



***Acibadem Mehmet Ali Aydınlar University  
Atakent Hospital Gastrointestinal Oncology Unit  
Spring Symposium:  
Advances in Gastrointestinal Cancer Care***

**A monothematic hybrid and interactive educational meeting:  
“Complexities in the treatment of rectal cancer”**

***6<sup>th</sup> of April, 2024***

**Symposium Chairs: *Erman Aytac, Leyla Ozer***

**Location:** Acibadem University Kerem Aydınlar Campus, Conference Hall,  
Icerenkoy, Kayisdagi St. No: 32 Atasehir/Istanbul, Türkiye, 34752

Zoom link: <https://acibadem-edu-tr.zoom.us/j/acCfI2VfF>

**Pelvic Floor Workshop  
Course Director: *Ozdal Ersoy***

***7<sup>th</sup> of April, 2024***

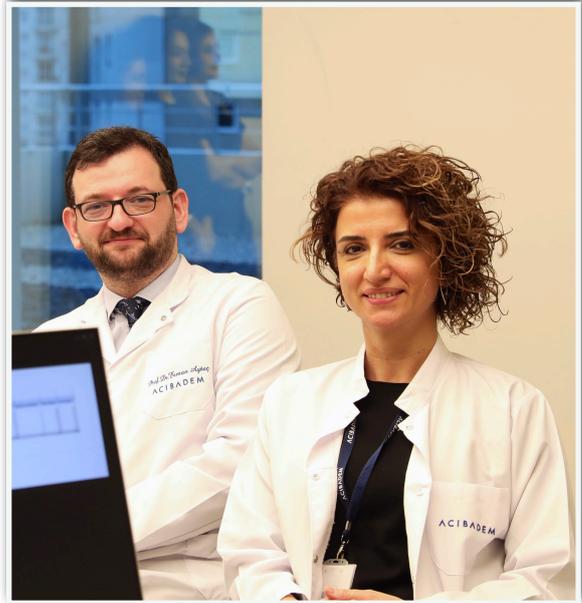
**Location:** Acibadem University Atakent Hospital Halkali Merkez St. Turgut  
Ozal Blvd. No:16 Kucukcekmece/Istanbul, Türkiye, 34303

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## *Chairs' welcome*

It is our pleasure and privilege to welcome you to the Spring Symposium on Advances in Gastrointestinal Cancer Care, hosted by the Acibadem Mehmet Ali Aydınlar University Atakent Hospital Gastrointestinal Oncology Unit. We look forward to welcoming all the caregivers and scientists, who are interested in gastrointestinal cancer, to our two days academic event including a monothematic, hybrid, interactive educational meeting and a pelvic floor workshop. The educational meeting on 6th of April, 2024 will focus on the complexities in the treatment of rectal cancer. The advances and challenges in the treatment of rectal cancer will be discussed in a multidisciplinary setting by international and national experts.



We will host Sara De Dosso (CH), Kai-Keen Shiu (UK), Ismail Gogenur (DK) and Feza Remzi (USA) as international lecturers. Dan-Corneliu Jinga (ROU), Viorel Scripcariu (ROU) and Andrej Nikolovski (MK) will be present with our national experts as panelists. Michelle Lyons (IRE) will share her experience on Pelvic Health in the meeting and the Pelvic Floor Workshop, which is directed by Ozdal Ersoy at the Acibadem Atakent Hospital on 7th of April 2024.

We would like to take this opportunity to express our gratitude to Mehmet Ali Aydınlar (CEO of Acibadem Healthcare Group and Chairman of the Board of Trustees Acibadem University), Ahmet Sahin (Rector, Acibadem University), Tahsin Guney (General Manager, Acibadem Healthcare Group), Celal Dag (Director, Acibadem University Atakent Hospital) for their support and contributions to our unit and this symposium. The professional efforts of our institutional faculty, personel including our coordinators, nurses and members of patient services are the pillars of our unit and this symposium. We do appreciate their cordial labor. Last but foremost, we would like to thank our families for their ultimate love and tolerance our absence when we are usually lost in the demanding nature of business life.

