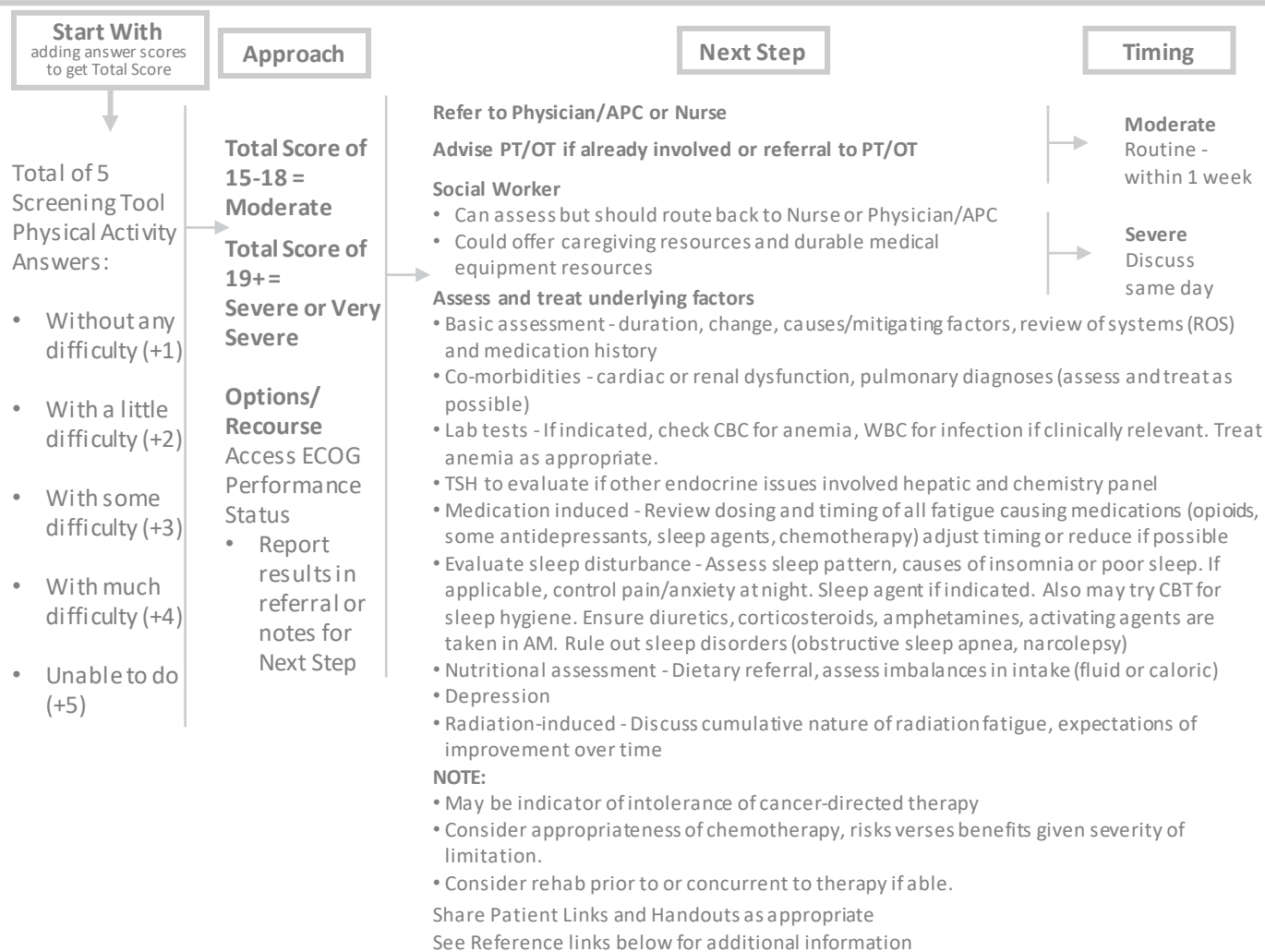


# Clinician Follow Up Reference for Supportive Care

## Physical Activity –

### Moderate, Severe or Very Severe Total Score



## Notes

**Stages I-III:** Teach that fatigue may be a symptom throughout treatment and even through to survivorship. Discussion with oncologist regarding causes and acceptable levels of fatigue. Early consideration for rehab to improve QOL. Review importance of activity in improving survival. Some retrospective studies in certain cancers found that vigorous physical activity may improve survival and in tolerating therapies.

**Stage IV:** If patient has shorter prognosis (weeks to months) or upcoming trip/event, consider corticosteroid therapy. Discuss goals of PT/OT, may be for caregiver safety and maintaining function rather than improving/gaining strength. Social worker to assess further for need(s) of caregivers and resources at home. Increase support for caregivers and emphasize their self-care. Assess for Durable Medical Equipment (hospital bed, commode, gait belt, safety equipment) needs. May need skilled nursing facility or assisted living referral. Review natural progression of illness and the dying process. May be time to begin discussion of hospice services (even if not quite ready or appropriate), natural course of disease progression. Also should discuss impact of this on prognostic expectations for family and patient's planning.

**Geriatric:** Reduced physical activity more common in this population. Geriatric patients tend to overstate how well they are doing on physical function questionnaire screening. Patients 65–74 consider basic physical ability screen, (e.g. [FISSTI](#)) for possible physical therapy referral; and Patients 75 and over, screen for physical ability (e.g. [FISSTI](#)). Increased sleep can be trigger for depression or cognitive issues. If suspect loss of physical activity may be due to cognitive issues, screen with Mini-Cog™.

## Patient Links and Handouts:

- > [American Cancer Society. Physical Activity and the Person with Cancer](#)
- > [Cancer.net. Coping with Changes to Your Body as a Young Adult](#)
- > [Cancer.Net. Physical Activity and Cancer Risk](#)
- > [NIH. Keep Up with Your Daily Routine](#)

## References:

- > [Clinical Implementation of Exercise Guidelines for Cancer Patients: Adaptation of ACSM's Guidelines to the Italian Model](#)  
Stefani, Laura et al. "Clinical Implementation of Exercise Guidelines for Cancer Patients: Adaptation of ACSM's Guidelines to the Italian Model." (2017).
- > **DME Resource** [Devices 4 the Disabled](#)

CSOC Patient Handout can be accessed at:  
<http://cancer-help.me/being-active>