

Exercise Oncology

Exercise for the cancer patient

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Who Am I

Ben Kramer (He/him)

- Accredited Exercise Physiologist (AES AEP)
- Director, The UWA Exercise and Performance Centre
- Associate Lecturer, UWA, Clinical Ex. Physiology
- Clinical Practitioner working in Ex Oncology since 2018
- Honours in Exercise Oncology



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Clinical
Oncology
Society of
Australia

COSA POSITION STATEMENT ON EXERCISE IN CANCER CARE

Endorsed by Medical
Oncology Group of
Australia, Cancer Council
Australia, Exercise and
Sports Science Australia,
and Australian
Physiotherapy Association

EXERCISE SHOULD BE PRESCRIBED AS PART OF ROUTINE CANCER CARE

All health care professionals involved with the care of people with cancer should:

- DISCUSS EXERCISE AS AN ADJUNCT TREATMENT FOR CANCER
- PRESCRIBE EXERCISE TO ALL PEOPLE WITH CANCER
- REFER PATIENTS TO AN EXERCISE SPECIALIST WITH EXPERIENCE IN CANCER CARE.



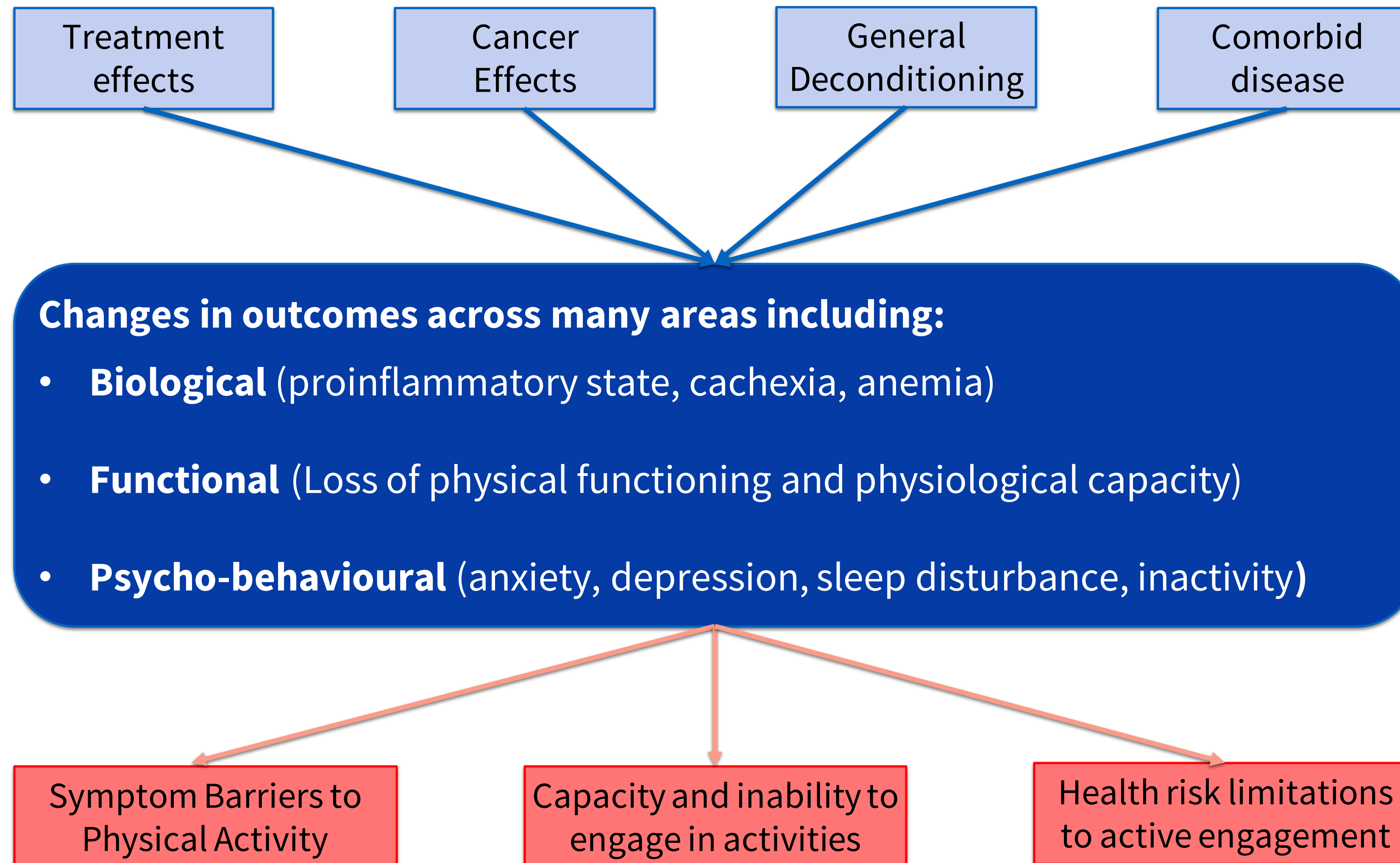
“Exercise as adjunct treatment for
cancer”

