



ECL Patient Support Working Group (PSWG)

Rehabilitation Atlas



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November 2016

This report has been produced as the result of an activity that has received funding under an operating grant from the European Union's Health Programme (2014-2020). The views expressed in this do not necessarily reflect the official views of the EU institutions.

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This report is available for online consultation at the following web address

[http://europeancancerleagues.org/images/PSWG Rehabilitation Atlas report FULL Nov2016.pdf](http://europeancancerleagues.org/images/PSWG_Rehabilitation_Atlas_report_FULL_Nov2016.pdf)



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Section 1: Executive Summary

This document is designed to provide an overview of rehabilitation programmes across a variety of ECL member leagues. The content aims to inspire replication of similar programmes in other cancer leagues, and to provide the practical aspects of running a rehabilitation programme. This document focuses on an example of rehabilitation programmes run by cancer leagues only, and does not aim to be an exhaustive list of rehabilitation programmes currently running in Europe.

The definition of rehabilitation used for the purposes of this atlas is “a process aimed at enabling patients to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels” according to the World Health Organisation¹. Cancer rehabilitation involves “helping a person with cancer to help himself or herself to obtain maximum physical, social, psychological, and vocational functioning within the limits imposed by disease and its treatment”². Rehabilitation provides cancer patients with the “tools they need to attain independence and self-determination”³. Rehabilitation is an essential component of cancer care which should begin at the point of diagnosis, during treatment and beyond.

The content of this document has been developed by the ECL Patient Support Working Group (PSWG). The PSWG is an internal working group of ECL, bringing together representatives from member cancer leagues working specifically on the issue of patient support. The group aims to facilitate the exchange of best practices between members, each one inspiring the other with new ideas and programmes to take home to their national league for the benefit of cancer patients. ECL member leagues represented in the PSWG are Belgium, Catalonia, Cyprus, Denmark, Finland, France, Hungary, Iceland, Luxembourg, Netherlands, Northern Ireland, Poland, Portugal, Slovakia and Switzerland. The ECL secretariat plays a supporting role in organising meetings, linking members with the relevant EU institutions and sharing health policy information.

The broad ECL membership was surveyed to collect data on rehabilitation programmes being run at their national league. The results of this survey were collected and analysed and formed the basis for this atlas. The results showed a mixture of physical and psycho-social programmes, some targeted at men, some at women, and some aimed at the wider family unit, and some focus on sport, reading or theatre as tools for rehabilitation. The full list of programmes with details are in Annex to this document.

The results of the survey showed the vital role a cancer league plays in the support of cancer patients in their country. Cancer leagues aim to fill the gap between medical treatment and the readjustment to life with cancer or post-treatment. Cancer leagues do not aim to replace or reduce rehabilitation programmes run by the Government or by patient organisations, but

¹ <http://www.who.int/topics/rehabilitation/en/>

² <http://www.medicaljournals.se/jrm/content/?doi=10.1080/16501970306129>

³ <http://www.who.int/topics/rehabilitation/en/>



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to complement them, and to find innovative ways to further support the patient, by collecting feedback and evaluating and adapting the programme to match patient needs.

It is our hope that this document provides useful information to cancer leagues and other organisations interested in developing rehabilitation programmes for cancer patients.



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Section 2: About ECL and PSWG

About ECL and its Activities

The vision of Association of European Cancer Leagues (ECL) is for a Europe Free of Cancers. The role of ECL is to facilitate the collaboration between cancer leagues throughout Europe and to influence EU and pan-European policies. The mission of the Association of European Cancer Leagues is to influence and improve cancer control and cancer care in Europe through collaboration between its members in their fight against cancer, and to influence EU and pan-European policies.

