Nordic Cancer Rehabilitation Symposium
Perspectives

Christoffer Johansen
Department of Psychosocial Cancer Research
Institute of Cancer Epidemiology
&
National Research Center of Cancer Rehabilitation
Southern Danish University
1. Highlights

2. Clinical perspectives

3. Research needs in cancer rehabilitation
There is a high prevalence of symptoms and even new diseases.

Survival is the driving force in forming a new cohort of long term survivors living beyond primary treatment.

No national cancer plan in the Nordic countries integrates rehabilitation as part of the treatment.
Outpatient follow-up needs to be changed with regard to aims and methods to include rehabilitation

Depending on interventions, some evidence support that ongoing parts of rehabilitation initiatives results in sustainable, meaningful and measurable clinical changes.

There is a need for the development of new measures (of the ‘new diseases’) – taking literacy and other social factors into account
Areas of intervention are often isolated from each other – e.g., the doctor, the psychologist, the social worker or the dietician.

Other cancers than breast cancer is under studied, however, breast cancer patients function as our ‘access point’

There does not seem to be a special cancer rehab intervention – dedicated to cancer patients only (?)
The organization and content of cancer patient care must change in accordance with needs

This also touch on the content of the outpatient follow-up

Systematic screening of late effects is needed

Intimacy – under researched area

How do we systematically involve and monitor spouses - relatives
The organization and coordination of rehab between health sectors - huge health political question

Evaluation and decision about evidence level – data based on case observation to prospective cohorts and RCT’s

May we already now add to or change clinical treatment?
The entire paradigm is under siege – content of treatment and care, responsibilities fluctuate, short encounters during treatment and all aspects of social inequality is involved

Demography means new age distribution

Co-morbidity – how to manage
Systematic screening and registration – a strong Nordic tradition

Aim rehab intervention research to address those in need for rehab

Trials in behavioral and psychosocial intervention are difficult to conduct - obstacles are mutual

The aged population calls for new intervention trials
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Research needs in cancer rehabilitation

Issues you all acknowledge and compromise in (me also)

International collaboration
Cross disciplinary
Powered
Designed
Relevant
Daring and ground breaking
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Did I miss something?
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On behalf of the organizers:

Thank you for coming to this first NCRS meeting

We hope you enjoyed the content, met and talked to colleagues and maybe even had a dance…

Have safe journey home

We will strive to organize a second symposium in 2012 – no promises