

# Integrative Cognitive Rehabilitation Program

Cancer Survivorship Symposium  
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MEDICINE *of* THE HIGHEST ORDER



# Cancer and Cognitive Complaints

During and after chemotherapy

- Up to 70% of patients report impaired Attention, Memory and Confusion
  - Most likely decreased processing speed, attention and/or executive function
- Mild to Moderate impairment that can last years!
- 20% of cancer patients report cognitive impairment prior to treatment, suggesting that either the cancer or the diagnosis may have impact on cognition before treatment.
- Self reported cognitive symptoms may be a result of increased anxiety and depression.

# Cognitive Rehabilitation

“Cognitive rehabilitation refers to behavior-oriented interventions in which individuals receive noninvasive training designed to improve performance in a range of cognitive and functional domains.”

## Traditional Approaches

- Drill based
- Focused on specific Cognitive skill
- Limited cross over to functional improvement

We get many questions about benefit of computer based cognitive training, which follows a more traditional approach.

# ICRP

- Program at URM
- Developed by Neuropsychology, Speech Pathology and Occupational Therapy.
- Intended for individuals with mild-moderate cognitive impairment.
- Focus on Function!
- Helps patients address functional breakdowns in real time, through cognitive compensatory strategies.

# Cognition and Cognitive Breakdowns

Cognition is largely contextual. It is the interaction between a person and their environment.

If a person experiences a breakdown in function as a result of a cognitive breakdown, ICRP will assist the person in regaining function through use of strategies.

The goal isn't necessarily to 'fix' the cognitive skill.

# Interventions Strategies

- High Tech vs Low Tech
  - High Tech may include smartphone, tablet, computer
  - Low Tech is typically paper systems
- Tools
  - Calendar, clocks/timers, notebooks, checklists, capture tool, visual cues, aud cues, automated systems, env mods
- Actions/Processes
  - Rest breaks, recap/summarize, self monitoring, task breakdown, routine training, communication training, word finding strategies, self-talk

## Recent Publication

**Integrating cognitive rehabilitation: A preliminary program description and theoretical review of an interdisciplinary cognitive rehabilitation program**

<http://content.iospress.com/articles/neurorehabilitation/nre1275>

**Journal:** [NeuroRehabilitation](#), vol. 37, no. 3, pp. 471-486, 2015

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# Contact

## To Make a Referral

- In eRecord : Ref167 (Amb ref to ICRP)
  - Includes both a SLP and OT referral, NP not included as needs pre-auth.
- Questions about the program?
  - Simon Carson – Chief OT, 275-1715  
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Thank you



# Reference

Chemotherapy and Cognitive Impairment: Treatment Options

Clinical pharmacology & Therapeutics | VOLUME 90 NUMBER 3 |  
September 2011



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