At Centra we are committed to offering the best available survivorship services. This is why we have implemented the STAR (Survivorship Training and Rehabilitation) Program developed by Julie Silver, M.D., and Oncology Rehab Partners. Whether you are newly diagnosed or long finished with treatment, you may benefit from the Centra STAR Program. Centra oncology rehabilitation is open to everyone at any stage of cancer or phase of recovery. Cancer survivors may participate in rehabilitation to help manage the effects of cancer and treatment-related conditions. Newly diagnosed patients may want to increase their strength and endurance in order to prevent future medical problems. Years after cancer treatment has concluded, rehab interventions can help improve functioning and stamina.

As the country’s first STAR Program certified health care facility, we are uniquely qualified to offer premium oncology rehabilitation to cancer survivors undergoing treatment or living with its aftermath. The STAR certification demonstrates Centra’s commitment to cancer survivorship care and to the development of our continuum of care.

Fast Facts

- Centra is the first in the nation to receive STAR certification for cancer survivorship rehabilitation.
- The STAR Program is appropriate for people with many types of cancers including but not limited to cancer of the breast, lung, prostate, brain, colon, head and neck.
- Our team of physical therapists, occupational therapists and speech therapists work closely with your doctors to ensure a safe, optimal return to recovery.
- A personalized treatment plan addresses individual needs, and STAR Program participants receive a guidebook and pedometer to help track success.
- Social work services are available through the Alan B. Pearson Regional Cancer Center.
- Participation in the STAR Program requires a physician referral to receive physical, occupational and speech therapy.
- Oncology rehabilitation is covered by most insurance companies, including Medicare.

A patient receives physical therapy at Centra Virginia Baptist Hospital Outpatient Rehab clinic.
Cancer Survivorship

The STAR Program recognizes cancer survivorship as a distinct phase of cancer care. A key element of an excellent survivorship program is oncology rehab, which helps facilitate optimal physical and emotional recovery from cancer and its treatments. Lingering pain, profound fatigue and de-conditioning, decreased range of joint motion due to surgery and radiation treatments as well as other lingering side effects can all be mitigated with interdisciplinary rehabilitation.

Medical staff involved in the STAR Program include:

- Physicians
- Occupational therapists
- Speech and swallowing therapists
- Licensed clinical social worker
- Wellness professionals
- Physical therapists
- Lymphedema therapists
- Registered dietitians
- Exercise physiologists

Focus on Function

How are you doing? What areas of your life have been impacted by your illness or treatment? What is your quality of life? We know that cancer and cancer treatment can impact the individual’s ability to function. Historically, patients finishing cancer treatment have been left on their own to try to regain their previous level of functioning, often struggling with issues that they assumed would become a part of everyday life. Pain, fatigue, lack of energy, restricted motion and de-conditioning are common complaints which can impact the quality of life. Oncology rehabilitation addresses these issues to help cancer survivors maximize their ability to function and improve the overall quality of life.

Wellness Phase

Continuing regular exercise training during and after cancer treatment is associated with many benefits. Wellness services designed specifically for cancer survivors are available on a private pay basis. Options include a supervised exercise program and a 12-week lifestyle weight management program. A registered nurse and exercise physiologist work closely with each client throughout the programs. Often, this phase is the transition between rehabilitation and managing an exercise/activity program independently. For additional information on the wellness program, schedule and fees, contact Beckie Hunt, R.N., at Centra’s Healthy Living Center, Jamerson Family YMCA, 434.237.8163.