Integrative Cognitive Rehabilitation Program

Cancer Survivorship Symposium
January 23, 206

Simon Carson
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 URMC

- 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


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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
Medicine of the Highest Order