

Nurses and Physiotherapists working group

November 29, 2010
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DGI . byen hotel Copenhagen

Present: Lotta Våde, Synnøve Granlien , Hege Blegen, Cathrine Buck
Ingela Johansson, Helen Lersedal , Lillian Smedberg,
Birthe Hedegård, Anne-Lise Salbu

Absent: Vibeke Bakke, Gitte Nyhave Andersen

Chairman: Lotta Våde
Secretary: Anne-Lise Salbu

Board Representatives from each country gave an overview of activities during 2010:

Norway :

+Den store kule dagen +

This was an arrangement in Oslo where general practitioners and their sarcoma patients were the target group.

Oslo also arranged three different mini-seminars for younger sarcoma patients with the following topics:

Sexuality.

Self-confidence and self esteem

Physical activity

Sweden :

%Sarcomaday+in Stockholm, October 2010

Targetgroup: all kinds of health workers involved in sarcoma treatment.

Approximately 40 participants from all sarcoma centres in Sweden.

SSG plenary meeting in Malmö May 4-6 2011.

Our board meeting is scheduled for Tuesday May 3rd.

Program for Nurses and Physiotherapists working group has been finalized and was agreed upon.

Helen, Lillian and Ingela is responsible for our part of the Malmö meeting.

Contact, inquires and e-mails about the Malmö meeting is to be sent to Lillian.

Vibeke, Cathrine and Anne-Lise will try to get sponsors among the pharmaceutical companies. There have been contacts with several companies already, and we are waiting for decisions.

The board agreed that ~~N~~nurses and Physioterapist+will cover transport and stay for five speakers out of our own budget. The SSG will cover stay and transport for external speakers.

This year four talks were given:

- Study monitoring
Anne-Lise focussed on the increasing work-load in connection with this. Institutions must be prepared to allocate more resources to handling monitors or demand more money from companies.
- Report from +Den store kule dagen+
Synnøve
- Hejmdal; ~~to~~ cancerhouse in Århus+
Birte told us about this service offering cancerpatients a place to talk to each other, nurses or a minister. Emphasis was on avoiding confined spaces to stimulate openness.
- Lymphadenopathy
Cathrine told us about lymphadenopathy and how important is for sarcoma patients . Lymphadenopathy is massage with light movings.
- Physiotherapy for sarcoma patients under palliative treatment
Hege told us that more patients in this phase of their disease could benefit from physiotherapy. Individualized plans with focus on personal contact and mental support in the context of physical activity should be tried.

We decided to further work on three different areas:

- Methotrexate administration and surveillance
Lotta will coordinate efforts to create more uniform practises in Scandinavian institutions. A wide variety of regimes exists and the reasons for this are not clear.
- Patient information
E-mail to Synnøve before January 14th with representatives from each hospital for this work.
- Common guidelines for physiotherapy to sarcoma patients in Scandinavia.

Bergen, Norway
Anne-Lise Salbu