women with breast cancer by providing, promoting and advocating specialized and evidenced based rehabilitation.
www.myturningpoint.org

FACULTY***Lauren Bober, MPT, PT, CES, Clinical Manager***

As the Clinical Manager at TurningPoint Breast Cancer Rehabilitation Lauren provides leadership and management for the daily operations of all patient services and programs. She provides compassionate physical therapy care for patients affected by breast cancer and educates patients, caregivers, the community at large and healthcare providers about maximizing quality of life during and after breast cancer treatment. Additionally, Lauren has spoken at professional conferences, in the community, at physical therapy schools and for continuing education courses about the importance of rehabilitation before, during and after breast cancer treatment. She specializes in evaluation and treatment of upper extremity conditions, including treatment of lymphedema, utilizing evidence-based techniques. Lauren is a graduate of the University of Connecticut with a Bachelor of Science in Biology and received her Masters of Science in Physical Therapy from Emory University School of Medicine. During her physical therapy training, she completed elective coursework specializing in osteopathic manual therapy, orthopedics and neurology.

Grayson Webb, DPT, PT, CES, Physical Therapist

Grayson attended The University of Georgia and received her B.S. degree in Exercise and Sport Science in 2010. In 2013, Grayson graduated from Armstrong Atlantic University in Savannah, GA with her Doctor of Physical Therapy degree. She started her career working at BenchMark Physical Therapy as a staff clinician, treating individuals of all ages with various orthopedic conditions. She was involved in conducting onsite new hire training on BenchMark's medical records system as well as supervising student interns as a clinical instructor. In 2015, Grayson had the opportunity to become a Clinic Director of a new start-up BenchMark clinic in Alpharetta, GA and participated in external marketing to grow the clinic to over 60 visits/week within three months of opening.

Carrie Kozel, DPT, PT, CES, Physical Therapist

Carrie's oncology work began as a high school senior at the Winship Cancer Institute at Emory University where she was involved in groundbreaking prostate cancer research. Her work was published in *Clinical Cancer Research* in 2003. She attended the University of Georgia, graduating with a Bachelor of Science in Exercise and Sports Science in 2006. As the result of her interest in women's health, she went on to complete her doctoral research at the Medical College of Georgia in pelvic floor activation. She presented her findings at the Combined Sections Meeting of the American Physical Therapy Association in 2009.

