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Effects of clinical pilates exercises on patients developing lymphedema after breast cancer treatment

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Objective: The aim of the present study is to compare the effects of clinical pilates exercises with those of the standard lymphedema exercises on lymphedema developing after breast cancer treatment.

Materials & Methods: The study comprised 60 female patients with a mean age of 53.2 ± 7.7 years who developed lymphedema after having breast cancer treatment. The patients were randomized into two groups: the clinical pilates exercise group (n=30) and the control group (n=30). Before and at the 8th week of the treatment, the following were measured: severity of the lymphedema, limb circumferences with a tape measure, body image with the social appearance anxiety scale, quality of life with the EORTC QLQ-BR23 and the upper extremity functions with the DASH. Both groups did one-hour exercises three days a week for 8 weeks.

Results: After the treatment, the symptoms recovered significantly in both groups. Reductions in the severity of lymphedema, improvements in the social appearance anxiety scale scores, quality of life scores and upper extremity functions scores in the clinical Pilates exercise group were further than those in the control group. Clinical pilates exercises were determined to be more effective on the symptoms of patients with lymphedema than were standard lymphedema exercises.

Conclusions: Clinical pilates exercises could be considered a safe model and would contribute to treatment programs.

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Oncological emergencies

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This presentation provides a practical guide for the most common oncological emergencies that are potentially life-threatening situations and are directly or indirectly associated with the patient's cancer or its treatment. This presentation aims to emphasize the significance of regular vital checks and blood tests, electrolyte levels monitoring and close patient observations, confirming that these are essential for early detection of cancer emergencies. Signs and symptoms, and the importance of urgent initiation of supportive treatment will be discussed, since this is a key element in the management of these affections. Treatment options with the aim to deliver high quality patient centre care and increase prospect for a better outcome will be presented. Information has been gathered from evidence based worldwide presentations and researches, medical practices and studies. The presented case studies have been selected from patients admitted at Princess Alexandra Hospital. Database includes publications, websites from oncological organizations and educational presentations.

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