

WITH THE SCIENTIFIC SPONSORSHIP OF:



CERTIFIED BY:



Advanced Certificate in Lifestyle Oncology

For healthcare professionals

+ 20 topics | 6 months | online
expert lecturers | supporting materials
certified diploma

February 2026 | 45 hours | 100% online

MODULES

MODULE 1

Introduction to cancer and cancer treatments

- What is Cancer? (including theories and hallmarks)
- Cancer screening and hereditary syndromes
- Cancer treatment
- Clinical research in Oncology
- Oncogeriatrics

MÓDULO 4

Physiotherapy in Oncology: Prehabilitation & Rehabilitation

- Physiotherapy and Palliative Care
- Physiotherapy in Oncology Care
- Integrative rehabilitation after breast cancer

MÓDULO 2

Managing Symptoms and Side Effects of Cancer and its Treatment

- Supportive care and adverse events in Oncology
- Oncology Emergencies

MODULE 5

Exercise After a Cancer Diagnosis

- Exercise to improve health outcomes in cancer survivors
- Yoga in Oncology

MODULE 3

Pillars of Lifestyle Medicine

- Nutrition
- Circadian rhythms & sleep
- Emotional wellbeing & relationships
- Environmental exposure to toxic substances
- Internal and External factors related to cancer risk
- Microbiome in Oncology

MODULE 6

Mental and Emotional Health in Oncology

- Emotional well-being and challenges during & after cancer
- Bridging culture and care
- Family Caregivers
- Communication in cancer care
- Meditation and Mindfulness in Oncology
- New PNI-Based Paradigm in Oncology

MODULES

MODULE 7

Nutrition in oncology

- Cancer cachexia
- Assessment of body composition
- Body composition and outcomes
- Nutrition therapy in cancer
- Decolonising integrative oncology addressing nutrition and social determinants, cultural bias, and holistic care
- Cancer and Nutrition: Setting the scene & the role of nutrition in cancer care
- Dietary Interventions in Oncology
- Metabolic Health and Cancer

MODULE 8

Supplementation in oncology

- Vitamin D
- Omega 3
- Supplementation in Oncology

MODULE 9

Sexual and Reproductive Health

- Sexual and reproductive health in Oncology

MODULE 10

Coaching

- Coaching techniques in Oncology

MODULE 11

Integrating All for Patient Care

- Lifestyle and Integrative Medicine
- Case studies
- The Spiritual Dimension in Cancer Care: The Hero's Journey as a Path to Transformation and Healing
- Patient Navigation

MODULE 12

Extra Module (eBooks)

- Cosmetic and Hair Care in Oncology
- Prevention and Management of Cutaneous Toxicities in Oncology
- Genetic predisposition for cancer

LECTURERS



KATE SWETENHAM, RN

Director of Nursing, President of Palliative Care Nurses Australia

Adjunct Associate Professor Kate Swetenham is a registered nurse and Director of Nursing for End of Life Care in South Australia. President of Palliative Care Nurses Australia, she is recognized for her leadership in palliative care innovation, research, and service development.



PAULA RAVASCO, RD, MD, MSc, PhD

Medical Doctor, Professor, ESPEN faculty and guidelines

Physician and nutritionist with a PhD in Nutrition, Oncology, and Metabolism. Professor and researcher at the Catholic University of Portugal and Egas Moniz University Institute, she leads the Postgraduate Program in Nutrition and Metabolism in Oncology and is a member of the ESPEN Faculty and Guidelines Committee.



PRIYANKA VANDERSMAN, RN

Registered Nurse and Senior Research Fellow

Dr. Priyanka Vandersman is a Registered Nurse and Senior Research Fellow at Flinders University, focusing on palliative care, digital health, and aged care. She contributes to the national ELDAC project, advancing end-of-life care through innovative digital solutions.



JESSICA GORZELITZ, PHD

Researcher and Lab Director, University of Iowa

Dr. Gorzelitz studies physical activity in cancer survivorship, focusing on gynecologic oncology and strength training. At the University of Iowa, she leads the PACS Lab, promoting exercise through distance-based interventions.



JOSÉ PAIS SILVA, MD

Clinical Research Physician at EORTC

José Pais Silva has a background in Pharmaceutical Sciences and Medicine. He then underwent specialist training in Medical Oncology at the Lisbon Portuguese Institute of Oncology whilst also taking a masters in Palliative Care. He has then worked as a Medical Oncologist connected to the clinics and with an interest in research. He is currently working at the EORTC (European Organization for Research and Treatment of Cancer).



FÁBIO GOMES, MD, MRES

Medical Oncologist at The Christie NHS Foundation Trust, Manchester

Dr Gomes received most of his medical training in Lisbon (Portugal), where he achieved his MD having then finalised the medical oncology training between the Lisbon Central Hospitals and The Christie. After completing the speciality training, he continued at The Christie where he worked until 2020 as a clinical research fellow caring primarily for patients with lung cancer and melanoma. During this time, he also worked with the experimental cancer medicine team (ECMT) and completed a MRes in experimental cancer medicine with a distinction at The University of Manchester. In 2020, Dr Gomes was appointed as a Consultant in Medical Oncology with several roles and responsibilities (described above).