“Exercise training and testing is generally safe for cancer survivors and that every survivor should avoid inactivity”

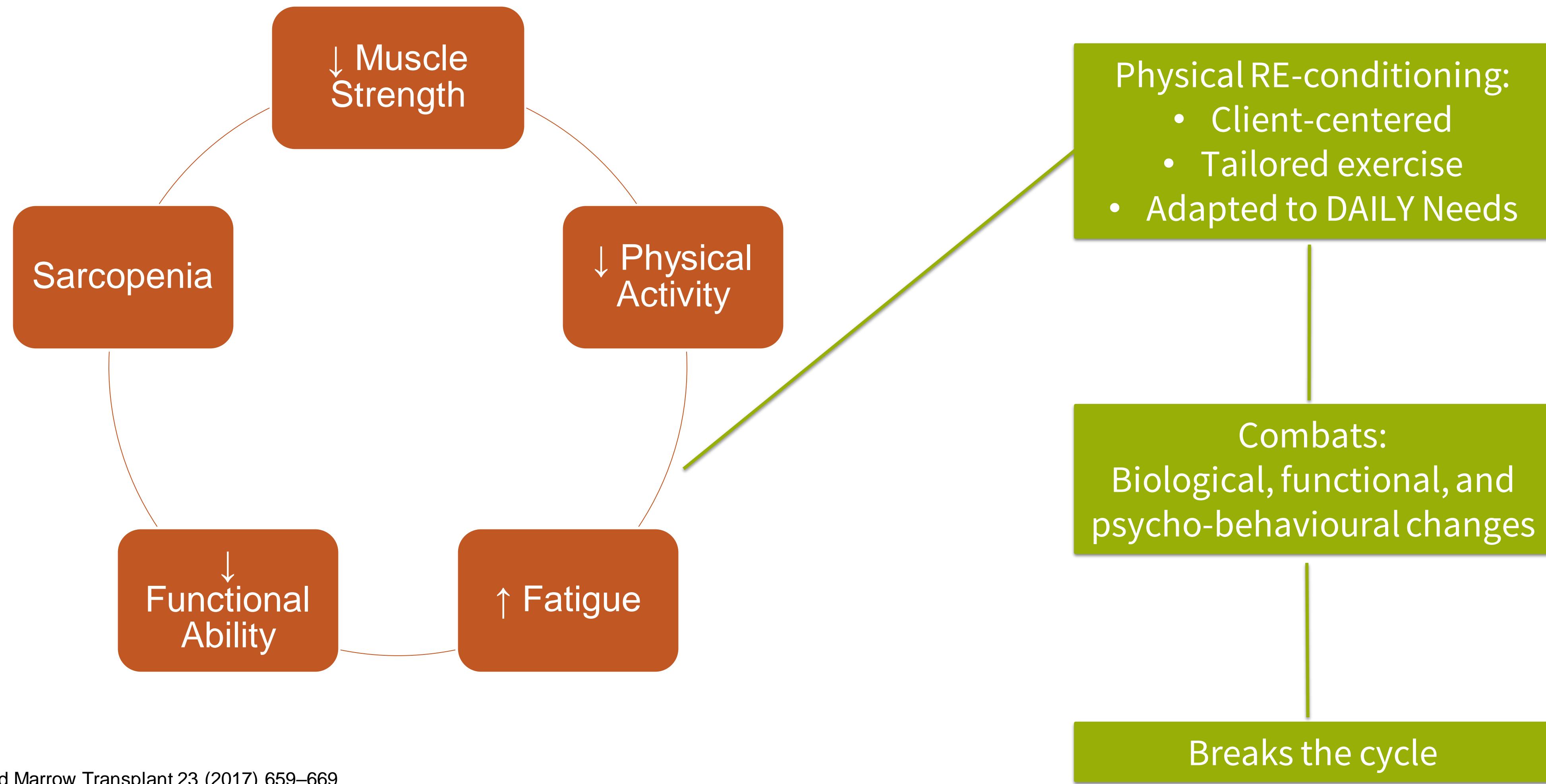


Chemo/Hormone
Treatment=
Fatigue
Quality of Life
Physical Function

Cancer the cycle of functional decline



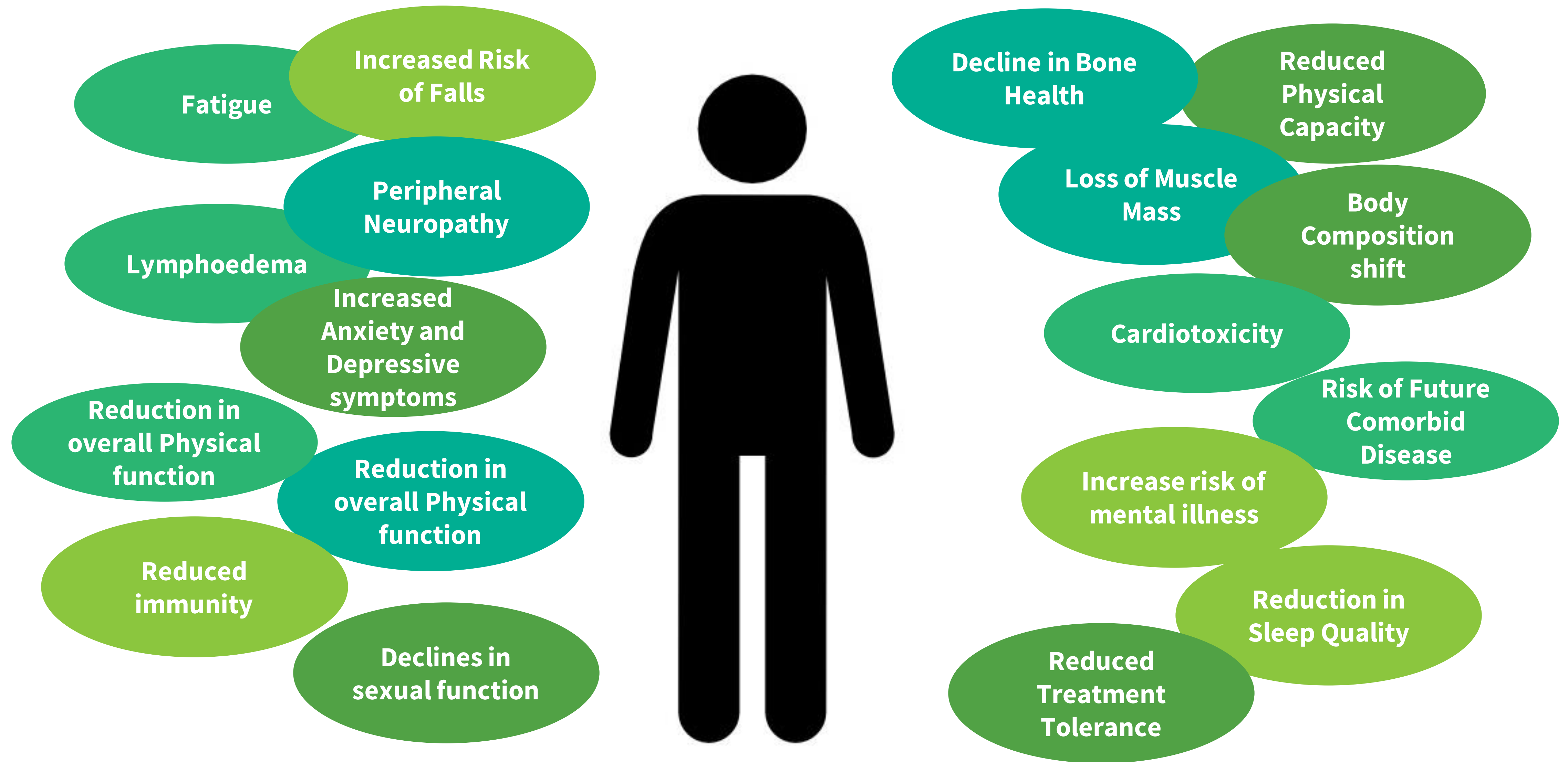
Treatment Related Deconditioning



E.D. Hacker et al. / Biol Blood Marrow Transplant 23 (2017) 659–669
Lucía, A., Earnest, C., Pérez, M. (2003). Cancer-related fatigue: can exercise physiology assist oncologists? The Lancet Oncology 4(10), 616-625.
Furzer, B., Ackland, T., Wallman, K., Petterson, A., Gordon, S., Wright, K., Joske, D. (2016). A randomised controlled trial comparing the effects of a 12-week supervised exercise versus usual care on outcomes in haematological cancer patients Supportive Care in Cancer 24(4), 1697-1707

