

What is the Alberta Cancer Psychiatry Program?

The Alberta Cancer Psychiatry Program helps people with cancer feel and move better.

Our team includes specially trained doctors and a pharmacist who treat problems or symptoms caused by cancer and its treatment, such as surgery, radiation, chemotherapy, stem cell transplant, and other medical treatments. We work closely with the Rehabilitation Oncology team, which includes occupational therapists, speech therapists, physiotherapists, and therapy assistants, to support your care.

Our goal is to help you stay as active and independent as possible and support you in reaching your health goals.

“The doctor was thorough in their questions, kind in their manner and very knowledgeable when explaining what was happening and what treatment they were recommending. They made sure I was comfortable with the treatment plan and answered every question I had.”

—Patient testimonial

How do I access these specialists?

Psychiatry services are available for cancer patients in Alberta. You can access these services in person in Calgary, or by telephone or virtual meetings from anywhere in the province.

You can ask your cancer doctor, nurse, rehabilitation therapist, or family doctor to send a referral.

Referral information for clinicians

Within Connect Care

Send an internal referral using **Ambulatory Referral to Physical Medicine and Rehabilitation**

Department:
CGY ACCC Cancer Psychiatry CL

External referrals

Search **Rehabilitation Oncology - Psychiatry** in the Alberta Referral Directory. albertareferraldirectory.ca

Fax: 403-355-9734

Email: AlbertaCancerPsychiatry@ahs.ca

Information for
patients & families

Cancer Psychiatry



Symptom management



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What are physiatrists?

Physiatrists are doctors who specialize in treating problems that affect the muscles, nerves, brain, spine, joints, and bones.

Cancer physiatrists focus on preventing and treating physical changes caused by cancer and its treatments. They look at symptoms and changes that affect your daily life, such as pain, tiredness, weakness, trouble moving, or thinking problems. Together with you, they create a care plan to help you feel and function better.



When should I see a physiatrist?

Cancer psychiatry helps people manage problems caused by cancer or its treatments. It can support anyone affected by cancer, at any stage, whether you are:

- Newly diagnosed and want to stay strong during treatment
- In the middle of treatment and having trouble with side effects
- Finished treatment and working to get back to normal activities
- Living with advanced cancer and want to improve your comfort and independence.

How can the cancer psychiatry team help you before, during and after cancer?

Cancer and its treatments can cause side effects. Physiatrists can assess how your body is doing, order tests, and provide treatments to help you with:

- Fatigue (tiredness) or weakness
- Pain from surgery, radiation, chemotherapy, or nerve damage
- Stiff or tight muscles
- Trouble moving a body part (range of motion problems)
- Symptoms of nerve damage like numbness, tingling, or burning
- Balance and walking difficulties
- Brain-fog or memory changes
- Swelling in arms or legs (lymphedema)
- Changes in bowel or bladder control
- Brain or spinal cord problems
- Getting stronger before or after treatment (prehabilitation or rehabilitation)
- Learning what exercises are safe for you
- Preparing to return to work or school.

Our clinical pharmacist can also support your care. They work with you to:

- Understand your medication goals
- Help you get the most benefit from your medications
- Make sure your medications are safe for you
- Manage any side effects
- Adjust medication options or doses, if needed, to help with pain or other symptoms.

Why consider a referral to the cancer psychiatry clinic?

Physiatrists focus on your whole body and how it works, not just one symptom.

They work closely with your cancer team and rehabilitation therapists to make sure your care fits your needs and goals.

Together with you, our team can help you move more easily, manage side effects, and feel more confident in daily life.

