

Patients' Adherence to and Satisfaction with Supervised Exercise interventions during Systemic Treatment for Metastatic Colorectal Cancer

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Introduction

- Patients with metastatic colorectal cancer (mCRC) undergoing systemic treatments often experience toxicity.
- Exercise has potential to limit treatment toxicity and prevent treatment modification in patients with mCRC.
- The AMICO trial was launched to examine the effects of two exercise programs vs. usual care on toxicity-induced treatment modification (NCT04754672).
- A qualitative study concurrently with a trial can provide a deeper understanding of delivery and receipt of the intervention and potential pathways underlying effects.

Objective

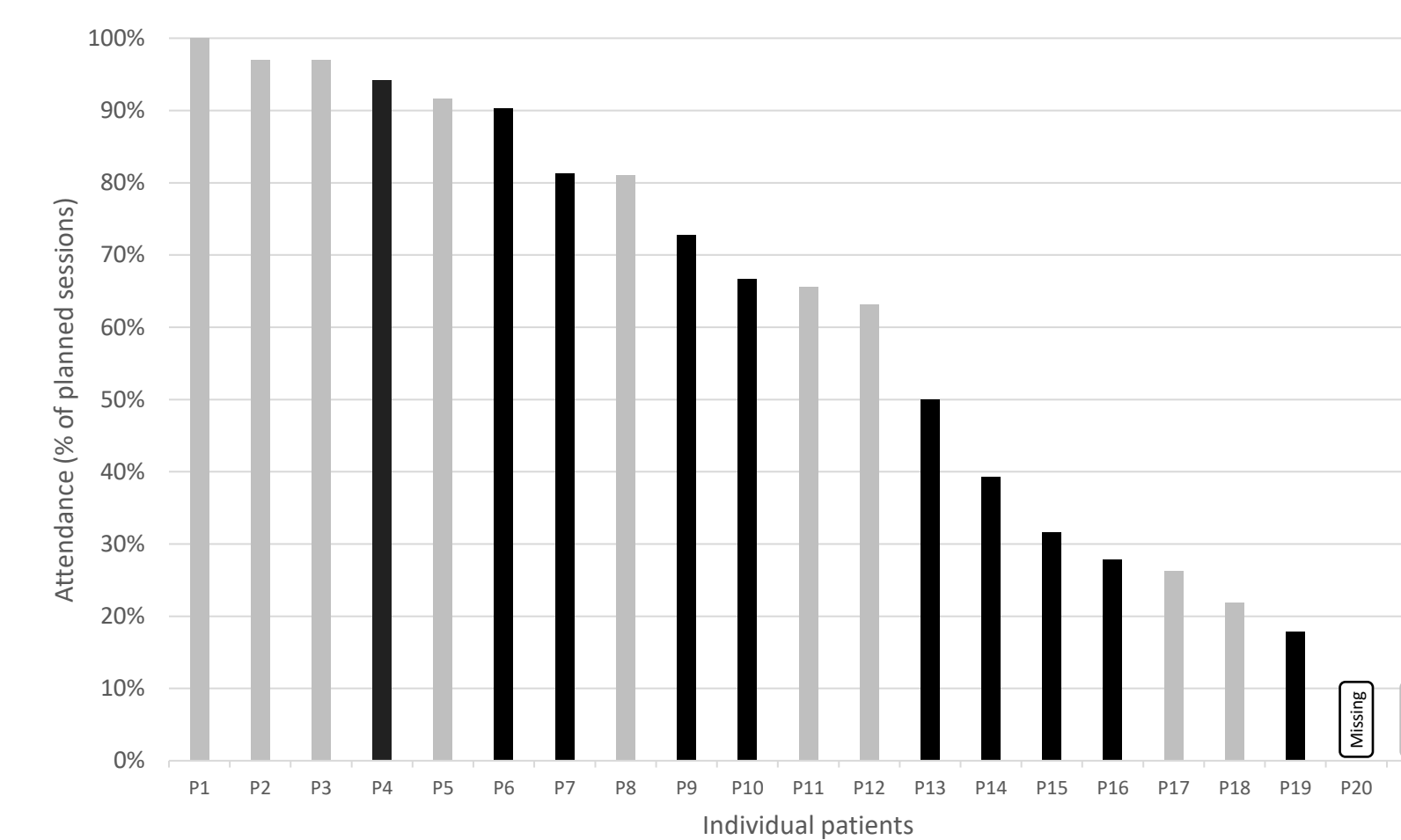
To qualitatively examine adherence, satisfaction and perceived effects of patients with mCRC with exercise during first-line systemic treatment and to complement and contextualize this with quantitative data.