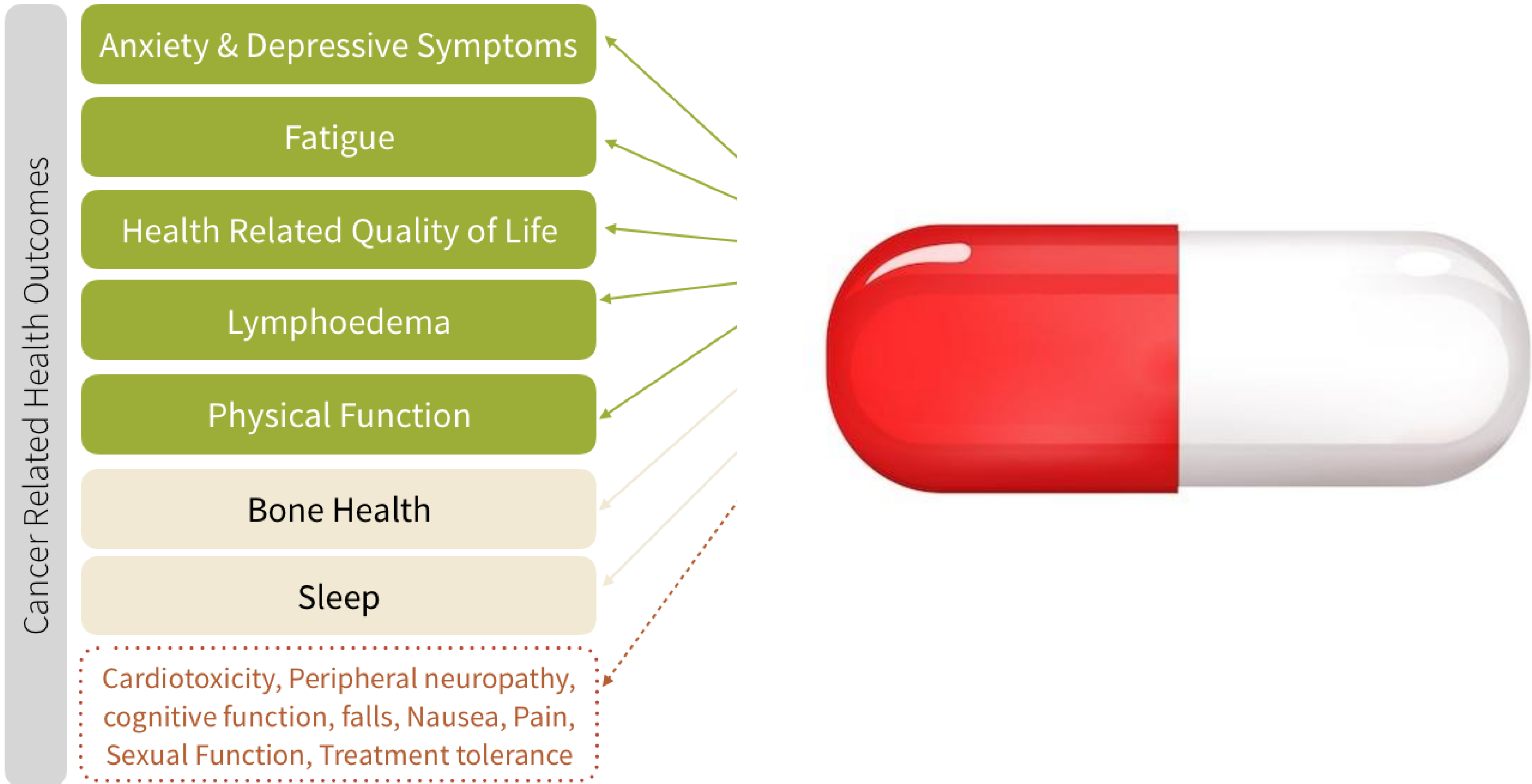
“Prescribe exercise to all people
with cancer”

