

Cancer Rehabilitation Medicine Core Services

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Background

As a part of PM&R BOLD, 1,000's of physiatrists added their voice to define a vision for the specialty:

Physiatrists are the essential medical experts in value-based evaluation, diagnosis, and management of neuromusculoskeletal and disabling conditions.

Physiatrists are indispensable leaders in directing rehabilitation and recovery, and in preventing injury and disease.

Physiatrists are vital in optimizing outcomes and function early and throughout the continuum of patient care.

Cancer Rehabilitation Medicine (CRM) is an important part of this vision and in order to be leaders early and throughout the continuum of cancer patient care, we first need to define the core services of Cancer Rehabilitation and the role of the Cancer Rehabilitation Physiatrist in comprehensive care. Core Services will help position physiatry as essential as seen in the vision statement and be valued by a large cross section of stakeholders including patients, caregivers, oncology care teams, payers, and leaders of health systems.

The workgroup reviewed input from the larger Member Community provided two ways: a survey and input captured from the in-person learning collaborative discussion at the 2019 AAPM&R Annual Assembly. Based on this initial input, the workgroup continued to refine the core services and

categorized them in 5 groupings: Global Impairment/Symptom Specific, Cancer-Diagnosis Specific, Procedures, Wellness/Survivorship, and Areas of Practice/Other

This list is comprehensive, but we acknowledge that no two practices are the same. Each CRM physiatrists’ practice may vary based on the practice setting, needs, and populations served. For each patient, the cancer rehabilitation physiatrist integrates needed components of the core services into a unique treatment plan that optimizes the patient’s function and quality of life at each functional change point in the cancer care continuum. Rather than a mandate for each practicing physiatrists to meet, we see the core services list as a key tool for many future projects including:

- defining educational needs for physiatrists in training, in fellowship, and in practice
- participating in national dialogues and advocating for the value of physiatrist-led CRM
- providing a structure for individual advocacy helping CRM physiatrists within their own program and/or building a new program

We recognize that the range of services which are detailed below may need to be customized for each usage and that the list may evolve over time. Primarily, we aim to provide a structured practice-focused context for cancer rehabilitation medicine, which is based on input from the field, as a useful reference for AAPM&R members, in support of cultivating professional expertise and practice growth, and ultimately better outcomes for patients with cancer diagnoses.

*The categorization “some specialized CRM physiatrists” means within the community of CRM physiatrists, not the entire specialty. It is understood that many non-CRM physiatrists may perform these services

Core Services

Global Impairment/Symptom Specific

- Mobility related impairments and physical performance - All physiatrists
- Diagnosis and Treatment of Pain Related to Cancer/Cancer Treatment - All CRM physiatrists
- Musculoskeletal/Neuromuscular Disorders in Cancer - All CRM physiatrists
- Cancer-related neuropathies - All CRM physiatrists
- Radiation Fibrosis Syndrome - All CRM physiatrists
- Rehabilitation Management for Bone metastasis - All CRM physiatrists
- Bone health strategies - Some specialized CRM physiatrists
- Cancer Related Fatigue - All CRM physiatrists
- Cancer Related Cognitive Impairment - All CRM physiatrists
- Lymphedema - All CRM physiatrists

Cancer-Diagnosis Specific

- Breast - All CRM physiatrists
- GI/GU/GYN - All CRM physiatrists
- Head and Neck - All CRM physiatrists
- Hematologic malignancy - All CRM physiatrists

- Neurological tumors - All CRM physiatrists
- Thoracic/Lung - All CRM physiatrists
- Melanoma - All CRM physiatrists
- Primary bone and soft tissue - All CRM physiatrists

Procedures

- Landmark-guided (office) injection procedures - All physiatrists
- Electrodiagnosis (EMG/NCV's) - All Physiatrists
- Botulinum toxin injection for spasticity - All physiatrists
- Image-guided fluoroscopic injections - Some specialized CRM physiatrists
- Image-guided ultrasound injections - Some specialized CRM physiatrists
- Ultrasound diagnostic evaluation (musculoskeletal) - Some specialized CRM physiatrists
- Botulinum toxin injection for cancer related pain syndromes - Some specialized CRM physiatrists
- Integrative techniques, dry needling, acupuncture - Some specialized CRM physiatrists

Wellness/Survivorship

- Employment/Disability/Community issues - All physiatrists
- Exercise in Cancer - All CRM physiatrists
- Survivorship - All CRM physiatrists
- Nutrition in Cancer Patients - Some specialized CRM physiatrists
- Sexuality - Some specialized CRM physiatrists
- Complementary and integrative health strategies (including osteopathic) - Some specialized CRM physiatrists

Areas of Practice/Other

- Inpatient rehabilitation consults - All physiatrists
- Inpatient acute rehabilitation - All physiatrists
- Outpatient rehabilitation - All physiatrists
- Assessment of rehabilitation level of care/post-acute care management and decision making - All physiatrists
- Interdisciplinary rehabilitation team leadership and care coordination - All physiatrists
- Prehabilitation - All CRM physiatrists
- Rehabilitation during treatment - All CRM physiatrists
- Advanced cancer (impact on rehabilitation approach, i.e. goal setting, precautions) - All CRM physiatrists
- Pediatric cancer rehabilitation - Some specialized CRM physiatrists
- Prosthetics, orthotics, adaptive aids and other equipment - All physiatrists