ECL Strategic Goals 2014-2018

- **Goal 1 Influence cancer control policies**
Maintain and strengthen ECL's position in influencing EU and pan-European cancer prevention and control policies.
- **Goal 2 Promote cancer prevention**
Promote cancer prevention for all those living in Europe in order to reduce the incidence of cancer.
- **Goal 3 Encourage access to cancer screening**
Enhance access to scientifically proven effective and quality controlled cancer screening programmes in accordance with EU guidelines and best international evidence.
- **Goal 4 Ensure access to treatment and support**
Promote the rights of cancer patients by addressing inequalities and improving access to evidence-based diagnostics, treatment, follow up, and all aspects of support.
- **Goal 5 Support the development and implementation of national cancer control programmes and cancer registries**
Work for and support the development and implementation of national cancer control plans and programmes in all European countries.

Main Areas of Work

The major fields of activity for the member cancer leagues include cancer prevention, public information, professional education and assistance, as well as information services and support for cancer patients and their families and relatives, participation in, and support for, cancer research and advocacy and awareness campaigns.



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ECL Patient Support Working Group (PSWG)

The PSWG is an internal working group of ECL, bringing together representatives from member cancer leagues working specifically on the issue of patient support. The group aims to facilitate the exchange of best practices between members, each one inspiring the other with new ideas and programmes to take home to their national league for the benefit of cancer patients. ECL member leagues represented in the PSWG are Belgium, Catalonia, Cyprus, Denmark, Finland, Flanders, France, Hungary, Iceland, Luxembourg, Netherlands, Northern Ireland, Poland, Portugal, Slovakia and Switzerland.

ECL PSWG Member Leagues



The ECL secretariat plays a supporting role in organising meetings, linking members with each other and with the relevant EU institutions and sharing health policy information. The Patient Support Working Group (PSWG), is one of the most important areas of work for ECL.



Current areas of work for the Patient Support Working Group are rehabilitation, palliative care, family caregivers and communication issues.

The group meets twice a year every year. PSWG meetings usually take place once in Spring and once again in Autumn, as part of the ECL annual meetings. PSWG meetings are always hosted by an ECL league. This gives members the opportunity to experience the national situation first hand, as well as visiting cancer patient centres or oncological units in the host country. The PSWG is structured with a Chair and Vice-Chair. Membership is open to all ECL members.



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Section 3: Rehabilitation Atlas – Why and How

After cancer treatment, patients may notice a difference in their physical, social, psychological, and work-related abilities. Cancer rehabilitation helps a person with cancer regain and improve the abilities that may have changed during and after cancer treatment. The goal of rehabilitation is to help a person remain as independent and productive as possible.⁴

Why rehabilitation?

There were an estimated 3.45 million new cases of cancer (excluding non-melanoma skin cancer) and 1.75 million deaths from cancer in Europe in 2012⁵. Cancer patients are increasingly overcoming their disease and survivorship is increasing. This increase places a heightened necessity for rehabilitation programmes to help patients and survivors readjust to their daily life. As dialogue increases about personalised treatment, we should also explore the concept of personalised rehabilitation to best suit the needs of the patient. Cancer leagues are crucial to providing these services across the EU.

How?

In the course of PSWG meetings, it became evident that the challenges and issues surrounding rehabilitation were often common amongst member leagues. On this basis, rehabilitation became a recurring theme in the PSWG.

PSWG members felt it would be useful to gather information on rehabilitation programmes run by leagues in one 'atlas' document. This initiative has been led by the Belgian Foundation against Cancer, with sub-group support from Cancer Focus Northern Ireland, the Danish Cancer Society and the Portuguese Cancer League, with the support of the ECL secretariat.

A survey was developed and circulated to both the PSWG and to the wider ECL membership. The content of the survey was developed by the Belgian Foundation against Cancer, with the input of PSWG members. Data was collected from cancer leagues over a period of one year. The results of this survey have formed the basis for the content of this atlas.

We collected survey responses from 15 leagues and gathered information on 46 cancer rehabilitation programmes.

The scope of the project is limited to rehabilitation programmes run or co-facilitated by cancer leagues who are members of ECL. This atlas does not aim to cover state-run programmes or initiatives of other parties, all of which are of equal value to society and to cancer patients and their families.