We hope that you will find this event valuable to improve your professional and academic practice. We wish you a pleasant time in Istanbul for the Spring Symposium of the Acibadem Atakent Hospital Gastrointestinal Oncology Unit.

**Professor Erman Aytac, Professor Leyla Ozer**



## *Pelvic Floor Course Director's Welcome*

This is a warm welcome to all you dedicated healthcare professionals caring for gastrointestinal cancers.

I am thrilled to have you join us on April 7th, 2024 for this vital workshop on Pelvic Physiotherapy for patients with Colorectal Cancer. As you know, this journey can be physically and emotionally challenging for our patients. But the good news is, we, as a healthcare teams, can make a significant difference for their lives.

Through this interactive workshop, we'll delve into the unique pelvic health needs of colorectal cancer patients, exploring how physiotherapy can be a powerful tool in their recovery and wellbeing.

Throughout the day, we'll:

- Discuss the impact of pelvic floor dysfunctions in this population.
- Explore the physical and psychological effects of surgery, radiation, and other treatment modalities.
- Equip you with evidence-based assessment and treatment techniques to address common issues like bowel urgency, incontinence, pain, and sexual dysfunction.
- Foster collaboration and communication between physiotherapists and other healthcare professionals involved in the care of these patients.
- Leave you feeling empowered and confident to integrate pelvic physiotherapy into your treatment plans, optimizing outcomes for your patients.

We have an exciting agenda lined up, featuring:

- Renowned guest speaker Michelle Lyons, experienced pelvic physiotherapist specializing in pelvic health and oncology physiotherapy.
- Young talent pelvic physiotherapist Mervenur Akcay specialised in biofeedback with pelvic floor exercises
- Interactive case studies and practical skill demonstrations.
- Ample opportunities for Q&A and open discussions.
- A supportive and collaborative learning environment where you can share your experiences and expertise with colleagues.

I am confident that this workshop will equip you with the knowledge and skills to make a profound impact on the lives of your cancer patients and I wish you a productive and rewarding workshop.



**Dr. Ozdal Ersoy**



## INVITED INTERNATIONAL FACULTY



*Feza Remzi*



*Sara De Dosso*



*Kai-Keen Shiu*



*Ismail Gogenur*

*Dan-Corneliu*

*Jinga*



*Michelle*

*Lyons*



*Viorel*

*Scripcariu*



*Andrej*

*Nikolovski*



## INVITED LOCAL FACULTY

*Bahattin Cicek*  
*Banu Atalar*  
*Bengi Gurses*  
*Bulent Karabulut*  
*Cengiz Yakicier*  
*Cihangir Akyol*  
*Dursun Bugra*  
*Elif Senocak Tasci*  
*Erdem Akbal*  
*Erkan Vardareli*  
*Ersin Ozturk*  
*Esra Kaytan Saglam*  
*Evrin Abamor*  
*Evrin Kadriye Tezcanli*  
*Faysal Dane*  
*Fatih Selcukbiricik*  
*Feza Yarbug Karakayali*  
*Gokhan Demir*  
*Ilknur Erenler Bayraktar*  
*Meral Gunaldi*  
*Murat Sari*  
*Murat Saruc*  
*Nurdan Tozun*  
*Ozlem Er*  
*Sezer Saglam*  
*Suha Goksel*  
*Sahin Lacin*  
*Suayib Yalcin*  
*Umit Ince*  
*Zumrud Aliyeva*



