

Occupational Therapy Toolkit

Cancer

Functional Limitations:

Problems and impairments will vary with location and stage of cancer, as well as the type of antineoplastic therapy

ADL, IADL, work and leisure impairment

Functional mobility impairment

Limited activity tolerance and endurance

Dyspnea with functional activities

Impaired strength (generalized or proximal hip and shoulder due to steroid myopathy),

Cognitive impairment related to radiation therapy or chemotherapy or brain mets

Depression

Impaired coordination due to chemotherapy related peripheral neuropathy.

Pain

Environmental barriers

Knowledge deficit

Fall risk

Patients with osseously avid cancers (e.g., lung, prostate, breast, thyroid, multiple myeloma, and renal) are at risk for pathologic fractures

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...

Recommend and/or provide adaptive equipment and alternative methods to compensate for hip and shoulder weakness

Education on energy conservation

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

Functional mobility training.

Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks

Provide graded UE activities and low resistive UE exercises to improve ROM, strength and endurance

Instruct in compensation techniques for sensory deficits

Teach stress management and relaxation techniques

Assess home safety and functional safety and provide environmental modifications and adaptations

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Educate regarding falls risk and prevention strategies

Teach compensatory techniques for memory impairment

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

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)

Patient Education:

1. Upper Body Strengthening and Stretching Exercises
2. Upper Body Strengthening Activities
3. Hand Strengthening Exercises
4. Memory Compensation Techniques
5. Energy Conservation Principles
6. Energy Conservation with Self Care Activities
7. Energy Conservation with Meal and Home Management
8. Stress Management and Relaxation Techniques
9. Falls Risks Assessment and Prevention Strategies
10. Home Safety and Functional Safety Assessment