Treatments for Cancer Patients

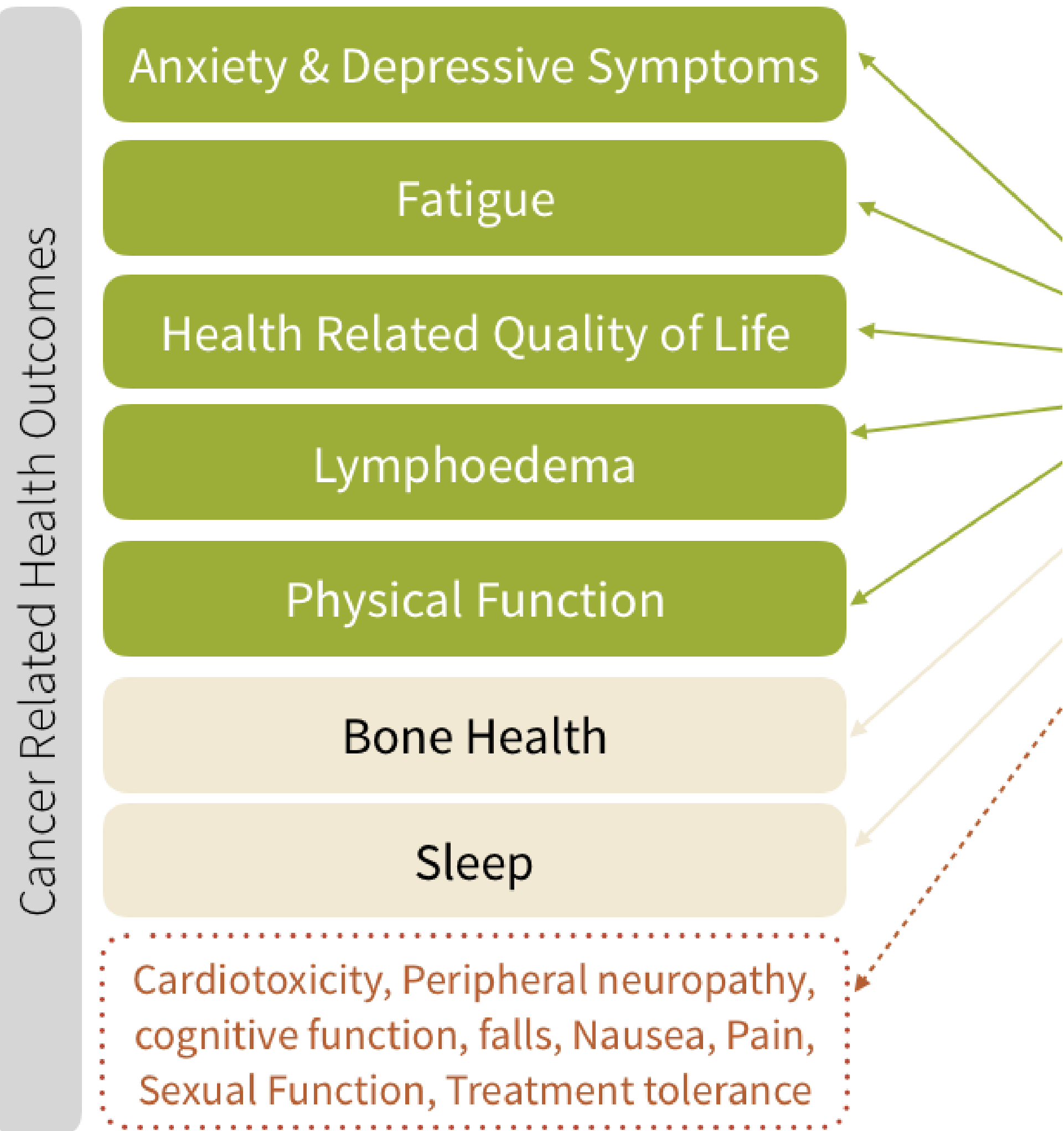


When facing all of this alongside a life-threatening illness, recommending additional physical activity may seem to be unnecessarily burdensome, as it would require an investment of time and energy from the patient.

Treatments for Cancer Patients



Treatments for Cancer Patients



2019 Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable.

Expected benefits for different types of exercise

Aerobic only	Resistance only	Aerobic plus Resistance
Reduced anxiety	Less fatigue	Reduced anxiety
Fewer depressive symptoms	Better QoL	Fewer depressive symptoms
Less fatigue	No risk of exacerbating lymphedema	Less fatigue
Better QoL	Improved perceived physical function	Better QoL
Improved perceived physical function		Improved perceived physical function



Aerobic exercise

3x/week
30 mins per session
Moderate intensity



Resistance exercise

2-3x/week
30 mins per session
2-3 sets, large muscle groups

The Gap

Cancer Causes Control (2007) 18:881–894
DOI 10.1007/s10552-007-9033-5

ORIGINAL PAPER

Health behaviors of cancer survivors: data from an Australian population-based survey

Elizabeth G. Eakin · Danny R. Youlden · Peter D. Baade ·
Sheleigh P. Lawler · Marina M. Reeves · Jane S. Heyworth ·
Lin Fritschi

Psycho-Oncology

Psycho-Oncology 24: 1241–1249 (2015)

Published online 18 June 2015 in Wiley Online Library (wileyonlinelibrary.com). DOI: 10.1002/pon.3882

Compliance to exercise-oncology guidelines in prostate cancer survivors and associations with psychological distress, unmet supportive care needs, and quality of life