## INSTITUTIONAL FACULTY

*Ali Arican*  
*Almir Miftari*  
*Aylin Altan Kus*  
*Bedriye Koyuncu Sokmen*  
*Can Saracoglu*  
*Ceren Uysal Bacioglu*  
*Elif Meryem Ugur*  
*Erman Aytac*  
*Fatih Oguz Onder*  
*Fulya Agaoglu*  
*Gokhan Sengul*  
*Guldal Suyen*  
*Hakan Yildiz*  
*Ibrahim Yildiz*  
*Isil Yildiz*  
*Kemal Unal*  
*Leyla Ozer*  
*Mehmet Celal Kizilkaya*  
*Mert Erkan*  
*Merve Unal Isik*  
*Mervenur Akcay*  
*Mirac Ajredini*  
*Mustafa Bozkurt*  
*Ozdal Ersoy*  
*Ozkan Ozdemir*  
*Rumeysa Atabey*  
*Sibel Erdamar Cetin*  
*Zeynep Gural*



## ***“COMPLEXITIES IN THE TREATMENT OF RECTAL CANCER”***

### ***“Advances in Neoadjuvant Treatment for Non-Metastatic Rectal Cancer”***

The concept and content of the neoadjuvant treatment for rectal cancer have been evolved especially in the last decade.

The lecture related to the main theme of the module will be presented by Prof. Sara De Dosso. A related actual case presentation will comprehensively be discussed under the supervision of Professors Ince, Yalcin and Tozun.

**8:30-9:20** Registration

**9:20-9:30** Welcome and introduction

**Chairs:** *Erman Aytac, Leyla Ozer*

### **MODULE 1**

**9:30-11:00**

**Moderators:** *Umit Ince, Suayib Yalcin, Nurdan Tozun*

**9:30-9:50**

**Speaker:** *Sara De Dosso*

**9:50-10:00** Q/A

**10:00-11:00** Case Discussion

**Case Presenter:** *Almir Miftari*

**Panelists:** *Ali Arican, Fulya Agaoglu, Aylin Altan Kus, Hakan Yildiz, Sibel Erdamar Cetin, Cihangir Akyol, Andrej Nikolovski, Dan-Corneliu Jinga, Can Saracoglu, Erkan Vardareli*

**11:00-11:20** Coffee Break



## **MODULE 2**

**11:20-12:50**

**Moderators:** *Ibrahim Yildiz, Bulent Karabulut*

**11:20-11:40**

**Speaker:** *Kai-Keen Shiu*

**11:40-11:50 Q/A**

**11:50-12:50 Case Discussion**

**Case Presenter:** *Elif Senocak*

**Panelists:** *Mert Erkan, Ersin Ozturk, Isil Yildiz, Murat Saruc, Fatih Selcukbiricik, Esra Kaytan Saglam, Evrim Kadriye Tezcanli, Evrim Abamor, Zumrud Aliyeva, Faysal Dane*

**12:50-14:00 Lunch**

## ***“Systemic Therapies in Frail Patients with Rectal Cancer”***

The prevalence of colorectal cancer is high. Majority of patients have been diagnosed at middle and advanced stages. Frailty has been accepted as a denominator, affecting the prognosis.

The lecture related to the main theme of the module will be presented by Prof. Kai-Keen Shiu. A related actual case presentation will comprehensively be discussed under the supervision of Professors Karabulut, Yildiz and Akbal.

**13:10-13:40 Satellite Lecture**

## ***“Pelvic Floor Rehabilitation in Patients with Rectal Cancer”***

**Moderators:** *Ozdal Ersoy, Erdem Akbal*

**Speaker:** *Michelle Lyons*



***“The Value of  
Circulating Tumor  
DNA as a Prognostic  
Marker in Colorectal  
Cancer”***

The role of liquid biopsies seems to have a pivotal role in the treatment of rectal cancer. Recent studies reveal that the detection of circulating tumor DNA correlates with poor prognosis.

The lecture related to the main theme of the module will be presented by Prof. Ismail Gogenur. A related actual case presentation will comprehensively be discussed under the supervision of Professors Saglam and Atabey.

