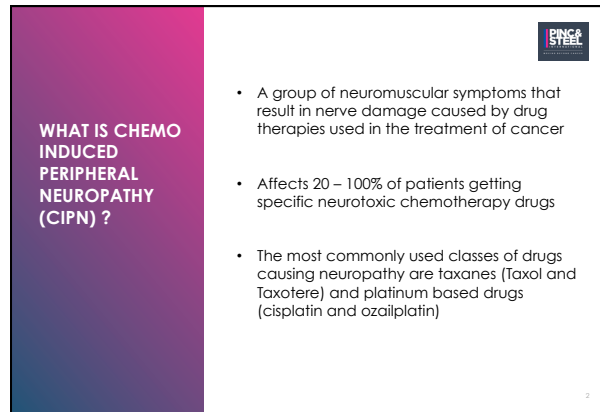


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CIPN AND CICD

Rehab Considerations For Patients during cancer treatments

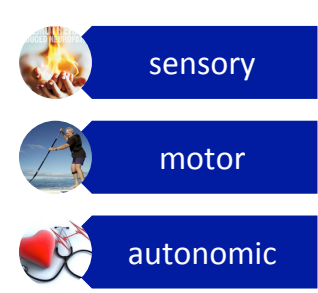
Lou James



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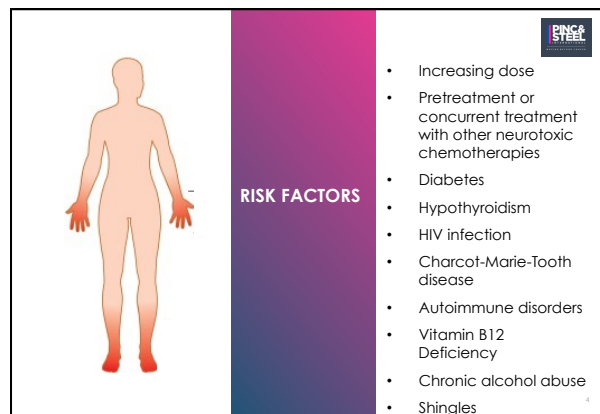
WHAT IS CHEMO INDUCED PERIPHERAL NEUROPATHY (CIPN) ?

- A group of neuromuscular symptoms that result in nerve damage caused by drug therapies used in the treatment of cancer
- Affects 20 – 100% of patients getting specific neurotoxic chemotherapy drugs
- The most commonly used classes of drugs causing neuropathy are taxanes (Taxol and Taxotere) and platinum based drugs (cisplatin and ozaiiplatin)



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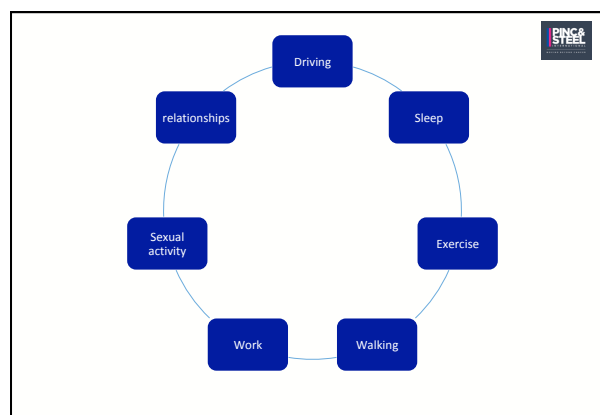
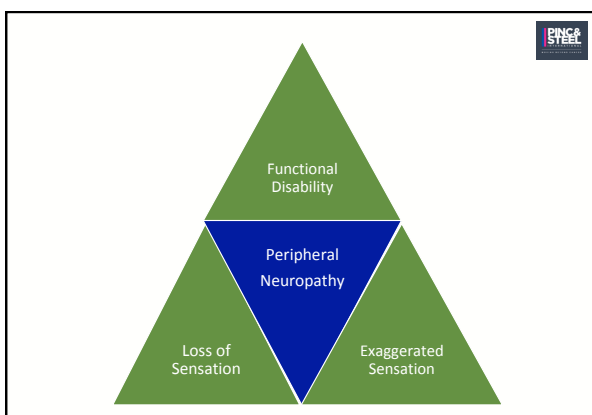
- sensory
- motor
- autonomic



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RISK FACTORS

- Increasing dose
- Pretreatment or concurrent treatment with other neurotoxic chemotherapies
- Diabetes
- Hypothyroidism
- HIV infection
- Charcot-Marie-Tooth disease
- Autoimmune disorders
- Vitamin B12 Deficiency
- Chronic alcohol abuse
- Shingles