Daniel A. Galvão¹, Robert U. Newton¹, Robert A. Gardiner^{1,2,3}, Afaf Girgis⁴, Stephen J. Lepore⁵, Anna Stiller⁶,
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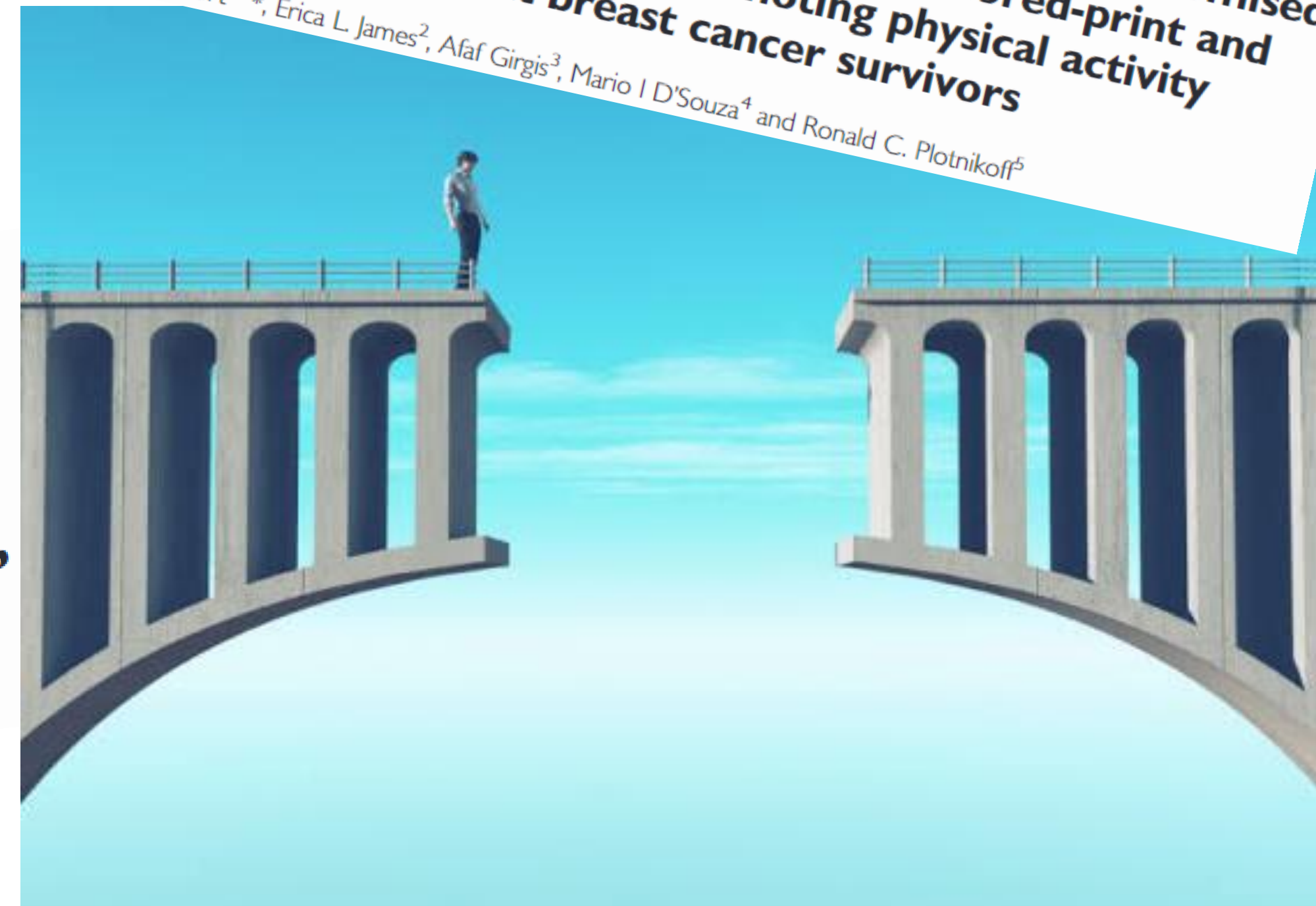
Psycho-Oncology

Psycho-Oncology 24: 771–778 (2015)

Published online 25 July 2014 in Wiley Online Library (wileyonlinelibrary.com). DOI: 10.1002/pon.3639

Main outcomes of the Move More for Life Trial: a randomised controlled trial examining the effects of tailored-print and targeted-print materials for promoting physical activity among post-treatment breast cancer survivors

Camille E. Short^{1,2*}, Erica L. James², Afaf Girgis³, Mario I D'Souza⁴ and Ronald C. Plotnikoff⁵



34. Eakin, E.G., et al., Health behaviors of cancer survivors: data from an Australian population-based survey. Cancer Causes Control, 2007. 18(8): p. 881-94.

35. Short, C.E., et al., Main outcomes of the Move More for Life Trial: a randomised controlled trial examining the effects of tailored-print and targeted-print materials for promoting physical activity among post-treatment breast cancer survivors. Psychooncology, 2015. 24 (7): p. 771-8.

36. Galvao, D.A., et al., Compliance to exercise-oncology guidelines in prostate cancer survivors and associations with psychological distress, unmet supportive care needs, and quality of life. Psychooncology, 2015. [Epub ahead of print].

The Gap

In Australia

Approximately 60-70% of people with cancer do not meet aerobic exercise guidelines