Methods

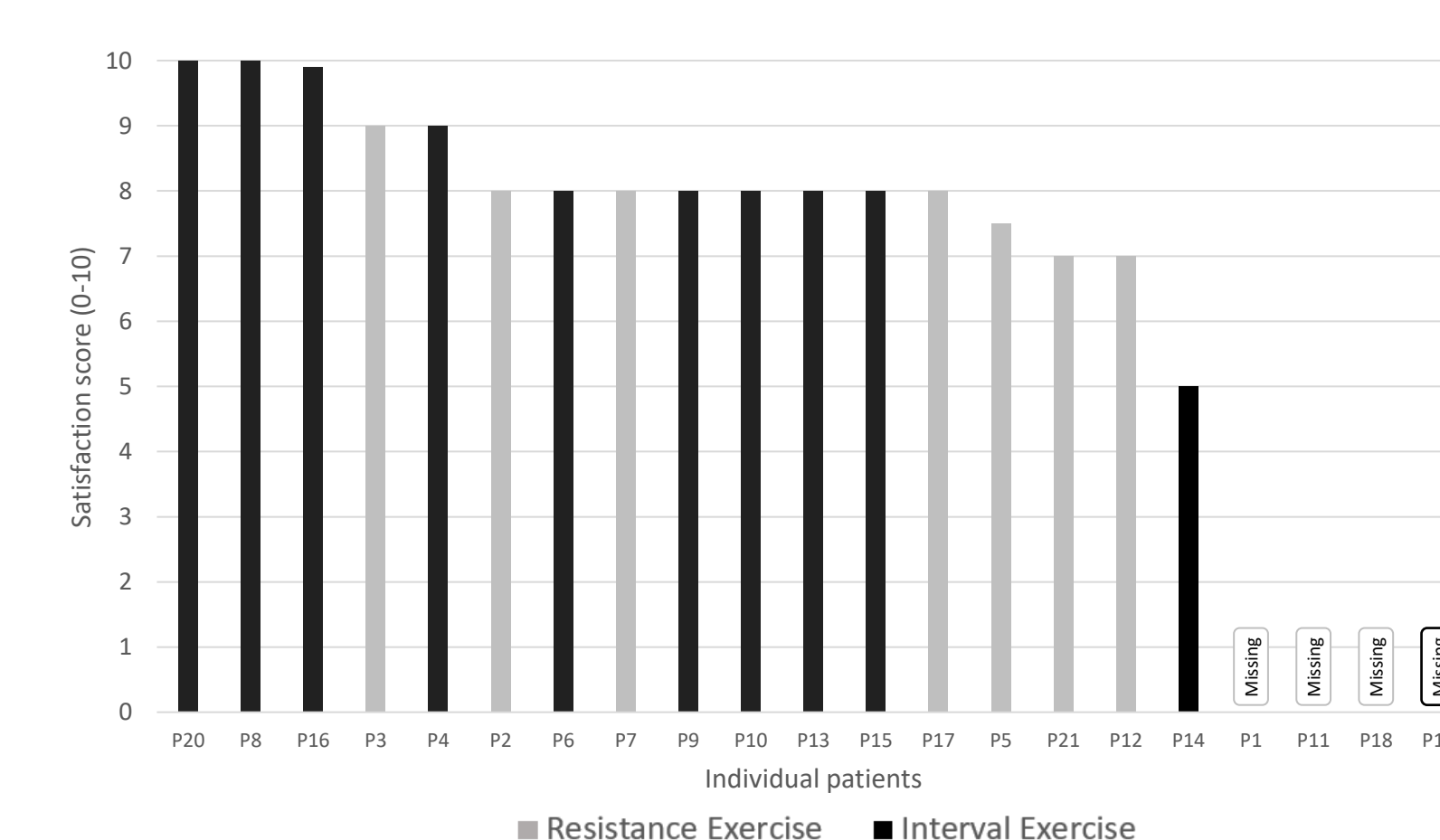
- Patients with mCRC receiving first-line systemic treatment (± 18 weeks) were randomized (1:1:1) to:
 - Usual care control (UC)
 - Aerobic exercise + resistance exercise (AE+RE)
 - Aerobic exercise + high-intensity interval training (AE+HIIT)
- Twice weekly 60 min exercise sessions were supervised.
- Semistructured interviews with patients from the exercise arms after intervention completion, until data saturation.
- Exercise attendance retrieved from exercise logs.
- Satisfaction with intervention rated on a 0-10 scale.

