



THE ROLE OF OCCUPATIONAL THERAPY IN INTERDISCIPLINARY CANCER REHABILITATION

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INTRODUCTION

- NCI: research center and hospital
- Interdisciplinary cancer rehabilitation since 2010
- Center for quality of life: translational survivorship clinic
- Two rehab programs: General cancer rehabilitation and Head and Neck cancer (HNC) rehabilitation

MULTIDISCIPLINARY REHABILITATION NCI

Rehabilitation medicine

Nurse (Case manager)

HNC rehabilitation:

Social worker

Psychologist

Speech and language

Art therapist (expressive)

Dietician

pathologist

Physiotherapist

Consulting psychiatric nurse

Occupational Therapist

HN surgeon

Radiotherapist



MODULAR CHARACTER OF NCI REHABILITATION



OT MODULES

- Fatigue (Psycho education)
- Sitting
- Energy conservation (Group therapy or individual)
- Return-to-work
- Ergonomics
- Hand function
- Sleep (Psycho education)

NICE THEORY, BUT LITTLE AVAILABLE EVIDENCE



AIM

1. To assess the most prevalent problems in activities of daily life;
2. To evaluate the results of OT interventions on perceived performance of and satisfaction with those activities

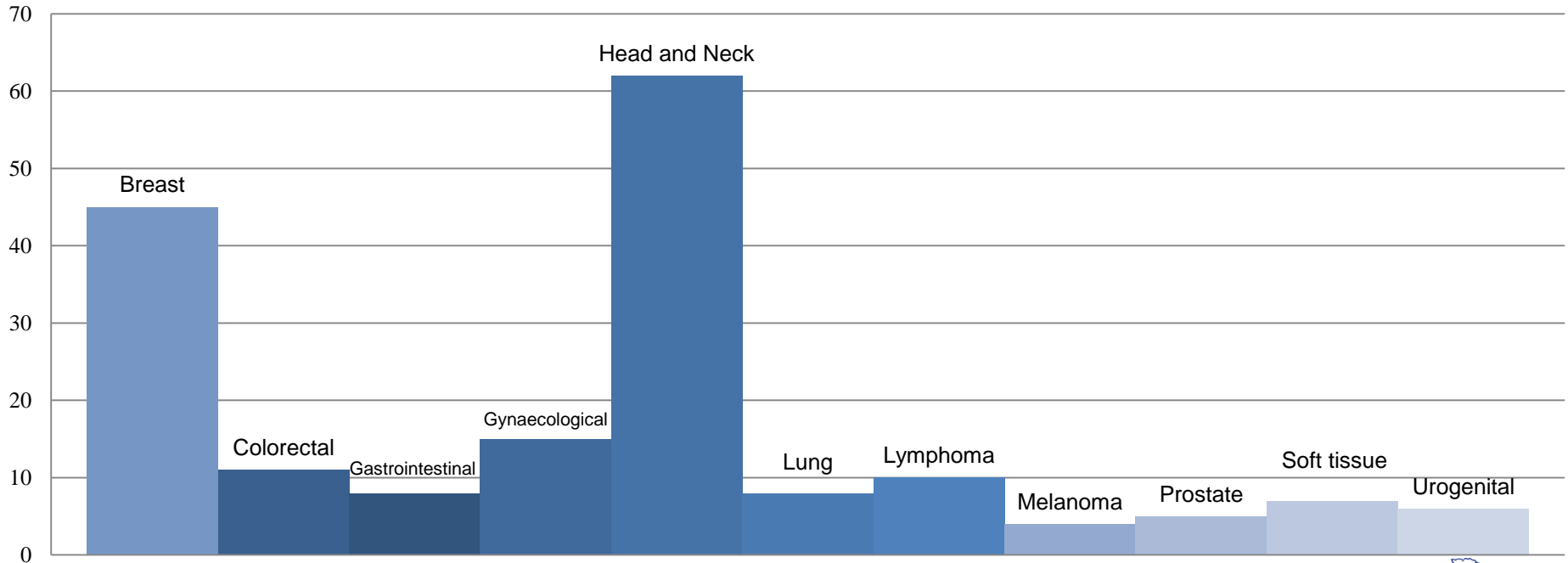
METHODS

- Observational prospective study
- Routinely collected data of patients who received OT between 2010-2016 as part of rehabilitation program
- Outcome: Canadian Occupational Performance Measurement (COPM)

