

**This form must be completed and returned before the program commences to:
 YWCA Hunter Region Inc, YWCA Encore Program, 24 Dawson St, Cooks Hill NSW 2300
 or email to encore@ywcahunterregion.org.au**

Medical Approval Form

P2A

For completion by your GP or treating specialist

If you are still undergoing treatment, please have the medical consent form completed by your treating specialist.

YWCA ENCORE is an exercise and support program for any woman who is at least eight weeks post-breast cancer surgery. It consists of **floor and pool-based exercises**. The exercises have been developed in consultation with relevant health professionals, are overseen by an Advisory Committee of health professionals, and all programs are delivered by trained YWCA ENCORE Facilitators who have Senior First Aid qualifications.

Medical approval is sought before women may participate in the program and you are therefore asked to complete and sign the form below. If you require any additional information about the program, please contact the YWCA Encore Coordinator on 02 4929 2954.

I (print full name of physician) _____

give approval for (print full name of participant) _____

to participate in the YWCA ENCORE program.

Please tick the appropriate response to the following:

- | | |
|---|------------------|
| I certify that my patient is at least 8 weeks post-surgery | Yes No N/A |
| I certify that my patient can attend whilst undergoing chemotherapy | Yes No N/A |
| I certify that my patient can attend whilst undergoing radiotherapy | Yes No N/A |
| Are there any recommended limitations to exercise? | Yes No |

If yes, please specify

Signature of Dr: _____ Dated" _____

- Radiation Oncologist
 Medical Oncologist
 Breast Surgeon
 GP

Before signing please refer to attached fact sheet (Fact Sheet July 2020)

More information on the YWCA ENCORE program can be found at www.ywcaencore.org.au

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 or scanned and emailed to encore@ywcahunterregion.org.au

YWCA Encore Medical Action Plan

Please discuss this with your doctor and return with medical approval if applicable

P2B

A medical action plan needs to be completed for each medically diagnosed condition that may require an intervention, such as diabetes, asthma, vertigo, epilepsy or other.

Medical Action Plan 1

Condition:

Steps for intervention:

Medical Action Plan 2

Condition:

Steps for intervention:

Medical Action Plan 3

Condition:

Steps for intervention:

In case of emergency related to the above condition(s), I give permission for my Encore Facilitator or Emergency Respondent to administer first aid to me using steps I've outlined above for the duration of the Encore Program.

 Name of participant

 Signature of participant

 Date

Fact Sheet

YWCA Encore

The health and wellbeing of individuals and families within our communities is essential to ensure they can have happy and productive lives. We focus our support on health issues with a focus on prevention, healthy lifestyles and wellbeing.

What is Encore?

YWCA Encore is a free exercise and information program specifically for women who have experienced breast cancer at any time in their lives. It's an inspiring and empowering approach to recovery from breast cancer, which aims to meet the exercise and support needs of women after the trauma of their treatment in a nurturing non-medical environment. The Encore program commenced in NSW in 1996 and it now being delivered in 43 locations across the state from central Sydney all the way to Broken Hill

What's involved?

Encore, through targeted exercises, can help relieve common side effects associated with surgery and treatment. This can include pain, fatigue, loss of mobility, and loss of strength in their upper bodies.

The 8 week program (two hours per week) incorporates land and hydrotherapy exercises in a small group environment with trained Encore facilitators and is overseen by an Advisory Committee of health professionals. The land exercises include mobility and stretching exercises focused on the upper body and aimed at maintaining and improving range of motion. The pool session includes aerobic based exercises to build or maintain cardiovascular and cardiorespiratory fitness and strengthening/resistance exercises to help maintain or build muscular fitness and

endurance. Pool temperatures are between 29 and 34 degrees.

Our information sessions incorporate relaxation and links to other service providers. A minimum of four guest speakers are provided on a range of relevant health and wellbeing topics.

Benefits of the program include:

- improved mobility and flexibility in the upper body
- boosting your self-esteem and self-image
- relieving any discomfort you may be experiencing as a result of surgery
- reducing the potential risk of lymphoedema
- assisting women with lymphoedema; and
- creating a positive attitude to life and health

More than an exercise program, Encore provides a supportive environment where women can connect with other women who share a similar experience.



Contact us

If you would like more information, please contact:

YWCA Hunter Region Inc.
Phone: 02 4929 2954
Email: encore@ywcahunterregion.org.au

Please note: This Fact sheet does not need to be returned with enrolment forms, please keep for personal reference.