Approximately 80-90% do not meet resistance exercise guidelines

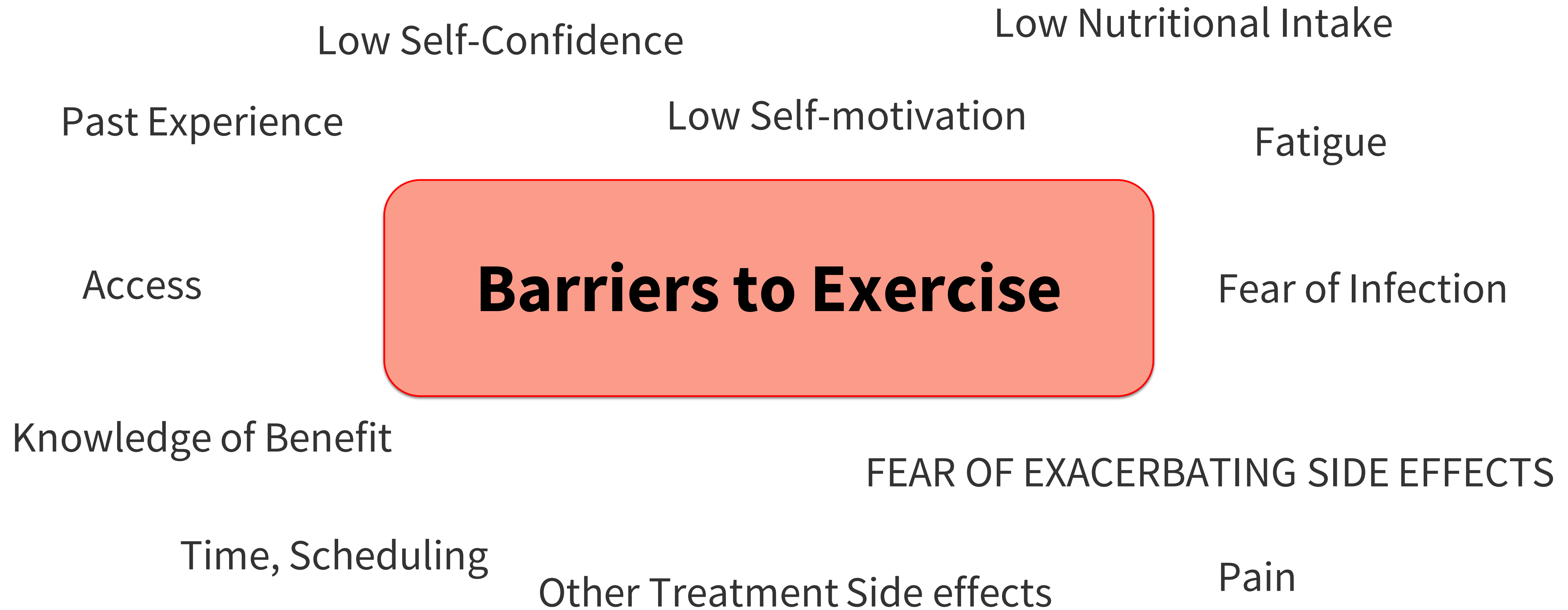


34. Eakin, E.G., et al., Health behaviors of cancer survivors: data from an Australian population-based survey. *Cancer Causes Control*, 2007. 18(8): p. 881-94.

35. Short, C.E., et al., Main outcomes of theMove More for LifeTrial: a randomised controlled trial examining the effects of tailored-print and targeted-print materials for promoting physical activity among post-treatment breast cancer survivors. *Psychooncology*, 2015. 24 (7): p. 771-8.

36. Galvao, D.A., et al., Compliance to exercise-oncology guidelines in prostate cancer survivors and associations with psychological distress, unmet supportive care needs, and quality of life. *Psychooncology*, 2015. [Epub ahead of print].

Why Don't Patients Exercise



Clifford, B. K., Mizrahi, D., Sandler, C. X., Barry, B. K., Simar, D., Wakefield, C. E., & Goldstein, D. (2018). Barriers and facilitators of exercise experienced by cancer survivors: a mixed methods systematic review. *Supportive Care in Cancer*, 26, 685-700.

Hayes, S. C., Newton, R. U., Spence, R. R., & Galvão, D. A. (2019). The Exercise and Sports Science Australia position statement: exercise medicine in cancer management. *Journal of science and medicine in sport*, 22(11), 1175-1199.

Craike, M.J., Hose, K., Courneya, K.S. et al. Perceived benefits and barriers to exercise for recently treated patients with multiple myeloma: a qualitative study. *BMC Cancer* 13, 319 (2013). <https://doi.org/10.1186/1471-2407-13-319>

Getting Patients Exercising

“When and How”

Exercise across the treatment timeline.



Exercise is safe and feasible across the treatment timeline WHEN managed or guided by an appropriate professional.

Sometimes tailored exercise with health professionals is not a feasible option (accessibility, competing health priorities, fatigue etc.).

Regardless, patients should always be encouraged to AVOID INACTIVITY.

The Role of the Medical Team

ARM Your Patients: Facilitating Exercise and Activity

Interventions are most successful when the whole team is onboard.
It conveys a sense of greater importance the more it is reinforced.

Assess and Advise

Refer *(if required)*

Monitor *(ongoing)*

The Role of the Whole Team

ARM Your Patients: Facilitating Exercise and Activity

Assess and Advise

- Assess current PA and exercise levels.
- Advise patients of the broader role of PA and exercise in the management of cancer specific symptoms (fatigue, poorer physical function, etc).
- Advise patients when they are not meeting recommended activity levels.

The Role of the Whole Team

ARM Your Patients: Facilitating Exercise and Activity

Rrefer (if required)

- Patients need a referral to appropriate exercise intervention.
- Have a network of trusted providers.
- Refer with a list of concerns if you have any.
- The willingness to discuss exercise with the patient and refer the patient onwards shows the practitioner's confidence in the benefits of exercise.

The Role of the Whole Team

ARM Your Patients: Facilitating Exercise and Activity

Monitor (*ongoing*)

- Regular evaluation of activity levels is needed.
- Regular follow-up, monitoring progress (or lack thereof) at subsequent visits.
- Each of these other steps should be repeated at regular intervals.
- Referral may be required at a later date if condition declines.