⁴ <http://www.cancer.net/survivorship/follow-care-after-cancer-treatment/rehabilitation>

⁵ http://www.iarc.fr/en/media-centre/iarcnews/pdf/Ferlay%20EJC_2013.pdf



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Section 4 – Rehabilitation for Cancer Patients: the role of Cancer Leagues

Cancer rehabilitation takes place in different settings and at levels: in the hospital, community, municipality, regionally or nationally.

The role of cancer leagues relating to cancer patients in need of rehabilitation is to provide information services and support for cancer patients from diagnosis and support for their families, relatives, loved ones and caregivers.

Rehabilitation programmes run by cancer leagues have an added value in providing psychosocial care, establishing peer group support and counselling support. Cancer leagues have built up years of experience and expertise in supporting cancer patients and their relatives etc. Cancer leagues can tailor the programme to the needs of the patient, using clear and understandable language, and adapting for varied levels of health literacy.

Cancer leagues also collect feedback from cancer patients in order to be innovative in developing new programmes which best match their needs. Instruments used to collect feedback include surveys, social media, patient involvement, patient advisory councils, focus groups, pilot projects and verbal feedback. This allows a cancer league to be flexible in developing new rehabilitation programmes which best suit the needs of the patient.



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Section 5 – Analysis

The detail of the rehabilitation programmes amongst leagues respondent to the survey showed some similarities and common trends. It is also worth noting the complexity and diversity of rehabilitation programmes as interpreted by each league.

The majority of rehabilitation programmes are open to all cancer patients, but many programmes are gender-specific and targeted at men or women and children with cancer. Many are also focused on the patient and their family and/or their close friends. Only one league provides a programme directly targeted for single people dealing with cancer.

Many programmes were also centered around physical activity and nutrition, to ensure the patient is active physically and develops or maintains a healthy and balanced diet, which is crucial to maintaining their strength and wellbeing.

Cancer leagues also provide peer support programmes in order to facilitate sharing of experiences between patients and/or their relatives.

Many programmes use a variety of disciplines such as bibliotherapy, art therapy, drama therapy, dance therapy or music therapy to help cope with and manage psychological distress.

Cancer leagues also prove crucial in many countries for connecting patients to accurate and reliable information, and/or for communicating medical information in lay man's terms to the patient and their family.



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Section 6 – Conclusion

The results of the survey and this atlas make it clear that national cancer leagues are playing a vital role in providing rehabilitation programmes for cancer patients. Cancer leagues have the freedom and flexibility to be innovative and creative and push the boundaries of conventional programmes, for the benefit of patients. Rehabilitation is an essential component of cancer care which should begin at the point of diagnosis, during treatment and beyond.

New programmes are developed based on feedback from patients/patient involvement and evaluation. Instruments used to collect feedback include surveys, social media, involving the patient, patient advisory councils and/or word of mouth from programme participants.

Cancer leagues also aim to support those around the patient, including families, relatives, loved ones and caregivers and this is reflected in the inclusion of friends and families in many rehabilitation programmes.

Key considerations for developing a rehabilitation programme

- ✓ Identify an unmet need in current existing rehabilitation programmes
- ✓ Check with ECL Patient Support Working Group if a similar programme exists in a different league
- ✓ Estimate costs and consider options for funding if necessary
- ✓ Define programme objectives/outcomes
- ✓ Determine a programme time limit
- ✓ Identify whether collaboration is needed/desirable
- ✓ Prepare evaluation forms and be flexible when gathering patient feedback
- ✓ Try to evaluate the impact/effects/results of the programme using evidence-based measures
- ✓ Respond to the needs/wants of the patient
- ✓ Evaluate your programme and adapt based on patient feedback
- ✓ Be innovative!



