



Frequently asked questions

Do I need private health insurance?

Most private health insurance companies provide outpatient rehabilitation cover. However, your fund levels will be checked for you so that you know this in advance of your visits.

If you do not have private health insurance please speak to the program coordinator about costs. If you have not had a recent hospital admission, you may need to pay an excess if it applies to your level of cover.

How do I access the program?

Admission to the program can be made following referral from your GP or specialist or following an inpatient stay at St John of God Bendigo Hospital.

Where do I go on arrival at hospital?

Report to the outpatient reception desk located on the ground floor. All patients must sign in on arrival.

Contact us

For further information or if you are interested in attending the Outpatient Oncology Rehabilitation program please contact:

Kathryn Rorke
Oncology Rehabilitation Coordinator
St John of God Bendigo Hospital

Phone: **0423 829 554** or

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Outpatient Oncology Rehabilitation Program



Outpatient Oncology Rehabilitation Program

The St John of God Bendigo Hospital Outpatient Oncology Rehabilitation Program is held:

- Tuesday afternoons

The program runs one day per week for eight weeks. Clients can enter the program at any stage, hence there is no waiting period.

This is an exercise program. It consists of a circuit of activities, including stationary exercise bikes, steps, walking and upper and lower limb weights. All exercises are taken at your own pace and you are guided by physiotherapy and exercise physiology staff. You will also be given a selection of exercises to practice at home on other days.

The program will include private consultations with Dr Debbie Kesper (Rehabilitation Physician), the exercise physiologist and the oncology rehabilitation coordinator. Your referring doctor will be kept informed of your progress.



The Tuesday afternoon exercise sessions will be followed by an education/discussion session.

Guest speakers include a

- dietitian
- psychologist
- physiotherapist
- exercise physiologist
- occupational therapist
- pastoral carer
- music therapist

Discussion topics include:

- Home exercise
- Improving sleep
- Nutritional considerations during and post surgery/ cancer therapy; healthy eating
- Living with cancer – life changes and communication
- Coping with stress
- Aiding recovery through relaxation – a practical session
- Energy conservation and coping with fatigue
- Returning to normal activities
- Tai Chi – a practical session
- Spiritual care and music therapy

The education/discussion sessions are an extremely valuable way for you to further your understanding of your disease, management and health maintenance, and to help regain a sense of wellbeing.

The small group environment is ideal to allow you to ask questions and discuss your own experiences if desired.