Results

Patient Characteristics (n=21)	Mean (SD) or %
Age in years	63.7 (10.2)
Sex, female	48%
Education, high	53%
Charlson Comorbidity Index ≥ 1	33%
Type of chemotherapy	
- CAPOX	71%
- FOLFIRI	5%
- FOLFOXIRI	24%
No prior treatments	40%

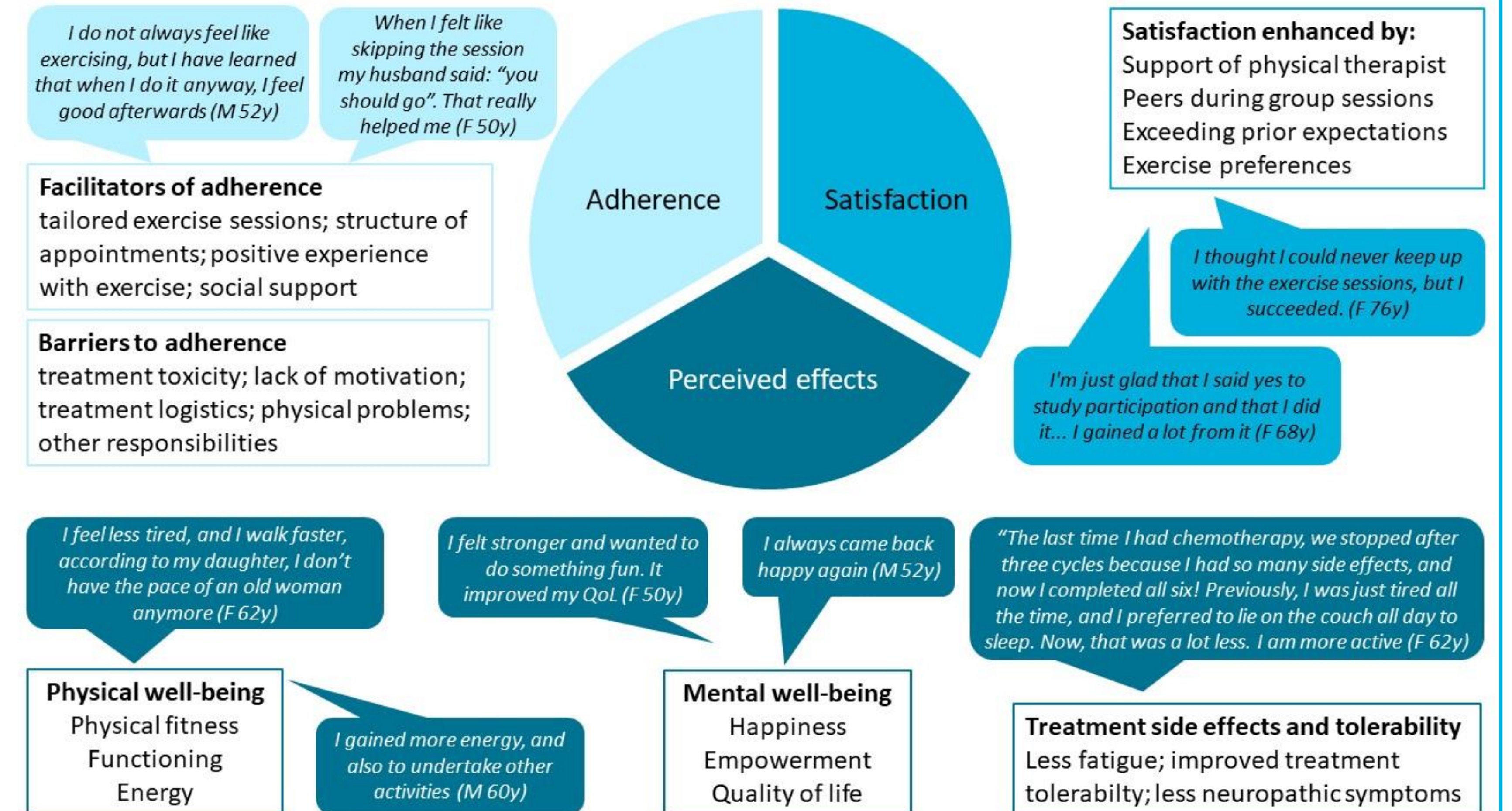


Attendance (0-100%)
median: 67% (IQR 35-91%)



Satisfaction (0-10)
median: 8 (IQR 8-9)

Summary of qualitative data



Conclusion

- Patients with mCRC receiving systemic treatment
 - Are satisfied with the exercise intervention
 - Perceive positive effects on physical and mental well-being and treatment tolerability.
- Adherence can be improved by tailoring the intervention to patients' preferences, comorbidities, treatment-related toxicities, and treatment schedules.
- Effect of exercise on treatment tolerability and well-being are being determined in the AMICO trial.