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**Annex – Detailed list of rehabilitation programmes per
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October 2016**

League name	Programme name	Short description of the program (incl. link to website if applicable)	Programme duration	Programme aim
Belgian Foundation against Cancer	“Raviva Rekanto”	Physical activities for cancer patients designed by physical experts, from diagnosis until 1 year after treatment	Twice per week, up to 1 year after treatment	Specific aspect of rehabilitation other than physical aspect (ex. sleep, anxiety, diet, beauty ...)
Belgian Foundation against Cancer	Beauty "goed verzorgd beter gevoel"	Beauty treatment program for cancer patients during treatment in which they receive beauty treatments and advice but also are explained how to take care of themselves	During treatment	Specific aspect of rehabilitation other than physical aspect (ex. sleep, anxiety, diet, beauty...)
Belgian Foundation against Cancer	“CancerInfo”	CancerInfo is a helpline which people can reach within working hours. It consists of 3 cascading services: a front desk which is able to answer basic questions, a second service which can respond to specialized questions and a	Consultation by phone (ranging from short contact to a psychological consult of 6 sessions)	Overall rehabilitation (i.e. broader concept aiming for several different aspects of



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		third service of onco-psychologists who can offer coaching by telephone.		rehabilitation)
Bern Cancer League, Switzerland	Outpatient oncological rehabilitation Thoun-Bernese Oberland	Individual activities: physiotherapy, sports therapy, nutrition counselling, complementary medicine, psycho-oncology, social work, pastoral care, oncology care, yoga Link: http://www.krebsstiftung-thun.ch/de/Angebot/Rehabilitation	Minimum 3 months, maximum 12 months (average 6 months)	Overall rehabilitation and quality of life (ex. holistic program)
Cancer Focus Northern Ireland	Transition Group for Prostate Cancer	This programme is a partnership with the Health Trust and Urology Nurse Specialist. It is a 6-week programme for men newly diagnosed with prostate cancer and is a general programme which helps the men cope with the diagnosis, gives information on support and help services available and gives them an opportunity to raise concerns and seek help	One half day per week for 6 weeks	Overall rehabilitation and quality of life (ex. holistic program)
Cancer Focus Northern Ireland	Living Well Weekend	This is a residential weekend for cancer patients and a family member. The programme consists of a variety of sessions including for example, sessions on exercise, nutrition, creative writing and art therapy,	A weekend from Friday to Sunday	Overall rehabilitation and quality of life (ex. holistic program)



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		beauty therapy, yoga, stress management, fatigue management and fun		
Cancer Focus Northern Ireland	Transition Group for Breast Cancer	This group programme is for women newly diagnosed with Breast Cancer. It includes information on breast cancer, help and support available and information from the multi-disciplinary team	Two-hour session once per week for 6 weeks	Specific aspect of rehabilitation other than physical aspect (ex. sleep, anxiety, diet, beauty...)
Cancer Focus Northern Ireland	Zest for Life	The programme is based on life coaching principles and aims to help improve self-esteem, confidence, feeling better about themselves, decision making, returning hope and choices, taking back control as well as general advice on nutrition, stress management etc	One two-hour session per week for 6 weeks followed by a follow up day after 3 months	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
Cancer Society of Finland	Rehabilitation support for cancer patients and their relatives	1) Annually about 50 courses are organized. 2) Program and patient groups are complimentary for those courses organized by the Finnish Social Security System (www.kela.fi) and discussed in advance with the funding source (Finnish Lottery Fund), from which we receive partial funding (about 50% of all costs). 3)	1) Short term program - usually 5 days, but also long weekends (2-3 days) for some courses. 2) Long term services as outpatient	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)



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		<p>The courses are organized throughout the country and advertised in a separate rehabilitation calendar (widely distributed), webpages, newspapers etc.</p> <p>4) The programme organiser makes the selection of participants based on needs. 5) The courses are usually held in separate rehabilitation centres (outsources) by personnel of cancer societies (extra experts used as well). 6) Evaluation of the courses performed and the system is developed continuously.</p>	<p>basis (several appointments - usually up to 8-10) lasting for 3-4 hours during a period on several weeks - months. The format and duration depends on the course and target population</p>	
Danish Cancer Society	Program 4 Body and cancer.	Intensive training during treatment supervised by nurses and physiotherapists	8 weeks	Pure physical rehabilitation (ex. fitness level, functionality, etc.)
Danish Cancer Society	Program 3 Your Life	Educational program with focus on food, physical activity, sleep and mental resources	4-6 weeks	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)



