

Evidence-based recommendation

N2. Consider referral to a physiotherapist for assessment of functional ability and provision of exercise and other physical strategies including lymphoedema management. (NCCN)

✓ Physiotherapists can provide several evidence-based strategies including exercise, heat/cold therapy, massage, TENS, ultrasonic stimulation, relaxation and lymphoedema management.

Evidence-based recommendation

N3. Provide support for any psychosocial and spiritual concerns identified during comprehensive assessment which may be contributing to cancer-related pain. (NCCN)

✓ Pain is an outcome of a person's biological, psychological, social, cultural and spiritual circumstances. Therefore, while pharmacological interventions are the mainstay of cancer pain management, psychosocial care is also an essential component of a comprehensive care plan. Health-care teams should include this aspect of care when devising patient care plans, enabling supportive and culturally appropriate counselling for patients and their families. Care plans should allow for spiritual counselling appropriate to the beliefs of the patient and family. (WHO)[23]

Evidence-based recommendation

N4. Consider referral to an occupational therapist for assessment and management. (Consensus)

✓ Occupational therapists can assess activities of daily living, energy conservation, anxiety management, relaxation and lifestyle impact management, and assess potential benefits of diversional therapy, splints, role support, advice on functional ability, positional and seating assessment and advice, wheelchair, assistive equipment and home modifications.

Evidence-based recommendation

N5. Consider referral to a clinical psychologist for psychological therapies and support. (Consensus)

✓ Evidence-based interventions which may be delivered by a psychologist include: cognitive behavioural therapy, mindfulness based stress reduction, acceptance-based training.

Evidence-based recommendation

N6. Consider music, either prerecorded or with a music therapist. (NCCN, ASCO 2016, ASCO 2022,)

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N7. Offer to discuss any complementary therapies the person may wish to consider, and provide reliable information about the evidence for their effectiveness and risks. (Consensus)