

# cGVHD PT Assessment & Management

**Duration of the Course: 1 Day**

**Start & finish times: 09:00hrs – 17:00hrs**

## **Aims:**

**This one day intensive theory and practical course will cover following topics during the session:**

- Introduction to cGVHD
- Impact on quality of life
- MSK manifestation
  - Skin
  - Fascia
  - Bones
  - Muscles
  - Joints
  
- Knowledge of various medications and its impact on MSK in cGVHD / HSCT
  
- Examination of patients with cGVHD
  - Subjective examination
  - Functional examination – upper and lower limb
  - Strength and endurance testing
  - Precautions and contraindications to examination
  
- Planning rehabilitation
  - Identifying base level parameters
  - Strength training
  - Stretching and bracing for upper and lower limb
  - Planning progression
  
- Return to work
  - Assessing return to work
  - Making recommendations
  - Monitoring work adjustments

**Differentiated Learner Objectives:****All Associates will be able to:**

- 1) Identify MSK manifestations in cGVHD patients
- 2) Carry out an objective assessment on cGVHD clients.
- 3) Identify the impact of drugs on cGVHD MSK manifestation.
- 4) Plan rehab session and progression
- 5) Carry out return to work (education in case of children and young adults) assessment

## Course outline

Timing	Subject matter/key points	Teaching/Learning activity
09:15	Registration and coffee	Introductions
09:30	Introduction to topic	Discuss aims and objective of the course.
09:45	Quality of life in cGVHD	Discuss the impact of cGVHD on the quality of life on patient
10:15	MSK manifestation in GVHD	<ul style="list-style-type: none"> <li>○ Skin</li> <li>○ Fascia</li> <li>○ Bones</li> <li>○ Muscles</li> <li>○ Joints</li> </ul>
11:15	Coffee Break	Informal discussion / networking
11:30	Objective examination	Functional capacity evaluation of upper and lower limb in cGVHD.
12:45	Lunch	
13:45	Case studies	Using actual client case studies for discussions and improve understanding about subjective and objective examination.
14:30	Medications	Impact of medications in cGVHD in relation to MSK manifestation

15:00	Rehabilitation	Planning and progression in cGVHD patients
15:45	Return to work	Functional capacity evaluation for return to work (school/ college in case of children and young adults) in cGVHD
1630	End of session	Questions/certificates