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Danish Cancer Society	Program 2 Rehabilitation in Danish municipalities	Basically physical activity 2 times a week supplemented with psycho-education, and vocational counselling	Most programs last for 8-12 weeks	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
Danish Cancer Society	Denmark. Program 1. Counselling centres of the Danish Cancer Society	Cancer patients and relatives are offered psychosocial counselling by professionals and peers. Depending on needs referral to peer Group, mindfulness meditation, Family counselling, physical activity etc. in the counselling centre or support outside the center	Depending on specific needs of user, e.g. from 1-2 counselling sessions to several months	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
Dutch Cancer Society	“Kanker in Beeld”	Kanker in Beeld' provides programs which focus on coping creatively (painting, singing, etc.)	Most programs last for 8-12 weeks	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
Dutch Cancer Society	Psycho-oncological centres	Cancer patients who are in need for help, can get a number of sessions, individually or in a group.	These centres provide care from specialized	Overall rehabilitation (i.e. broader concept



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			professional s.	aiming for several different aspects of rehabilitatio n)
Dutch Cancer Society	Levenmetkan ker' (Livingwithca ncer)	Levenmetkanker unites the cancer patient organizations.	The duration varies.	Overall rehabilitatio n (i.e. broader concept aiming for several different aspects of rehabilitatio n)
Dutch Cancer Society	Experts file	Patients who seek a specialized professional (qualified for, experienced in and trained for the psychosocial care for cancer patients) can consult the file to find a professional near their home.	The experts file is online and can be consulted any time.	Overall rehabilitatio n (i.e. broader concept aiming for several different aspects of rehabilitatio n)
Dutch Cancer Society	Walk-in homes'	Walk-in homes are accessible facilities where people can find support and can participate in activities.	There are about 90 of these homes in the Netherlands with varying opening hours.	Overall rehabilitatio n (i.e. broader concept aiming for several different aspects of



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				rehabilitation)
Dutch Cancer Society	Cancer help line	During office hours, people can telephone or mail with any type of question they have. The help line is staffed by qualified and trained oncology nurses.	A consultation by telephone	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
Finnish Cancer Society and its member organisations (regional cancer societies and patient organisations)	Finnish Cancer Society Psychosocial Rehabilitation Courses	National district cancer society's organize around 80 rehabilitation courses (700 participants in 2015)	Around half of the courses are 3-4 days, some are series of appointments e.g. 8-10 times etc.	Specific aspect of rehabilitation other than physical aspect (ex. sleep, anxiety, diet, beauty, ...)
Flemish League against cancer	a transmurial care trajectory for vulnerable single patients with cancer	Phase 1: single patients are screened in the hospital on psychosocial needs and social situation at home. phase 2: a transition manager screens single patients' needs, is responsible for care coordination at home, assesses the needs of informal care givers (if available), brings together other primary care professionals to discuss the	6 months	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)



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		situation of the patient and propose solutions in order to facilitate the patient's self-reliance		
French League Against Cancer	Supportive care	The French League against cancer offers tailored physical activities, nutrition counselling, beauty care and psychological support to cancers patients, to help them withstanding the treatment, increasing their quality of life and reducing the risk of cancer recurrence.	Between 3 months and 1 year (program is different in each local committee)	Overall rehabilitation and quality of life (ex. holistic program)
Hungarian League Against Cancer	Road show against pain	Lectures about the pain, about the different types of painkillers, pharmaceutical and legal considerations	8-10 times per year, 2-3 hours per meetings for GPs	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
Hungarian League Against Cancer	reduction of stress	Aiding patients to recognise how they can reduce stress via different methods	Twice a year in Budapest, and in 2-3 cities in the country; each course consists of eight occasion. Art therapy, around dance -	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)



