

## When and where

Sessions are held on Tuesday from 10am-12pm, and Fridays from 10am-12pm in our onsite gym.

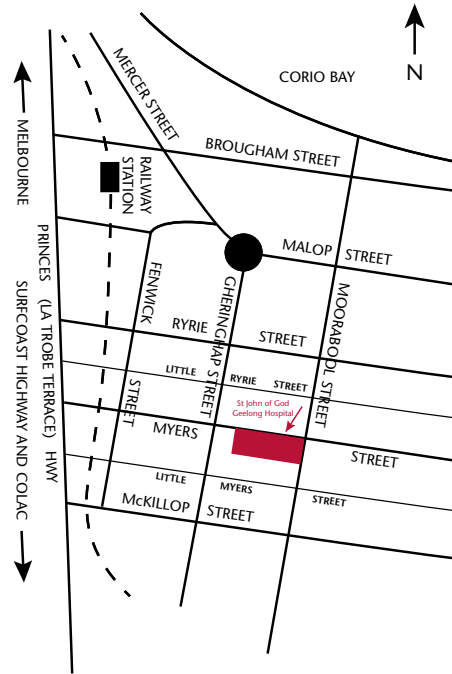
## Cost

The program requires private hospital cover or self-funding.

## Referral Required

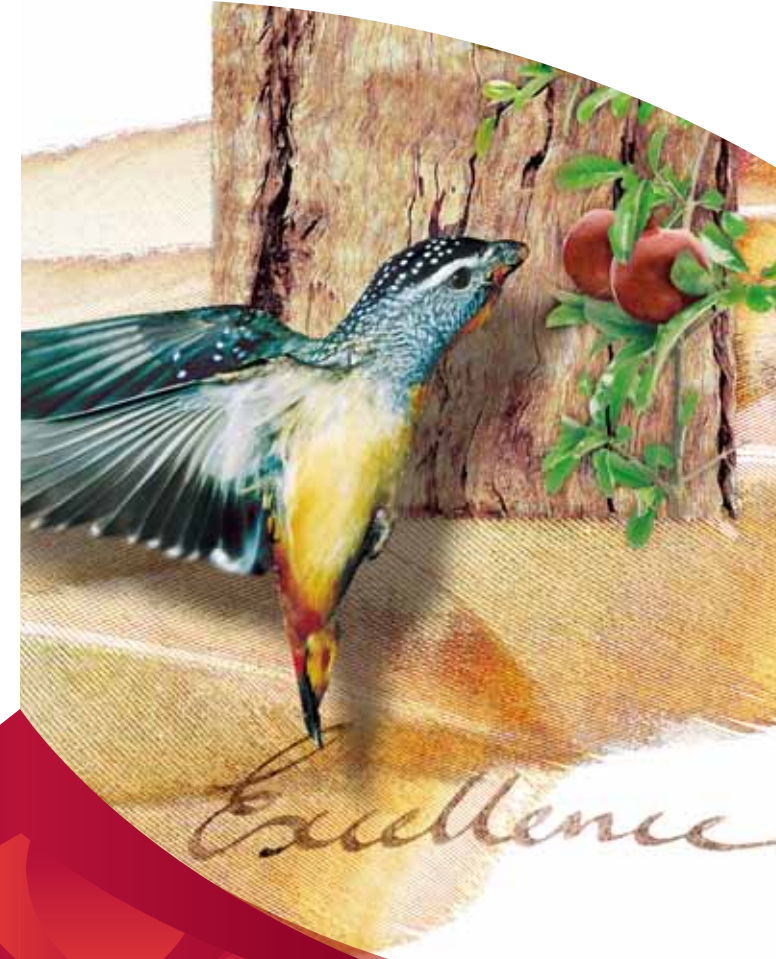
To join the program you will require a referral to our Rehabilitation Physician, Dr Neil Crompton. Please ask your General Practitioner (GP) or Oncologist.

For more information or to enrol please contact our Oncology Rehabilitation Coordinator on 5226 1334, fax 5226 1343 or email [GLrehab@sjog.org.au](mailto:GLrehab@sjog.org.au)



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# Oncology Rehabilitation



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St John of God Health Care is a leading provider of Catholic hospitals, diagnostic and outreach services, basing its care on the Christian values of Hospitality, Compassion, Respect, Justice and Excellence.

Cancer and its treatment can impact on a person's wellbeing, lifestyle and enjoyment of life in a number of ways. In addition to the disease itself, treatments such as surgery, chemotherapy and radiotherapy can reduce physical capacity and endurance.

The outpatient oncology rehabilitation program at St John of God Geelong Hospital was created for people who may be experiencing side effects such as fatigue, weight change, disturbed sleep, anxiety or general deconditioning following diagnosis or treatment for cancer.

## What's involved?

Our program runs for 6 weeks offering twice weekly exercise and education sessions.

The exercise sessions are run by a Physiotherapist and are designed to increase your exercise capacity, equipping you to better deal with the demands of everyday life. All exercises are taken at your own pace and include stationary bikes, treadmills and gentle strength exercises.

The education sessions offer helpful insights into dealing with issues you may be facing and strategies for managing day to day life. Family and friends are most welcome to join you for the education sessions.

## Topics covered include:

- Fatigue management strategies, pacing and achievement in the context of reduced endurance
- Tips for improving sleep
- Optimal management of ongoing pharmaceutical treatment in the home environment
- Dietary ideas for optimising health
- Coping with cancer, including management of stress, use of relaxation strategies, finding the positives and hope to go on
- The benefits of exercise, recreation and activity for global wellbeing
- Planning for future participation; connecting into community groups or gyms as appropriate.

## Our Professional Team

During the program you will be cared for by a qualified:

- Rehabilitation Doctor
  - Oncology Nurse Co-ordinator
  - Physiotherapist
  - Occupational Therapist
  - Psychologist
  - Dietitian
  - Social Worker
  - Pastoral support
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