



# PINC Next Steps Programme

## Medical Approval Form

*For completion by your GP, oncologist, breast surgeon (if applicable) or PINC cancer rehabilitation physiotherapist.*

PINC Next Steps is an exercise program for any women who has completed her cancer treatment. The aim of the program is help female cancer survivors achieve evidence based physical activity levels for quality of life, reduction of cancer treatment side effects and longevity. It consists of physical activity counselling/education and exercise classes. The exercise classes consists of floor based exercise incorporating cardio-vascular, strength and balance training and breathing meditation.

The program has been developed in consultation with relevant health care professionals. All providers of the PINC Next Step program have had specific training to ensure:

- Familiarity with cancer treatment side effects and the exercise modifications required to account for these;
- The exercise program progressively increases dose, duration, and intensity as tolerated;
- Regular attention to infection control practices

Medical approval is sought before women participate in the programme and you are therefore asked to complete and sign the form below.

Clinician name: \_\_\_\_\_

Participant name: \_\_\_\_\_

I give approval for my patient to participate in the PINC Next Steps program. Y / N

My patient has completed their cancer treatment Y / N

Are there any limitations/ concerns? Y / N

If yes, please specify? \_\_\_\_\_

Signature of Dr: \_\_\_\_\_

Oncologist

Breast Surgeon

GP

PINC physiotherapist