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			<p>twice per month, except in July and in August.</p> <p>Theatre, literature (bibliotherapy) every month, except in July and in August.</p> <p>Simonton training - in 5 different places at our local organisations - 10 meetings monthly.</p> <p>Therapy literature - monthly, except in July and in August</p>	
Hungarian League Against Cancer	Support groups	Self-help groups in different themes (breast-, brain-, lung-, colon-cancer, larynx, melanoma, etc., art therapies, cooking club, craft club, film-club, young cancer-patients group, etc.), in these groups patients can listen to lectures about variety topics, in which they are	Usually in every month one meeting, in some of them in every month twice ten time a year (in July and	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)



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		interested. In the larynx group patients learn to speak as well	August there is holiday)	
Israel Cancer Association (ICA)	“Strong Together” Support Centres	The Israel Cancer Association “Strong Together” Support Centres offer various support groups, lectures and comprehensive workshops for patients, survivors and their families. Enrichment and art workshops such as coaching for survivors, “emotional intelligence” workshop for Russian speakers, music, bibliotherapy, cooking and healthy lifestyle workshops, E.F.T. (Emotional Freedom Therapy) workshop, awareness and information workshop, and a personal development workshop are also organized for the participants. In addition to the special workshops and support groups, the Support Centres offer its members activities focusing on the mind-body connection, such as: yoga, Feldenkrais, chi kung, belly dancing and art workshops, such as knitting, photography, paper maché, and "needle" arts, giving participants a taste of several crafts. The centres host about 2,000 activities	The program lasts 10 months a year and operates daily, except on weekends and holidays.	Specific aspect of rehabilitation other than physical aspect (ex. sleep, anxiety, diet, beauty, ...)



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		each year throughout the country. Read more at the following link: http://en.cancer.org.il		
Krebsliga Beider Basel, Switzerland	In-Patient Oncological Rehabilitation Klinik Arlesheim	http://www.klinik-arlesheim.ch/de/medizinische-angebote/onkologie/stationaerer-aufenthalt/rehabilitation/	normally 3 weeks, can be extended	Overall rehabilitation and quality of life (ex. holistic program)
League against cancer Slovakia	Psychological network	In this project professional help from a psychologist is available for cancer patients at all stages of the disease and for their relatives as well. This service is aimed at reducing psychosocial problems caused by the illness and at strengthening the patient's vigour, which can influence the course of the illness in a positive way. Thanks to this project, psychological services are offered in institutes and hospitals and outside of them to cancer patients and their relatives by trained professionals free of charge. At the moment these services are available in 15 towns/cities across Slovakia.	The aim of the project is providing psychological support and guidance to cancer patients and their families, the duration differs and depends on the nature of the problem (can be one-time visit, short-term counselling or long-term psychotherapy)	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
League against	Help Centres for Cancer Patients	Three Cancer Help Centres offer services designed for the benefit of cancer	according to patients' needs and	Overall rehabilitation (i.e.



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cancer Slovakia		<p>patients and their families, free of charge. The programme includes a wide spectrum of activities such as physical rehabilitation with professional physiotherapist, Pilates/yoga exercises, psychotherapy and counselling on specific problems, group counselling, activities for self-help techniques learning, art-therapy, foreign language courses, lectures, library and social events that help to ease and mitigate problems that occur due to the consequences of the disease and its treatment. The Centres constitute a significant component in the patients' emotional and physical coping with cancer. They offer free practical, emotional and social support to people with cancer and their families and friends. Help is offered freely to anyone with any type of cancer.</p>	<p>preferences; for some patients it is a long-term way to deal with their illness while taking a part in multiple services Help Centers provide, other benefit from one-two particular service in limited period of time</p>	<p>broader concept aiming for several different aspects of rehabilitation)</p>
League against cancer Slovakia	Relaxation and rehabilitation stays	<p>1-week long reconditioning and relaxation stays, which take place every year in beautiful resorts offer a space where patients can mitigate feelings of unwanted loneliness and</p>	6-7 days	<p>Overall rehabilitation (i.e. broader concept aiming for several</p>



