



Oncology Rehabilitation Program

To Dr xxxxxxxxxxxxxxxx

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