“Referral to exercise specialists
with experience in cancer care”

Finding An Exercise Expert

Best practice cancer care to include referral to an accredited exercise physiologist and/or physiotherapist with experience in cancer care

Who

- Accredited Exercise Physiologists
- *University qualified Allied Health Professional.*
- *Use exercise as their therapeutic intervention modality to assist an individual in recovering function, health or wellness.*

What

- *Trained to design and deliver exercise interventions for patients with chronic and complex conditions. This includes specific training in exercise oncology.*
- *Model of therapy includes comprehensive assessment, monitoring and multidisciplinary practice.*
- *Trained in behaviour change and health coaching principles to support lifelong activity*

Where

- *Exercise and Sports Science Australia (ESSA)*
- *Cancer Council and other support services*

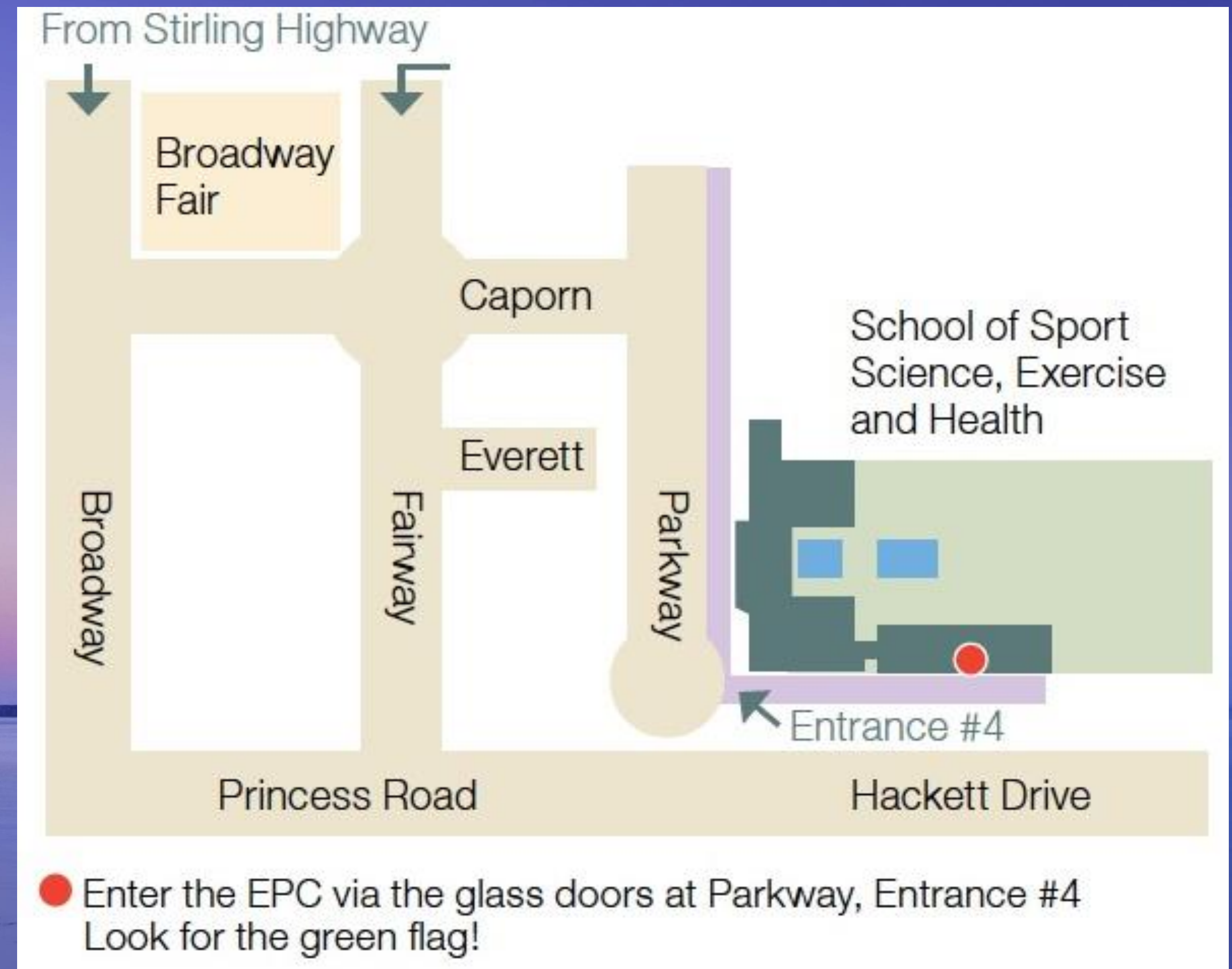


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Where Are We!



OR Find an AEP at the link Below

https://www.essa.org.au/Shared_Content/Smart-Suite/Smart-Maps/Public/Find-an-AEP.aspx?WebsiteKey=b4460de9-2eb5-46f1-aeaa-3795ae70c687



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Thank you !

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