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		learn to fight for recovery. It is a great opportunity for patients suffering from the consequences of cancer to undergo physiotherapy procedures, actively relax, exercise, swim and very importantly - the stays stimulate contacts between fellow patients, create mutual support. There is always a full and interesting programme prepared for participating patients - art-work and creative activities, visits to remarkable places, wellness, entertainment) adapted to their physical, mental and psychological conditions. All under supervision of well-trained monitors from LAC.		different aspects of rehabilitation)
Lega Ticinese Contro Il Cancro, Switzerland	Riabilitazione Oncologica Ambulatoriale	coordination professional rehabilitation	3 months	Specific aspect of rehabilitation other than physical aspect (ex. sleep, anxiety, diet, beauty, ...)
LVCC Switzerland	oncoreha.vs	No specified programme but a network of support coordinated by the local cancer league		Overall rehabilitation and quality of life (ex.



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				holistic program)
PASYKAF	Music therapy and introspection	Music therapy and self-knowing through exercises and free self-expression. Acknowledging how difficult it is to talk about emotions and how we can increase resilience in our lives.	Yearly every 14 days	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
Portuguese league Against Cancer	Centro Dia	The day centre is located on the premises of the league in the oncology hospital. This centre is to help cancer patients during and after treatment and help them return to normal life. Various activities are: hairdresser, physical activity, crafts, choir, relaxation, computer, English lessons and Spanish lessons.	There is no time limit for the frequency of day centre	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
Swiss Cancer league	SPIRID-onko	special programme for oncological rehabilitation in Davos (http://www.zuercher-rehazentren.ch/medizinisches-angebot/stationaere-rehabilitation/onkologische-rehabilitation/)	21 days	Physical rehabilitation (ex. fitness level, functionality, ...)
The Cyprus Association of Cancer	Day Care Centres	In a comfortable environment at our premises, patients can participate in groups and	Weekly program - ongoing	Overall rehabilitation (i.e. broader



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Patients and Friends		activities which provide companionship, friendship and support. Activities include music exploration, exercises, craftwork and excursions.		concept aiming for several different aspects of rehabilitation)
The Icelandic Cancer Society	Qi-gong	Flexible to suit own need. Can also provide a chance to talk to people going through a similar experience. Can lead to many benefits, from reducing fatigue and improving wellness and physical fitness, to build confidence during and after cancer treatment.	4x in a week over the year. x2 meditation and x2 exercises	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
The Icelandic Cancer Society	Cognitive behavioural therapy (CBT) in order to relieve emotional problems after being diagnosed with cancer	CBT is a short-term psychotherapy in order to relieve emotional problems such as anxiety, depression, worries etc.	Four weeks' program, group therapy once in week 2 hours each time.	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
The Icelandic Cancer Society	Better sleep	If this is a problem; Being a long time to fall asleep. Waking up in the middle of the night. Waking up too early or sleep drugs are stopped working this is the course. Cognitive behavioural therapy for sleeping problems.	5 weeks' program. Once in week 2 hours each time.	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition,



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				anxiety, etc.)
The Icelandic Cancer Society	Fítónskraftur (The power of Fiton)	Exercises related to recreation and physical activity. Program over 6 months. meet 2-3 times in a week. ex. climbing, hiking, swimming, touring, horseback riding, action park, cross fit, boot camp, yoga and so on.	6 months	Pure physical rehabilitation (ex. fitness level, functionality, etc.)
The Icelandic Cancer Society	Lymphedema: What Every Woman with Breast Cancer should know	Women who have been treated for breast cancer may be at risk for lymphedema in the arm, breast, and chest. In this course they talk about what lymphedema is, the steps which can take to lower the risk, and what signs should be look for. they also learn exercises	4 weeks' program 2 hours each time	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
The Icelandic Cancer Society	Creative writing	Creative writing is a course to learn a way to explore thoughts, ideas and emotions that might otherwise find difficult to express, with no skill or experience required. Can help the individual to slow down, relax and process thoughts.	Two days' course. 2x2 hours. 4 hours	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
The Icelandic Cancer Society	Look Good Feel Better	Course that teaches women with cancer how to manage some of the visible side-effects of treatment. The participants receive a	one-off monthly course	Specific aspect of rehabilitation other than



