

An overview of current evidence about exercise intervention across the different phases of cancer care with a focus on real life rehabilitation experiences, feasibility and safety, and future challenges.

Registration

The event is reserved for the following professional figures: **Dietitian; Physiotherapist; Nurse; Doctor; Psychologist; Occupational therapist.**

AUSL-IRCCS REGGIO EMILIA EMPLOYEES:

The event is free and with reserved seats

EXTERNAL PARTICIPANTS:

For external participants there is a registration fee (VAT exempt art. 10/20 DPR 633/72) of:

- **52 euros** for healthcare professionals who are SIMFER or AIFI members; graduated in Sports science
- **72 euros** for doctors who are SIMFER or AIFI members and healthcare professionals who are not SIMFER or AIFI members.
- **102 euros** for doctors who are not SIMFER or AIFI members.

Participation requires **online registration** via the GRU Portal <https://portale-ext-gru.progetto-sole.it/> (CODE 14569.1). Admission to the event will be confirmed by the Organizing Secretary via e-mail; you will be asked to pay the registration fee and fill out a form with the data requested for the invoice.

Registrations are requested by October 1, 2024.

Ob. N3: Clinical documentation. Diagnostic and rehabilitative clinical-care pathways, assistance profiles – care profiles

UNDER THE PATRONAGE OF:



SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA



SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA
Azienda Unità Sanitaria Locale di Reggio Emilia
IRCCS Istituto in tecnologie avanzate e modelli assistenziali in oncologia

Cancer Rehabilitation: Exercise as Medicine

26 OCTOBER 2024

**AUDITORIUM REGGIO CHILDREN
CENTRO INTERNAZIONALE
LORIS MALAGUZZI**

**VIALE B. RAMAZZINI, 72/A
REGGIO EMILIA, ITALY**

**CONGRESS PROMOTED BY SCIENTIFIC
DIRECTORATE, AUSL-IRCCS REGGIO
EMILIA, ITALY**

Program

Ore 8.45 Opening e welcome

First session: International overview and state of the art

Ore 9.15 *Exercise and biomarkers: how muscles interact with inflammation and immunity*

Elena Barbieri, Rita Emili

Ore 9.35 *Promoting exercise through Digital Health interventions*

Francesca Baglio

Ore 9.55 *Exercise during cancer treatments: barriers and facilitators*

Monica Pinto

Ore 10.15 Q&A

Ore 10.45 Coffe break

Second session: Looking to the European and Italian context

Ore 11.00 *UK programs of physical activity for cancer patients*

Anna Campbell

Ore 11.20 *Physical activity and exercise in cancer rehabilitation: Italian guidelines, tips and issues*

Isabella Springhetti

Ore 11.40 *Prehabilitation experience in gastro-intestinal cancer surgery in Italy*

Gabriele Baldini

Ore 12.00 *Discussione*

Third session: exercise during cancer treatments, the research in Reggio Emilia

Ore 12.20 *Pulmonary rehabilitation in lung cancer patients undergoing surgical or non surgical treatment*

Carlotta Mainini, Alessia Pecorari

Ore 12.35 *Exercise during chemotherapy in hematological patients*

Monia Accogli, Monica Denti

Ore 12.50 *Exercise in metastatic prostatic cancer patients undergoing ADT*

Barbara Bressi, Stefania Costi, Stefania Di Girolamo

Ore 13.05 Q&A

Ore 13.30 Lunch

Fourth session: exercise during the cancer continuum

Ore 14.30 *Prehabilitation for cancer patients: recovery starts before surgery!*

Franco Carli

Ore 14.50 *Exercise in the cancer continuum of care: state of the art and future challenges*

Nicole Stout

Ore 15.10 *MO.RE. (Movement & Rehabilitation) service: supporting cancer patients for exercise*

Stefania Fugazzaro, Monia Accogli, Monica Denti

Ore 15.30 Q&A

Ore 16.00 Coffee break

Closing session: Supportive networks and future challenges

Ore 16.15 *Patients Associations support and Local stakeholders:*

- spreading the network for healthy lifestyle
- building opportunities with citizen participation

Ore 17.15 Q&A

Ore 17.45 Conclusion

Faculty

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