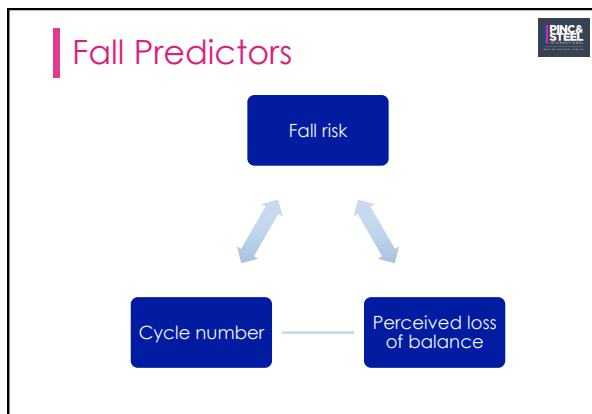


APPROACHES TO CIPN

- 1) Prevent it
- 2) **Recognise it early** – early recognition is key because adjustments may be required that may lessen severity & minimise long-term nerve damage **(important for PINC & STEEL physios when assessing patients during chemo treatment.)**
- 3) Control the pain
- 4) Minimise effects on quality of life

QUESTIONS TO ASK ???

- What symptoms are you having?
- Are the symptoms on one or both sides?
- How much of the extremity is involved?
- How severe and distressing is each symptom?
- Are the symptoms constant or do they come and go?
- How are your activities and lifestyle being affected?



TREATMENT FOR FOOT NEUROPATHY


- **Patients with numbness on the feet should:**
 - Wear comfortable, properly fitting shoes
 - Avoid sandals, open toed or open heel shoes
 - Inspect feet for daily injury
 - Avoid walking barefoot or in socks alone
 - Check for foreign objects in shoes before putting them on
 - Change shoes in the middle of the day to avoid continued pressure in the same locations

HOME SAFETY

- Living areas should be kept well lit
- Keep walkways clear
- Nightlights should be kept on in hallways and bathrooms
- Non skid mats in the shower and bath

SELF CARE TECHNIQUES STUDY

- A Study of self-reported self care techniques used by patients with neuropathy (n=450) indicated techniques that patients found helpful in relieving symptoms included:
 - Warm baths (66%)
 - Walking (62%)
 - Massage (41%)
 - Rubbing cream on the feet (47%)
 - Elevating feet (57%)
 - Staying off the feet (59%)
 - Acupuncture (12%)
 - Meditation (20%)



CIPN Summary

- It is important to assess for early signs of peripheral neuropathy when you see STEEL patients
- Educate patients on management and safety
- Refer to neurologist, podiatrist or occupational therapist if necessary
- Provide appropriate exercises guidance
- Reassess regularly throughout course of treatment




CHEMOTHERAPY INDUCED COGNITIVE DYSFUNCTION (CICD)

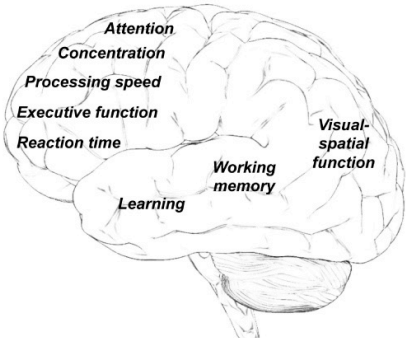
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POST CHEMOTHERAPY COGNITIVE IMPAIRMENT (PCCI)

INCIDENCE




- Cognitive dysfunction has emerged as one of the most puzzling and concerning adverse effects in patients with cancer who are treated with chemotherapy
- Longitudinal studies in adult cancer survivors suggest that cognitive dysfunction is more common than previously anticipated.
- The most compelling data exist in patients with breast cancer, where studies suggest that 20% to 40% of patients demonstrate cognitive deficits on post-treatment evaluation.
- Long-term evaluation reveals cognitive impairment in 20% to 30% of patients examined 2 years after treatment with high-dose chemotherapy.



Attention
Concentration
Processing speed
Executive function
Reaction time
Learning
Working memory
Visual-spatial function

Advising patients – to help with brain function



- Ask our patients if they are having problems
- Refer for more medical tests if severe
- Find cognitive rehabilitation therapists in your region
- Practicing to be more organised
- Practicing with puzzles
- Using the lumosity app
- NEXT STEPS program
- Exercise

Summary

- TAKE the time to really listen to your patients
- Refer on to other medical professionals if necessary
- Your knowledge, encouragement and reassurance will provide so much support for people affected by these problems