**MODULE 3**

**14:00-15:30**

**Moderators:** *Sezer Saglam,  
Rumeysa Atabey*

**14:00-14:20**

**Speaker:** *Ismail Gogenur*

**14:20-14:30 Q/A**

**14:30-15:30 Case Discussion**

**Case Presenter:** *Busra Sahin*

**Panelists:** *Ozlem Er, Bengi Gurses,  
Fatih Oguz Onder, Cengiz Yakicier,  
Zeynep Gural, Ozkan Ozdemir,  
Mustafa Bozkurt, Ilknur Erenler  
Bayraktar, Viorel Scripcariu*

**15:30-15:50 Coffee Break**



**MODULE 4**

**15:50-17:20**

**Moderators:** *Dursun Bugra,*  
*Gokhan Demir*

**15:50-16:10**

**Speaker:** *Feza Remzi*

**16:10-16:20 Q/A**

**16:20-17:20 Case Discussion**

**Case Presenter:** *Mirac Ajredini*

**Panelists:** *Bedriye Koyuncu*  
*Sokmen, Bahattin Cicek, Suha*  
*Goksel, Banu Atalar, Feza Yarbug*  
*Karakayali, Kemal Unal, Michelle*  
*Lyons, Meral Gunaldi, Murat Sari,*  
*Sahin Lacin*

***“The Current Status  
of Organ Preservation  
Strategies for the  
Treatment of Rectal  
Cancer”***

Organ preservation strategies have been an option in the treatment of rectal cancer. This session will focus on this emerging topic. The lecture related to the main theme of the module will be presented by Prof. Feza Remzi. A related actual case presentation will comprehensively be discussed under the supervision of Professors Bugra and Demir.



# **Pelvic Physiotherapy and Pelvic Floor Rehabilitation in Patients Undergoing Surgery for Colorectal Cancer: A Workshop for Healthcare Professionals**

**April 7th, 2024**  
**Acıbadem University Atakent Hospital**  
**Conference Hall**

This one-day workshop is designed for healthcare professionals working with individuals who have undergone colorectal surgery. Participants will gain in-depth knowledge and practical skills in the assessment and management of pelvic floor dysfunction post-surgery.

## **Objectives:**

- Enhance understanding of pelvic floor anatomy and physiology in relation to bowel function.
- Identify common challenges faced by patients after colorectal surgery and their impact on quality of life.
- Develop skills in performing a comprehensive pelvic floor assessment for this population.
- Learn evidence-based pelvic floor muscle training (PFMT) techniques for various post-surgical presentations.
- Integrate additional self-management strategies for optimal patient recovery.



## MORNING SESSION 9:00-12:00

### *“Welcome and Introduction”*

**9:00-9:15**

**Speaker:** *Nurdan Tozun*

Briefly introduce the facilitator and participants.  
Discuss workshop objectives and expectations.

### *“Colorectal Surgery: An Overview”*

**9:15-9:45**

**Speaker:** *Erman Aytac*

Discuss common types of colorectal surgeries and their anatomical implications.

**Speaker:** *Ozdal Ersoy*

Review potential impacts on bowel function, including incontinence, urgency, constipation, and pain.

### *“Pelvic Floor Anatomy and Physiology”*

**9:45-10:30**

**Speaker:** *Michelle Lyons*

Interactive presentation with detailed diagrams and models explaining the pelvic floor muscles and their role in bowel control.

**Speaker:** *Ozdal Ersoy*

Discuss the neurophysiology of bowel function and the impact of colorectal surgery.

**10:30-11:00** Coffee Break



## *“Pelvic Floor Assessment after Colorectal Surgery”*

**11:00-12:00**

**Speaker:** *Michelle Lyons*

Lecture and demonstration on history taking, physical examination, and specific tests for assessing pelvic floor function in this population.

**Speaker:** *Michelle Lyons, Mervener Akcay*

Practice session on palpation and functional assessment techniques in small groups. Pelvic floor muscle palpation technique

**12:00-13:00** Lunch

## **AFTERNOON SESSION 13:00-16:00**

### *“Pelvic Floor Muscle Training (PFMT) for Post-Colorectal Surgery Patients”*

**13:00-14:00**

**Speaker:** *Michelle Lyons*

- Review different types of PFMT exercises and their specific indications for various post-surgical presentations (e.g., incontinence, constipation)
- Learn cueing and progression strategies for optimal exercise effectiveness.
- Practice guided PFMT sessions



## *“Additional Self- Management Strategies”*

**14:00-14:30**

**Speaker:** *Ozdal Ersoy, Mervenur Akcay*

- Discuss dietary and lifestyle modifications to support bowel function and pelvic floor health.
- Review pain management techniques and scar tissue mobilization strategies.
- Address the role of stress management and psychological support in recovery.

