

CANCER REHABILITATION AND CANCER REHABILITATION CENTRES IN THE FUTURE

Tuija Vainio, Physiotherapist , Master of Health Care (student) Turku University of Applied Sciences, Raija Nurminen, Principal Lecturer, RN, PhD, Turku University of Applied Sciences, Merja Leinonen, Senior Nurse, RN & Kari Ojala, Director, Doctor of Medical Science h.c., Southwestern Finland Cancer Society

BACKGROUND

Rehabilitation should be associated with the cancer treatment pathway at all stages of the cancer patient's life and the quality of life. Patients, who were most in need of rehabilitation, did not apply for it or were not aware of certain parts of the services. Brief, appropriate and easily accessible intervention, which provides emotional and informational support, can greatly improve the cancer patients' and their families' quality of life. Face-to-face guidance is considered to be the best form of support. In the future, we must make use of new technology to make the information services available for most cancer patients and their families. Southwestern Finland Cancer Society is the one of the largest Finnish cancer patients' rehabilitation centres and it is intended to develop services for cancer patients and the content and forms of support during the treatment path.

PURPOSE

This study examines what forms and contents of support are currently being provided to cancer patients and their significant others and what alternative forms of support and services should be offered in the future in order to ensure patients the possible quality of life during the entire cancer treatment process. In addition, the objective is to describe the operating model of future cancer rehabilitation.

METHODS

The first phase comprises a systematic literature review and an analysis of national and international cancer treatment strategies and forms of support and services employed in cancer rehabilitation. Based on the results of the first phase, four key members of staff in cancer rehabilitation are interviewed. The third phase of the study comprises a panel of experts on cancer rehabilitation (N = 10) and another panel of cancer patients (N = 5) and their caregivers (N = 5).

RESULTS

A report on the study is due to be finished in March 2013. The report will describe cancer rehabilitation in the future, focusing especially on the different forms of support and services employed at the various stages of cancer rehabilitation and on the operating model of a future cancer rehabilitation centre.



Photo: Antti Terävä



TURUN AMMATTIKORKEAKOULU
TURKU UNIVERSITY OF APPLIED SCIENCES



LOUNAIS-SUOMEN
SYÖPÄYHDISTYS

Southwestern Finland Cancer Society

Project:
The effectiveness of rehabilitation with
cancer patients and their significant others