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Postgraduate Certificate in Cancer Rehabilitation Physiotherapy

## Communication and Support for Cancer Patients

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Communication and support are vital components in the care of cancer patients, especially for those undergoing cancer rehabilitation physiotherapy. Effective communication and support can help patients better cope with their diagnosis, treatment, and rehabilitation process. This glossary will cover key terms related to communication and support for cancer patients in the context of the Postgraduate Certificate in Cancer Rehabilitation Physiotherapy.

#### Active Listening

Active listening is a communication technique that involves fully concentrating on what is being said by the speaker and providing feedback to confirm understanding. It is an essential skill for healthcare providers working with cancer patients to show empathy and build trust. Active listening can help patients feel heard and understood, leading to better outcomes in their rehabilitation.

#### Advocacy

Advocacy involves supporting and promoting the rights of cancer patients to ensure they receive the best possible care. Healthcare providers, including physiotherapists, can act as advocates for their patients by representing their interests, addressing their concerns, and ensuring they have access to necessary resources and support.

#### Anxiety

Anxiety is a common emotional response experienced by cancer patients due to the uncertainty of their diagnosis, treatment, and future. Physiotherapists working with cancer patients must be skilled in recognizing signs of anxiety and providing appropriate support and referrals to mental health professionals when needed.

#### Assertive Communication

Assertive communication is a style of communication that involves expressing one's thoughts, feelings, and needs in a direct and respectful manner. It is important for healthcare providers to use assertive communication when discussing treatment options, setting goals, and addressing challenges with cancer patients to ensure clear understanding and collaboration.

#### Body Language

Body language refers to nonverbal cues, such as facial expressions, gestures, and posture, that convey messages to others. Physiotherapists working with cancer patients must be aware of their own body language and the body language of their patients to ensure effective communication and build rapport.

#### Cancer Survivorship

Cancer survivorship refers to the period after cancer treatment when patients are living with, through, and

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beyond cancer. Physiotherapists play a crucial role in supporting cancer survivors through rehabilitation programs to improve their quality of life and functional outcomes.

#### Empathy

Empathy is the ability to understand and share the feelings of another person. Physiotherapists working with cancer patients must demonstrate empathy to build trust, create a supportive environment, and establish a therapeutic relationship that fosters patient engagement and compliance with rehabilitation programs.

#### Health Literacy

Health literacy refers to an individual's ability to obtain, process, and understand basic health information and services to make informed decisions about their health. Physiotherapists must assess the health literacy levels of cancer patients and provide information in a clear and accessible manner to promote active participation in their care.

#### Interdisciplinary Team

An interdisciplinary team consists of healthcare professionals from different disciplines working together to provide comprehensive care to cancer patients. Physiotherapists collaborate with other team members, such as oncologists, nurses, and psychologists, to address the physical, emotional, and social needs of patients throughout their cancer rehabilitation journey.

#### Nonverbal Communication

Nonverbal communication involves conveying messages through gestures, facial expressions, eye contact, and body language. Physiotherapists must pay attention to nonverbal cues from cancer patients to understand their emotions, preferences, and needs, even when verbal communication is limited or challenging.

#### Patient-Centered Care

Patient-centered care is an approach to healthcare that focuses on the individual needs, preferences, and values of patients. Physiotherapists practicing patient-centered care involve cancer patients in decision-making, respect their autonomy, and tailor rehabilitation interventions to their unique goals and circumstances.

#### Psychosocial Support

Psychosocial support encompasses emotional, social, and spiritual care provided to cancer patients to address their psychological well-being and quality of life. Physiotherapists can offer psychosocial support by listening to patients' concerns, providing reassurance, and facilitating access to counseling services or support groups.

#### Resilience

Resilience is the ability to adapt and cope with adversity, trauma, or significant stress. Cancer patients often demonstrate resilience in the face of their diagnosis and treatment challenges. Physiotherapists can help patients build resilience through supportive communication, encouragement, and empowerment during their rehabilitation process.

### Shared Decision-Making

Shared decision-making involves collaborating with patients to make informed choices about their healthcare based on mutual understanding, respect, and communication. Physiotherapists engage cancer patients in shared decision-making by providing information, discussing treatment options, and considering their preferences and values in the rehabilitation planning process.

### Social Support

Social support refers to the assistance, encouragement, and comfort provided by family members, friends, caregivers, and healthcare professionals to cancer patients. Physiotherapists can help patients access social support networks, resources, and community services to enhance their well-being and recovery during cancer rehabilitation.

### Stress Management

Stress management involves techniques and strategies to cope with and reduce stress levels in cancer patients. Physiotherapists can teach patients relaxation exercises, mindfulness practices, and stress-reducing activities to improve their emotional resilience, physical well-being, and overall quality of life during rehabilitation.

### Therapeutic Alliance

A therapeutic alliance is a collaborative and trusting relationship between a healthcare provider, such as a physiotherapist, and a patient. Building a therapeutic alliance is essential in cancer rehabilitation to promote open communication, shared decision-making, and positive treatment outcomes based on mutual respect, empathy, and trust.

### Verbal Communication

Verbal communication involves the use of spoken words to convey messages, information, and emotions between individuals. Physiotherapists must use clear, concise, and empathetic verbal communication when interacting with cancer patients to ensure understanding, engagement, and compliance with rehabilitation recommendations and goals.

### Wellness Coaching

Wellness coaching is a supportive approach that empowers cancer patients to set and achieve health-related goals, make lifestyle changes, and improve their well-being. Physiotherapists can integrate wellness coaching techniques into cancer rehabilitation programs to enhance patient motivation, self-efficacy, and long-term adherence to exercise and self-care practices.

### Xenophobia

Xenophobia refers to prejudice, discrimination, or fear of individuals from other cultures, nationalities, or backgrounds. Physiotherapists working with cancer patients from diverse populations must be culturally competent, respectful, and sensitive to their beliefs, values, and customs to promote effective communication, trust, and collaboration in the rehabilitation process.

### Yoga Therapy

Yoga therapy involves the practice of yoga poses, breathing exercises, and meditation techniques to

promote physical, mental, and emotional well-being in cancer patients. Physiotherapists can incorporate yoga therapy into rehabilitation programs to improve flexibility, strength, relaxation, and overall quality of life for individuals undergoing cancer treatment and recovery.

#### Zendurance

Zendurance is a term that combines "zen" (referring to a state of calmness and mindfulness) with "endurance" (referring to the ability to persist and withstand challenges). Physiotherapists can help cancer patients cultivate zendurance through mindfulness practices, stress management techniques, and resilience-building strategies to navigate the physical and emotional demands of cancer rehabilitation with greater ease and positivity.