

## **Oncology Rehabilitation Program**

To Dr xxxxxxxxxxxxxx Re: xxxxx XXX has enrolled into the Oncology Rehabilitation Program. Part of our selection criteria (see attachment one) includes medical clearance by the doctor. Please note our programs are individually tailored. Please tick one or more boxes XXX is medically fit to participate in exercise including: □ aerobic exercise including treadmill walking and recliner bike ☐ strength / weight training for upper and lower body balance training □ stretches Special Precautions: Other: Please attach any recent discharge summaries and fax to \_\_\_\_\_ **Doctors Signature:** Date: Doctor's Name (printed): Phone No:

If you have any queries, please don't hesitate to contact \_\_\_\_\_ via email:

\_\_\_\_\_ or alternatively \_\_\_\_\_

## ATTACHMENT ONE: Referral Criteria

Patients must meet all of the following criteria to be considered eligible for the Eastern Health Ambulatory Oncology Rehabilitation Program:

Australia-modified Karnofsky Performance Status (AKPS) of 60 and above
A primary diagnosis of cancer
Medical clearance prior to oncology rehabilitation
Those who wish to improve their level of functioning, such as those who struggle with cancer related fatigue and deconditioning
Cognitive status that allows participation in the program
Physical status allowing participation in the exercise component of the program
Age ≥ 18 years of age
Reside in the Eastern Health catchment area

## Karnofsky Performance Scale

Status	Meaning
100%	No symptoms
90%	Able to carry on normal activity; minor signs of disease obvious
80%	Able to carry on normal activity; some symptoms of disease present
70%	Cares for self; unable to carry on normal activity or active work
60%	Requires occasional assistance but is able to carry out own needs
50%	Requires considerable assistance and frequently needs assistance with care
40%	Disabled; requires special care and assistance
30%	Severely disabled; hospitalization indicated, but death not imminent
20%	Very ill; hospitalization necessary. Full support required
10%	Moribund; fatal processes progressing rapidly
0	Deceased