

## Rehabilitation in Cancer Care

**Editors:** Rankin J, Robb K, Murtagh N, Cooper J and Lewis S.  
Wiley and Blackwell. 2008.  
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This book is about the complexities of rehabilitation in cancer care. It aims to help professionals and students understand why people with cancer and those receiving palliative care can benefit greatly from rehabilitation. As a physiotherapist working on a Specialist Palliative care team I come across barriers to rehabilitation of Cancer patients both in this setting of palliative care and primary care. From listening to patients stories I realise that rehabilitation can be a very small part of their journey through diagnosis and treatment of their cancer. It was with great pleasure I read the book *Rehabilitation in Cancer Care* as it brings together a succinct summary of cancer and its treatment in a way that relates to Rehabilitation. Cancer is a major public health issue but its early detection and advances in treatments mean that people are living longer with cancer to the extent that cancer is now considered to be a chronic disease. Patients with advanced cancer deserve to be provided with the best supportive care in order to maintain quality of life.

The book is divided into three sections: Introduction to Oncology and Palliative care; Multi-professional management of specific tumour types; and Symptom Management.

Each section is divided into chapters, for instance, section two has chapters outlining the multi-professional management of patients with different types of cancer. The final section looks at the management of symptoms like lymphoedema, cancer related fatigue, pain and breathlessness. Each chapter starts with a box of learning outcomes and finishes each chapter with a summary of key learning points. This makes it very clear to the reader what to expect in each chapter and is a very useful aid to self directed learning. Overall the text is peppered with tables, diagrams, illustrations, photographs and case studies.

The book is targeted at Allied Health Professionals with an interest in Oncology. It would be a useful resource for any department, while also an invaluable guide for senior members of staff as they prepare for in-service training. Its reference lists are sound, pertinent to best practice and useful for a range of experience from specialist through to students.

In summary, cancer and its treatments have profound effects on patients and their families. NICE (2004)<sup>1</sup> defines cancer rehabilitation as attempting to maximise patients' ability to function, to promote their independence and to help them adapt to their condition. I would recommend *Rehabilitation in Cancer Care* to any AHP working in the area of Oncology, but also to AHPs working with clients post-operatively and with clients suffering from the sequelae of cancer and side effects of treatments.

### REFERENCE.

1. NICE, (2004) *Improving Supportive and Palliative for adults with Cancer. The Manual*, London: National Institute for Clinical Excellence.