

# Oncology Rehabilitation



**ST JOHN OF GOD**  
Geelong Hospital

*Hospitality | Compassion | Respect | Justice | Excellence*

## Our program

Living with cancer can have a significant impact on patients, their families and carers.

The St John of God Oncology Rehabilitation Program is a 6-week group-based program that provides guidance on ways to manage the impact of cancer diagnosis and treatment side effects.

Common cancer treatments such as chemotherapy, radiotherapy, surgery, and hormone therapy can have side effects that impact on your ability to carry out daily activities both during and after treatment.

Depending on the type and stage of your cancer, as well as the type and duration of your treatment, you may experience one or more of the following:

- Reduced strength, balance and endurance;
- Changes to sensation (neuropathy);
- Persistent fatigue;
- Poor sleep quality;
- Pain;
- Anxiety;
- Low mood;
- Cognitive or memory changes.

Access to support, information, and exercise programs can make a big difference to health and wellness.

Each group session within the program consists of one hour of exercise, followed by one hour of information and group discussion. Sessions are run twice per week, on Mondays and Fridays.

The program offers rehabilitation services that include:

- An individualised plan of gentle exercise to help increase physical activity and improve fitness throughout recovery;
- Strategies to help participants cope with cancer, such as managing stress and how to use relaxation strategies including meditation and art therapy, to improve wellbeing;
- Advice on healthy eating and nutrition from a dietician;
- Information on pharmacological interventions by a pharmacist.

## What's involved

Once we receive a referral, each person will meet with our team to determine areas of health and wellbeing where they may need further support and guidance.

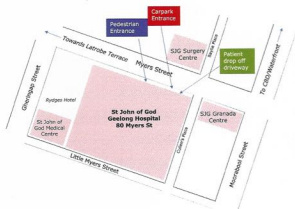
Our Oncology Rehabilitation Team includes a:

- Rehabilitation doctor;
- Oncology nurse co-ordinator;
- Physiotherapist;
- Occupational Therapist.

Our team will help you to form specific goals for the rehabilitation program, and work with you to develop strategies targeting any concerns you may have regarding your diagnosis and treatment.

If additional support is required, access to a social worker and our pastoral care team is available. Our team can also assist with linking you to local services as necessary on program completion.

Sessions are run in a supportive group environment at the Wexford Therapy Centre at St John of God Geelong Hospital.



## Referral process

Referrals can be made by an Oncologist / Haematologist, or General Practitioner to Oncology Rehabilitation Coordinator  
Fiona Selkirk: ph: 5226 1334, fax: 5226 1343,  
or GLrehab@sjog.org.au

## Cost

Each participant will require private hospital cover or be able to self-fund.

## Session times

Monday afternoons and Friday mornings.

## Participant feedback

*"It was good to hear other people in the same situation talk about their experience and share tips."*

*"The range of topics and resource materials were excellent."*

*"Working with others in the group and listening to their problems and experiences gave me the feeling I was not alone, as others have had similar problems as my own."*

*"Program is brilliant, great format and exceptional staff who go above and beyond to help."*