RESULTS

- N = 181; Mean age (SD) 52 (12); Median time since diagnosis 11 months

Tumor localization



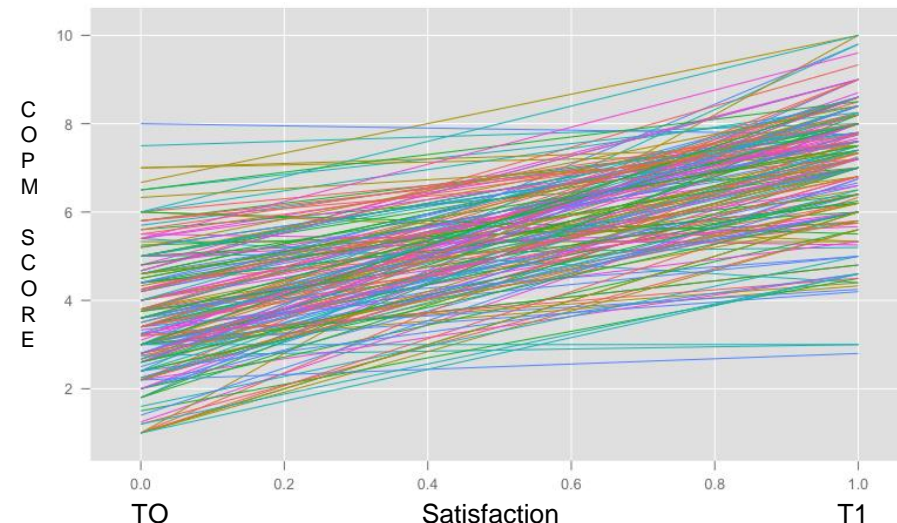
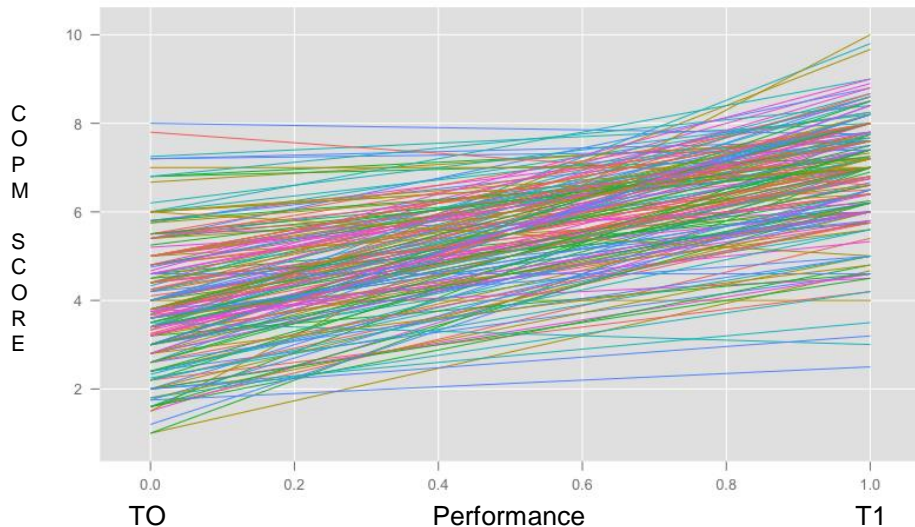
1. MOST COMMONLY REPORTED PROBLEMS

ICF code		
Domain D (Disability)		
Recreation and leisure (d920)	n= 169	21.2%
Carrying out daily routine (d230)	n= 79	9.9%
Acquiring, keeping and terminating a job (d845)	n= 64	8.0%
Driving (d475)	n= 59	7.4%
Walking (d450)	n= 50	6.3%
Domain B (Body function)		
Sleep functions (b134)	n= 36	4.5%

QUOTES

- Recreation and leisure
- Carrying out daily routine
- Acquiring, keeping and terminating a job

2. OUTCOME



	score	95%CI	p-value	N (%)
Mean Δ performance	+ 3.0	2.8 - 3.2	<.0001	
Mean Δ satisfaction	+ 3.4	3.2 - 3.7	<.0001	
CID >2.5 points	Performance			121 (66%)
	Satisfaction			132 (72%)

CONCLUSION

1. OT treatment needs within rehabilitation: Recreation and leisure, carrying out daily routine, work, walking, driving and sleep problems
2. Within rehabilitation **significant and clinically relevant improvement** on both performance and satisfaction of daily life activities, also quality of life were observed after OT
3. Clinical implications: for cancer patients experiencing problems with activities of daily life, occupational therapy could provide a relevant contribution to rehabilitation

FUTURE MODULES

- Cognitive problems
- Chronic pain
- Kinesiophobia
- Return-to-work



THANK YOU FOR YOUR ATTENTION

QUESTIONS?