SWEDISH

OUTPATIENT REHABILITATION SERVICES

Swedish Cancer Institute Cancer Rehabilitation Services

Use Epic label or list patient name and DOB:

Patient name: _____

Date of birth: _____

Date: _____

Phone: _____

Diagnosis: _____

Stage: _____

■ Physical and/or Occupational Therapy Referral

Presenting Problems:

- ☐ Lymphedema
- ☐ Impaired Range of Motion
- ☐ Musculoskeletal Pain
- ☐ ADL Dysfunction

■ REACH Program: Physical and/or Occupational Therapy for Breast Surgery Patients

Schedule: ☐ Pre-op ☐ Post-op

■ Consultation with an SCI Physiatrist*
David Zucker, M.D., Ph.D.

Presenting Problems:

- ☐ Cancer-related fatigue *(NCCN fatigue score > 3)***
- ☐ Reduced performance status *(ECOG status 1, 2 or 3)****
- ☐ Disease/treatment morbidity *(Pain, neuropathy, bony mets, etc.)*
- ☐ Reduced activity tolerance during treatment
- ☐ Pre-treatment consultation
- ☐ Other _____

Precautions/comments/other: _____

Physician signature: _____ Physician name (*please print*): _____

Phone: _____ Fax: _____

* ***Physiatrists*** *specialize in physical medicine and rehabilitation, restoring optimal function and quality of life to people with physical impairment or disability resulting from illness, injury or disabling conditions.*

** ***Fatigue screen:***
"How would you rate your fatigue on a 0-10 scale over the past 7 days?" (0 = no fatigue, 10 = worst fatigue imaginable)

*** ***ECOG Performance Status:***
1 = Restricted in strenuous physical activity; ambulatory and able to carry out light or sedentary work (e.g., light house work, office work).
2 = Ambulatory and capable of all self care; unable to carry out any work activities. Up and about more than 50 percent of waking hours.
3 = Capable of only limited self care, confined to bed or chair more than 50 percent of waking hours.

T 206-215-6333 **F** 206-386-2999

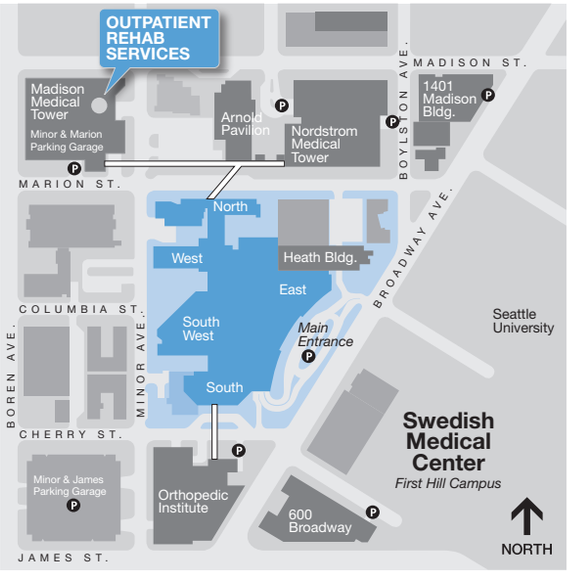
(over)

Locations

Swedish/First Hill Directions

From the North, traveling south on I-5:
Take I-5 southbound to the James Street Exit (No. 165A). Turn left (east) on James and travel five blocks to the intersection of James and Boren. Turn left (north) on Boren and travel three blocks. Turn right (east) on Marion. Swedish Outpatient Rehabilitation Services is in the building (Madison Medical Tower) on your immediate left.

From the South, traveling north on I-5:
Take I-5 northbound to the James Street Exit (No. 164A). Turn right (east) on James and travel five blocks to the intersection of James and Boren. Turn left (north) on Boren and travel three blocks. Turn right (east) on Marion. Swedish Outpatient Rehabilitation Services is in the building (Madison Medical Tower) on your immediate left.



REACH Program: Physical and/or Occupational Therapy for Breast Surgery Patients

Program Description

This program's purpose is to maximize function of your shoulder, including strengthening and stretching exercise. You will also receive information about lymphedema and learn about other cancer rehabilitation services that can enhance well-being throughout your cancer journey.

The Breast Surgery Program (REACH) is located at the following locations: Ballard, Cherry Hill, Factoria, First Hill and Issaquah. Patients referred to this program can call each clinic location directly at the phone numbers listed below.

Swedish Cancer Institute (SCI) Physiatry Consultation (Cancer Rehabilitation Medicine)

The role of the SCI physiatrist is to develop, implement and supervise a rehabilitation treatment plan that reduces cancer treatment side effects (e.g., fatigue, pain and emotional distress), improves physical fitness and feelings of well-being, and empowers you to become an active participant in your care.

SCI physiatry is located only at the First Hill campus. For scheduling of SCI physiatry appointments, or any questions about Outpatient Rehabilitation Services, including referrals to physical therapy, occupational therapy, speech therapy or the Breast Surgery Program (REACH), please call 206-215-6333.

SWEDISH

SWEDISH OUTPATIENT REHABILITATION SERVICES

Ballard
5300 Tallman Ave. N.W.,
1-South
Seattle, WA 98107
T 206-781-6346
F 206-781-6191

Cherry Hill
500 17th Ave.
James Tower, Suite 100
Seattle, WA 98122
T 206-320-2404
F 206-320-4747

First Hill
1101 Madison,
Suite 200
Seattle, WA 98104
T 206-215-6333
F 206-386-2999

Issaquah
751 N.E. Blakely Dr.,
Suite 4010
Issaquah, WA 98029
T 425-313-7800
F 425-313-7801

www.swedish.org

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