

# Tailored exercise for patients with metastatic breast cancer: a goal-directed program

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## Background

- Exercise Improves quality of life and physical fitness in breast cancer survivors with early stage disease
- Exercise might be equally beneficial for metastatic breast cancer (MBC) patients
- Exercise programs described in the current literature lack tailoring to individual goals

Hypothesis: Exercise interventions tailored to specific, individual goals improves daily functioning and thus quality of life in patients with MBC.

## Aims

To develop and evaluate the feasibility of an exercise program for patients with MBC.

Key Features:

- Client-centered
- Goal-directed



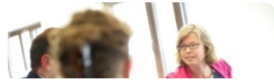
## Methods & Results

### Phase 1 - Development



#### Literature review (16 papers)

- Exercise for advanced cancer
- Quantitative & qualitative studies



#### Health care professional perspective

- Survey (169 Physical Therapists)
- Focus groups (18 PT's)
- Interviews (9 oncologists & GP's)



#### Patient perspective

- Focus groups (10 patients)
- Preferences & expectations
- Survey (114 patients)
- Functional limitations
- Preferences

#### Findings:

- Exercise is safe for patients with advanced cancer
- Exercise can contribute to improved functional mobility and quality of life

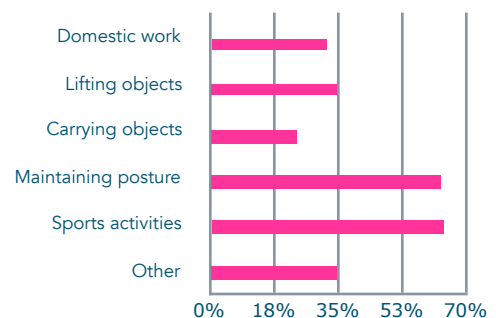
#### Findings:

- PT's require a more detailed referral from the doctor and have various training needs (e.g. dealing with the bone metastases)
- MD's endorse exercise for patients with MBC

#### Patient preferences:

- PT guidance (82%)
- Endurance training (42%)
- Exercise in home environment (37%)

#### Most prevalent problems in activities of daily living (survey data):



## Implications

- Tailored exercise interventions may improve functioning of patients with MBC.
- Based on the findings described above, we developed
  1. a client-centered, goal-directed program, which is based on the best available evidence and takes patients' preferences into account
  2. accompanying PT education

## Next Steps

### Phase 2

#### Feasibility Study

March 2017

### Phase 3

#### Adjustment & Implementation

April 2018

October 2018