

**HKACS-Jockey Club “Walking Hand-in-Hand” Cancer Family Support Project
Capacity Building Workshop: Physical Rehabilitation for Cancer Patients**

Course outline

Date	29 Aug 2020 (Saturday) 1-day workshop	
Time & Duration	9:30am - 5:30pm	
Speaker	Ms Jessica Y W Lo Physiotherapist I Princess Margaret Hospital	Ms Rebecca Law Senior Occupational therapist Princess Margaret Hospital
Target	Healthcare, social work, and allied health professionals	
No. of participants	20-30 persons	
Objective	Demonstrate the approaches and strategies of exercises and home care to restore the maximal function of physical mobility and activity of daily living for cancer survivors	
Language	Cantonese supplemented by English materials	
Format	Online learning, lectures, live demonstration and exercises via WebEx	
Fee	Free of charge	
Certificate	Awarded by HKACS for full attendance	
Remarks	Learners to sign in at morning and afternoon session each day to monitor attendance	

Time	Tentative Outline
9:30	Welcoming Address
9:35 (Sign in)	<p><u>Physical exercises in Cancer Rehabilitation</u> Speaker: Ms Jessica Y W Lo</p> <ul style="list-style-type: none"> - Physical impairments caused by the cancer and its treatments - The importance and benefit of physical activity to cancer survivors - Physical Exercises to cope with complications such as fatigue and pain and stiffness after treatment <p>Break : 11:00-11:15am</p>
12:35	Lunch break
2:00 (Sign in)	<p><u>The Role of Occupational therapy in Cancer Rehabilitation</u> Speaker: Ms Rebecca Law</p> <ul style="list-style-type: none"> - Core OT services in cancer rehabilitation - Adaptation of “Meaningful Life” in the community - Fitting at home to facilitate community living and improve quality of life of cancer patients - <p>Break : 3:30-3:45 pm</p>
5: 00	<ul style="list-style-type: none"> - Evaluation Questionnaire - Certificate presentation
5:30	End