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		goody bag of premium beauty products, free of charge		physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
The Icelandic Cancer Society	Mindfulness	Participants learn the main things about mindfulness, being aware of or bringing attention to this moment in time, deliberately and without judging the experience.	8-week program. When it stops a new begins	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
The Icelandic Cancer Society	Man and the balls	Men and the balls is program for men with cancer where they go to the golf course. Retreats focus on improving quality of life and fitness level	A day	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
The Icelandic Cancer Society	Casting for recovery	Casting for recovery retreats focus on improving quality of life and fitness level for women with breast cancer through the therapeutic sport of fly fishing	Weekend, once a year. In the beginning of the summer. 12-14 women join	Overall rehabilitation (i.e. broader concept aiming for several different aspects of



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				rehabilitation)
The Icelandic Cancer Society, Counseling and Support Centre	Counselling and support	It is possible to meet the professionals or someone from the support group who can help and find the support which is needed. It is provided by Cancer support specialist, Relaxation therapist, Social worker or exercise specialist.	Consultation by telephone, one - by one sessions. open five days a week from 8.30-16.00	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
FECEC	Physical Activities	Program addressed to patients and/or caregivers, during and after the treatments, that includes physical activities such as: ioga, qigong, Nordic walking, aqua gym...designed by experts	1 or 2 sessions per week from september to june.	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
FECEC	Mind body Activities	Participants learn the main aspects about each discipline (mindfulness, relaxation, breathing and sophrology), addressed to patients and/or caregivers, during and after the treatments	Open and closed groups during all the year	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
FECEC	Psychosocial Support	Program addressed to patients and/or caregivers, during and after the	During all the year	Overall rehabilitation (i.e.



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		treatments, who seek a specialized professional services such as: psychological support, dietary advice, legal advice, and social work, clinical and orthopaedic material loan...		broader concept aiming for several different aspects of rehabilitation)
FECEC	Psycho-oncological Support	Program addressed to patients and/or caregivers, during and after the treatments, who need help. They can get a number of sessions, individually or in a group	During all the year	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
FECEC	Beauty Program	Course that teaches women with cancer how to manage some of the visible side-effects of treatment with practical sessions of skin treatment implemented by onco-estheticians.	2 - 10 sessions	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
FECEC	Music Therapy	Specific program for colorectal cancer patients and for children with cancer, during the treatments, to improve mood, to promote socialisation and to increase quality of life.	Closed groups between 8-12 sessions.	Overall rehabilitation (i.e. broader concept aiming for several different



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				aspects of rehabilitation)
FECEC	Lymphedema program	Rehabilitation program for breast cancer women, designed and implemented by physiotherapist	As determined by the expert.	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
FECEC	Rehabilitation Program for Laryngectomized Patients (CRL)	Rehabilitation Program for Laryngectomy Patients to regain speech and communication skills through the esophageal speech techniques.	Group daily classes, from September to June. There are 4 levels.	Specific aspect of rehabilitation other than physical rehabilitation (ex. sleep, nutrition, anxiety, etc.)
FECEC	Program for kids	Program addressed to children and their parents that includes: a).- Physical Activities (reflex therapy, Acupuncture, ..) b).- Educational and Learning support by a teacher c).- Recreational Activities for kids	During all the year. At an individual basis.	Overall rehabilitation (i.e. broader concept aiming for several different aspects of rehabilitation)
FECEC	Young Group Program	Program addressed, after treatment, to 18-25 years-	Open group	Overall rehabilitation



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		old patients in order to help them to cope with secondary effects as well as to adapt to "normal life". Patients receive psycho-oncological support and other experts supports (nutritional, social work, sex therapy), as well as different workshops	1 session every 3 weeks.	n (i.e. broader concept aiming for several different aspects of rehabilitation)
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