LECTURERS



PEDRO CARRERA BASTOS, RD, MSC, PHD CAND

Nutritionist, researcher and professor, Lund University and European University of Madrid

Pedro Carrera Bastos is a Portuguese-Spanish nutritionist and researcher pursuing a PhD at Lund University and the European University of Madrid. Cofounder of CEAN, he lectures internationally and has co-authored influential papers on nutrition, inflammation, and lifestyle-related diseases.



INÊS PIRES SILVA, MD, PHD

Medical Oncologist and Researcher, Melanoma Institute of Australia

Dr. Inês is a medical oncologist and tumor immunologist focused on melanoma and immunotherapy. She trained at Universidade Nova de Lisboa, Instituto Português de Oncologia, and NYU Cancer Institute, and has published extensively in leading journals.



LUZIA TRAVADO, PHD

Clinical Psychologist, Champalimaud Foundation and President emeritus of IPOS

Dr. Luzia Travado is a clinical health psychologist and psycho-oncology specialist with over 35 years of hospital experience. She holds a PhD from the University of Coimbra and works at the Champalimaud Foundation, where she combines clinical practice and research. In 2022, she received an international award for her contributions to psycho-oncology.



HIMA DALAL, OT

Integrative Occupational Therapist and Energy Medicine Practitioner

Hima Dalal is an occupational therapist with over 40 years of experience, integrating vibrational energy and medical science. A National Board Certified OT, she founded Vital Energy Wellness & Rehab Center in South Carolina and now leads Hima Dalal Integrative Health Practice, focusing on holistic rehabilitation and teaching.



ANABELA AMARELO

Nurse, Oncology and Rehabilitation

Nurse since 2003, specialist in Rehabilitation Nursing (2015) and vice-president of AICSO. Works in oncological rehabilitation and educational campaigns about cancer. She has training in CanRehab (2019), a Master's in Rehabilitation Nursing (2023), and is a doctoral student in Nursing Sciences at ICBAS.



HELENA LUZ PAIS, MD

Medical Oncology Assistant

Medical Oncologist at Hospital de Santa Maria, Centro Hospitalar Universitário Lisboa Norte, and Assistant Professor at the Faculty of Medicine, University of Lisbon. Her clinical and academic work is grounded in a strong commitment to evidence-based and patient-centred cancer care. With specialized training in palliative care and a focus on digestive and breast cancers, she actively participates in national and international clinical trials. A member of SPO, ESMO, and ASCO, Dr. Pais also contributes to professional development and advocacy through her involvement in early-career and patient-focused groups within the Portuguese Society of Oncology.

LECTURERS



LAURA NASI, MD

Medical Doctor

Pioneering medical doctor specializing in Integrative Oncology, rooted in Psycho-Neuro-Immunology (PNI). With advanced training in Internal Medicine and Clinical Oncology (Memorial Sloan Kettering Cancer Center, New York), she has excelled in oncology research and led international projects. A Mindfulness facilitator, Dr. Nasi teaches PNI at various universities and offers engaging workshops on integrative health practices.



TORAL SHAH, MSC

Nutritional Scientist and Integrative Oncology Practitioner

Toral Shah is a Nutritional Scientist and Integrative Oncology Practitioner focused on evidence-based nutrition and lifestyle medicine for cancer prevention and survivorship. A breast cancer survivor, she contributes to NIHR research, develops integrative programs, and advocates for health equity through South Asian Supernovas.



SLAVICA KOCHOVSKA, PHD

Research Fellow and PhD

Dr Slavica Kochovska is a Research Fellow at the Graduate School of Medicine, University of Wollongong and an Adjunct Research Fellow at IMPACCT, University of Technology Sydney. She is a palliative care researcher with an academic background in linguistics. Her research focuses on delineating the impact of chronic breathlessness for people with life-limiting illnesses and their families, and alleviating its impact through better recognition, assessment and response in clinical practice.



HELENA SILMAN COHEN, PT, DPT

Physical Therapist and Researcher

Physical therapist with over 20 years of experience, including as lead therapist at Memorial Sloan Kettering Cancer Center. Since 2018, she has led advancements in oncology rehabilitation in Israel, co-founding the first national course in oncology physical therapy and the Oncology PT Subgroup of the Israeli Physical Therapy Society. She contributes to research, lectures widely, and serves as Education Lead for IPT-HOPE.



LEONOR MARQUES, PT, MSC

Physiotherapist

Physiotherapist with clinical and academic expertise in palliative care and respiratory physiotherapy. She has worked in a palliative care unit in Lisbon since 2015 and was part of a community team from 2020 to 2023. A graduate of ESSA and King's College London, she collaborates with educational institutions on physiotherapy training in palliative care. She is a member of the Working Group on Oncology and Palliative Care of the Portuguese Order of Physiotherapists and the EAPC Task Force on Rehabilitation in Palliative Care.



