

CANCER REHABILITATION CENTERS ABROAD AND IN UKRAINE

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Actuality: In 2016, 8.9 million people are estimated to have died from various cancer forms [1]. According to WHO till 2030, cancer mortality will increase by 45%, as compared to the data of 2007 [3]. This determines the relevance of this topic and the need for in-depth study.

Aim. Our main goal is to consider and compare well-known oncological rehabilitation centers abroad (Germany, Latvia) and in Ukraine.

Tasks. Major tasks are the following: to compare the physical rehabilitation centers of oncology patients abroad and in Ukraine, – to examine the physical rehabilitation methods in those cancer centers.

Methods of research: theoretical analysis and generalization, method of comparison, method of mathematical statistics.

The process of rehabilitation is the physiological and psychological restoration of the patient's condition, the returning of the lost organism functions, the improving of the patient's life quality to the maximum possible level.

Khripunkova A. noted that only 35% of patients received comprehensive instructions for further rehabilitation, 40% – insufficient information, and 25% – no information on this issue. Patients are unaware of the need for rehabilitation, or simply do not know where to go [2].

Max Grundig Clinic in Germany, Baden-Baden is located in the Black Forest. There is a department of physical rehabilitation that conducts physiotherapy, yoga and aquafit. Their cancer rehab centers help and explain that physical exercises can reduce the side effects of cancer therapy and chronic fatigue syndrome, and exercises have a beneficial effect on the mental health of cancer patients. The rehabilitation program may include the following therapies: physiotherapy, psychotherapy, sports therapy, occupational therapy, relaxation therapy, psycho-oncology, art therapy, psychological seminars, health seminars, nutrition tips, stroma care or wounds.

One more rehab clinic is Clinic Bud Trissl. It is located in the middle of Upper Bavaria in Alps. There is a Gym with 15 simulators such as: fitness apparatus,

treadmill, elliptical trainer, simulators for strength training where patients occupy to improve their physical and psychological health. This clinic specializes in the following: physiotherapy (gymnastics, respiratory therapy, sling table, manual therapy, hydrotherapy); sports therapy (cardiovascular training, nordic walking, morning gymnastics, pilates, gymnastics hands and shoulder joint, etc). Ergotherapy is performed in order to restore all body functions in everyday life (functional mobility training or sensitivity training).

Latvian Virotherapy Center, in Jurmala specializes in the following: lung cancer, melanoma, sarcoma, stomach cancer, bladder cancer, kidney cancer, pancreatic cancer, uterine cancer. It is possible to ride bikes, walk at the seashore and in the park. Ozonotherapy and art therapy are used for rehabilitation too.

UBI Medical Center (Ukraine, near Kyiv) is a premium class international clinic, which provides complex rehabilitation throughout patient's life. Clinic specializes for patient's rehabilitation: between chemotherapy and radiotherapy sessions; after a full course of radiotherapy and chemotherapy; after cancer operations; before carrying out complex antitumor therapy (preparation) with postoperative lymphedema of limbs. During rehabilitation some tinctures, ozone therapy needle, hypoxia-therapy, pressure therapy, thalasso therapy, reflexotherapy with osteopathic massage are applied.

In Ukraine, a number of foundations have been created to help cancer patients and also conduct rehabilitation. Patients attend classes on physical education, gym, salt room, swimming in the pool, receiving phyto- and aromatherapy, relaxing in the relaxation room. However, there are offices or departments of physical rehabilitation in hospitals and sanatoriums (eg., sanatorium «Khorol» in Mirgorod, sanatorium "Ostrech" in Mena (Chernihiv region)).

Conclusions. Oncology is widespread in the world and statistics on morbidity is increasing. Most people do not know what to do even after they have successfully completed the treatment. Overseas rehabilitation of cancer patients is more widespread and more progressive. At present, this sphere in Ukraine is underdeveloped and involves a series of measures aimed at restoring or compensating for broken or completely lost functions. More rehabilitation methods are available abroad, but these clinics are expensive enough. The rehabilitation of cancer patients in Ukraine is also not cheap, but there are funds created to help these people. The patients rated them on five point scales on official sites and according to the processed data Max Grundig Clinic got 4.6; Klinik Bad Trissl –4.2, and Latvian Virotherapy Center and the UBI Medical Center both received the highest scores.

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