



What?

Individualised exercise management plan for cancer patients at any stage of disease or treatment.

Why?

- Reduced risk of recurrence – studies with breast (↓~24-40%, colorectal (↓~38%), prostate (↓~20-50%) and ovarian cancer have suggested that physically active survivors have a lower risk of cancer recurrence and improved survival compared to those who are inactive.
- Improved quality of life and management of treatment related side effects (see diagram ⇒)

American Cancer Society www.cancer.org; Cochrane Database



Program

Pre and post program assessments

- Assessment of program outcomes, goal setting, and activity planning etc.
- Comprehensive report to referrer.

6-12 week tailored program

- Including individual, studio and group classes (eg, MoveWell, Fit-R, Aqua)
- Access to fully supervised gym.

Checkpoint Assessments

- Track progress, reassess and modify program as needed.



* Medical Clearance may be required. Medicare and Private Health Rebates may apply (Accredited Exercise Physiology/Physiotherapy)

Student Training at the UWA Exercise & Performance Centre

The EPC is linked with the School of Human Sciences providing clinical training to postgraduate students undertaking Master of Clinical Exercise Physiology.

Rebates & Referral Pathways

- Exercise plans are paid for up-front with itemized receipts available for private health claiming.
- Medicare, Bulk Billing, and private health rebates may apply depending on individuals policy, and the choice of service (see below).
- Under the discretion of GP Medicare pathways may include;
 - ▷ Chronic Disease GP Management Plan (721) – Allied Health Services (Exercise Physiology – 10953, Physiotherapy 10960)

	Medicare Rebate & Codes <i>*If applicable</i>	Private Health Rebate & Codes <i>*If applicable</i>
Service	Chronic Disease Management Plan (721 – 723)	Rebate dependent on fund and cover
Individual/subsequent consultations or assessments	10953/10960	102/500 initial consultation & assessment 202/505 subsequent consultation
Supervised Group sessions	N/A	502/560
Exercise Studios/Group Classes	N/A	N/A

Referral &/or Medical Clearance

Client Name: _____ **D.O.B:** _____

Specific referral information: _____

I have examined _____ and clear them of any obvious condition that would prevent participation in a physical activity program. Based on my assessment his/her health status is stable; however I understand you will undertake a thorough assessment to ensure your prescriptions meet their current health need.

Signed: _____ Date: _____

Referrer/DR (Stamp if available):

Clinic: _____ Phone: _____

Fax: _____ Email: _____

Preferred method of communication:

Phone Email Fax Mail

Contact Details for more information.

UWA Exercise & Performance Centre
- University of Western Australia (Crawley)

Entrance #4, Parkway (street and ACROD parking available)

P. 6488 3333

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W. www.uwa.edu.au/facilities/uwa-exercise-and-performance-centre