MATT FOWLER, DNP, ACP

Consultant Advanced Clinical Practitioner

Matt Fowler is a Consultant Advanced Clinical Practitioner in cancer services at University Hospitals Derby and Burton NHS Foundation Trust. He specialises in advanced nursing practice, same-day emergency care, low-risk febrile neutropenia, and cancer-associated thrombosis, running weekly clinics in colorectal oncology and thrombosis. Fowler holds a Doctorate in Nursing Practice from Duke University and lectures nationally and internationally at undergraduate and postgraduate levels.

LECTURERS



**MICHAEL
STUBBLEFIELD, MD**

Medical Doctor

Medical Director for Cancer Rehabilitation at the Kessler Institute for Rehabilitation and National Medical Director of Select Medical's ReVital Cancer Rehabilitation Program. He is also a Clinical Professor at Rutgers New Jersey Medical School and is board certified in Physical Medicine and Rehabilitation, Internal Medicine, and Electrodiagnostic Medicine. His work focuses on neuromuscular, musculoskeletal, pain, and functional complications of cancer and its treatments, particularly radiation and neurotoxic chemotherapy. He is a leading researcher and editor of *Cancer Rehabilitation: Principles and Practice*.



**FRANCESCO
BETTARIGA, PT, MSC,
PHD CANDIDATE**

Physiotherapist

Francesco holds a degree in Physiotherapy (cum laude) and a Master of Science in Strength and Conditioning from Middlesex University, London. He is currently a PhD researcher in Exercise Medicine at Edith Cowan University, Australia, where his work focuses on the role of exercise in cancer outcomes and mortality risk. He has published in peer-reviewed journals, speaks internationally on "Exercise is Medicine," and works clinically with people with breast and prostate cancer to support quality of life during and after treatment.



**GEORGIOS
MAVROPALIAS, PHD**

Health Coach and Cancer
Rehabilitation Specialist

Georgios Mavropalias is an exercise oncology and cancer rehabilitation specialist with a PhD in muscle and connective tissue adaptation. He has an international academic and clinical background in exercise medicine, clinical nutrition, telehealth, and oncology research. His work focuses on personalised exercise and lifestyle interventions during cancer treatment, management of treatment-related side effects, and improving functional capacity and body composition. He is also an experienced university lecturer and author of multiple peer-reviewed scientific publications, contributing to the integration of exercise and rehabilitation into modern cancer care.



**SARAH PARTRIDGE,
MBBS, MRCP, FRCR,
DHYP.**

Consultant Clinical Oncologist

Dr Sarah Partridge is currently a Consultant Clinical Oncologist at Imperial Healthcare NHS Trust specialising in Head & Neck cancers based at Charing Cross hospital, where she has principal investigator roles on a number of international trials, is an author of a number of peer-reviewed publications, and plays an active role in the Local Negotiating Committee. Awarded the Henry Myers Exhibition for psychological Medicine at medical school, her interests in Hypnotherapy were initiated during a Research Fellowship in Vancouver prior to starting her consultant post in 2002.

GENERAL OBJECTIVES

To empower trainees with a holistic and integrative view and approach to individuals diagnosed with cancer throughout the various stages of the disease (from the day of diagnosis and continuing throughout their life). To promote the acquisition of knowledge and skills for counseling and guiding individuals diagnosed with cancer on various lifestyle areas that complement hospital treatments and may enhance quality of life and longevity.

FREQUENTLY ASKED QUESTIONS

1. Do I need to attend classes exactly according to the course schedule?

No, classes are recorded and you can watch them at your convenience within the 6-month period.

2. What if I can't attend the live days?

Live classes are recorded, and you can watch them whenever you want.

3. Will I receive a course completion certificate?

Yes, you will receive the course completion certificate. Additionally, if desired, your name will be listed on our website as a certified professional, along with your professional contacts.

4. How long will I have access to the course?

You will have 6 months of unlimited access to the course content. With the premium plan, you can access the recordings for an additional 12 months after the course concludes.

5. I'm a student and I don't have a diploma yet, can I take the course?

Yes, the course is available for students and graduated professionals. Being less familiar with certain areas may require extra dedication to study and stay up to date with the topics.

6. Is this course accredited or endorsed by any professional organization?

This course has scientific endorsement from the MASCC and AICSO and is featured in the Royal Australasian College of Physicians Resource Library.

7. Do you provide CPD points/credits?

ESLO is a CPD Certified Provider, and this programme is CPD certified for 45 hours of CPD learning activities. Participants may record these hours in their CPD portfolio in line with the requirements of their professional body/regulator. The conversion of hours into points/credits is determined by your professional body.

CONTACT US TO RECEIVE ALL THE INFORMATION:

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