

Occupational Therapy Toolkit

Breast Cancer

Functional Limitations:

ADL, IADL, work and leisure impairment
Limited activity tolerance and endurance
Limited ROM of shoulder
Depression
Pain
Knowledge deficit
Other symptoms and conditions - pathologic fractures, lymphedema

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
Recommend and/or provide adaptive equipment

Encourage use of affected extremity during tasks

Education on energy conservation

Instruct in activity balancing (keep an activity record noting activity, length of time and how they felt after)

Provide graded UE therapeutic activities and exercises to improve ROM and strength

Instruct in deep breathing techniques and proper posture during exercise and activities

Educate in the prevention and control of lymphedema

Obtain baseline measurements of arm 2" above elbow crease, 2" below elbow crease and around styloid processes of wrist, instruct patient to measure herself periodically

Provide management of lymphedema (only performed by a qualified therapist)

Manual Lymph Drainage (MLD)

Compression bandaging and garments

Lymphedema exercises while wearing compression garments

Teach stress management and relaxation techniques

Assist in developing self-management skills (effective communication, positive coping strategies, stress reduction, physical activity and exercise, medication management, healthy eating, and making informed decisions about medical and alternative treatments)

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Educate patient and caregivers in disease process, availability of community resources and encourage participation in support groups

Patient Education:

1. Deep Breathing Exercise
2. Home Exercise Program Face Sheet
3. Active ROM Exercises Following Mastectomy
4. Advanced Active ROM Exercises Following Mastectomy
5. Prevention and Control of Lymphedema
6. Energy Conservation Principles
7. Energy Conservation with Self Care Tasks
8. Energy Conservation with Meal and Home Management
9. Stress Management and Relaxation Techniques