**14:30-14:45** Coffee Break

## *“Case Studies”*

**14:45-15:45**

- Present two anonymized case studies of patients (summarised below) with different post-surgical challenges.
- Facilitate group discussion on applying assessment and management principles to each case.
- Encourage critical thinking and problem-solving skills in managing complex presentations.

**Case 1 Presenter:** *Ozdal Ersoy*

**Discussion:** *Michelle Lyons, Ozdal Ersoy*

**Case 2 Presenter:** *Ozdal Ersoy*

**Discussion:** *Michelle Lyons, Ozdal Ersoy*

## *“Takeaways and Closing Remarks”*

**15:45-16:00**

**Speaker:** *Erman Aytac*



## Case 1: Female patient with LARS (Low Anterior Resection Syndrome)

### Presentation:

- Female, 2 months post-surgery for low anterior resection of a rectal adenocarcinoma.
- Reports urgency, frequency, and occasional leakage of stool, particularly with physical activity.
- Experiences occasional abdominal discomfort and bloating.
- Has difficulty coordinating pelvic floor muscle contractions and reports feeling "weak" down there.

### Assessment:

- Digital rectal examination reveals weakened pelvic floor musculature with poor coordination and endurance.
- Perineometer assessment confirms decreased squeeze pressure and prolonged relaxation time.
- Intervention:
- Targeted PFMT focusing on strengthening and coordinating the levator ani muscles.
- Biofeedback training to improve awareness and control of pelvic floor contractions.
- Dietary and lifestyle modifications to manage urgency and bowel consistency.
- Education on proper toileting posture and strategies for managing leakage.

### Outcomes:

- Significant improvement in bowel control symptoms within 3 months of consistent PFMT.
- Reduced frequency and urgency episodes.
- Improved confidence and quality of life.



## Case 2: Male patient with stoma closure and pelvic floor dysfunction

### Presentation:

- Male, 6 months post-surgery for stoma closure following rectal adenocarcinoma
- Experiences difficulty initiating bowel movements and incomplete evacuation.
- Reports straining and occasional rectal prolapse during defecation.
- Feels discomfort and tightness in the perineal area.

### Assessment:

- Physical examination reveals pelvic floor hypertonicity and tenderness in the anal sphincter muscles.
- Defecography confirms incomplete rectal emptying and paradoxical contraction of the pelvic floor during straining.
- Stoma closure decision
- Intervention:
- Pelvic floor relaxation techniques and myofascial release to address muscle tightness and pain.
- Sensory retraining to improve awareness of rectal fullness and appropriate timing for initiating defecation.
- Biofeedback training to facilitate coordinated relaxation of the pelvic floor during defecation.

### Outcomes:

- Reduced straining and improved rectal emptying within 2 months of therapy.
- Resolution of rectal prolapse symptoms.
- Improved quality of life and decreased anxiety around bowel function.



### **Workshop Materials:**

- Participants will receive a comprehensive handout with detailed information on anatomy, assessment techniques, PFMT protocols, and self-management strategies.
- A list of resources for further learning and clinical practice will be provided.

### **Additional Notes:**

- The workshop is designed for healthcare professionals (doctors, physiotherapists, nurses-limited number with total 30 participants) with a basic understanding of pelvic floor physiotherapy.
- Participants are encouraged to wear comfortable clothing that allows for movement and active participation.
- Ample opportunity will be provided for questions, discussion, and hands-on practice throughout the workshop.

For registration to workshop, please contact:

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**gioncolunit@gmail.com - sevval.demirbas@acibadem.com**





ACIBADEM ATAKENT HOSPITAL

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