

Lab Values: Guidelines for Oncology Rehabilitation

Blood Count	Rehabilitation Considerations
White Blood Cells	> 11.0 $10^9/L$: Symptom-based approach, monitor for fever < 4.0 $10^9/L$: Symptom-based approach, monitor for fever < 1.5 $10^9/L$ (Neutropenia): Symptom-based approach, neutropenic precautions based on facility guidelines. • Mild < 1.5 $10^9/L$ • Moderate 0.5 – 1.0 $10^9/L$ • Severe < 0.5 $10^9/L$
Platelets	< 150,000 cells/uL (Thrombocytopenia): Symptom-based approach, monitor tolerance to activity. > 50,000 cells/uL: Progressive exercise as tolerated, aerobic and resistive with monitoring for symptoms associated with bleeding. >30,000 cells/uL: Active range of motion exercises, moderate exercise, aquatic therapy based on immune status. > 20,000 cells/uL: Light exercise, walking, activities of daily living without strenuous effort; Assess fall risk and implement safety plan for falls prevention < 20,000 cells/uL: Understand transfusion status or plan of care, walking, light activities of daily living, symptom monitoring, precaution for falls.
Hemoglobin	Reference Values Male: 14 – 17.4 g/dL Female: 12 – 16 g/dL < 11 g/dL (anemia): Establish baseline vital signs; may be tachycardic or present with orthostatic hypertension; symptom-based approach to intervention, monitoring self-perceived exertion < 8 g/dL (severe anemia): Close monitoring of symptoms and vital signs with intervention; transfusion may or may not be indicated based on individual presentation; short periods of intervention, symptom-limited; education for energy conservation