



Feasibility and Acceptability of the CANcer BEhavioural Nutrition and Exercise Feasibility Trial

Cynthia Forbes, Alex Bullock, Jordan Curry, Flavia Swan, Michael Lind, Angela Darby, Miriam Johnson

Background: Our previous work (Forbes et al, 2019, SCC; Swan et al, 2020, JGO) identified key gaps in the evidence supporting rehabilitation-based programmes for older adults with cancer, and a paucity of work including nutrition interventions alongside those aiming to improve physical activity. Older adults with lung cancer would welcome proactive, clear and instructive information provision for a wellbeing intervention. Barriers to compliance are high. Particularly before and during cancer treatments due to the psycho-social impact of diagnosis, and the physical and emotional effects of cancer treatment.

CANBENEFIT Aim: To test the feasibility of a trial for tailored home-based activity and nutrition programme for people with stage III and IV lung cancer or pleural mesothelioma

Methods:

Where?



2 Yorkshire Trusts
Hull University
Teaching Hospital
York & Scarborough
Teaching Hospital

Population?



Older adults (65+)
Stage III or IV Lung cancer
or mesothelioma
Deemed fit to receive
treatment

Intervention?

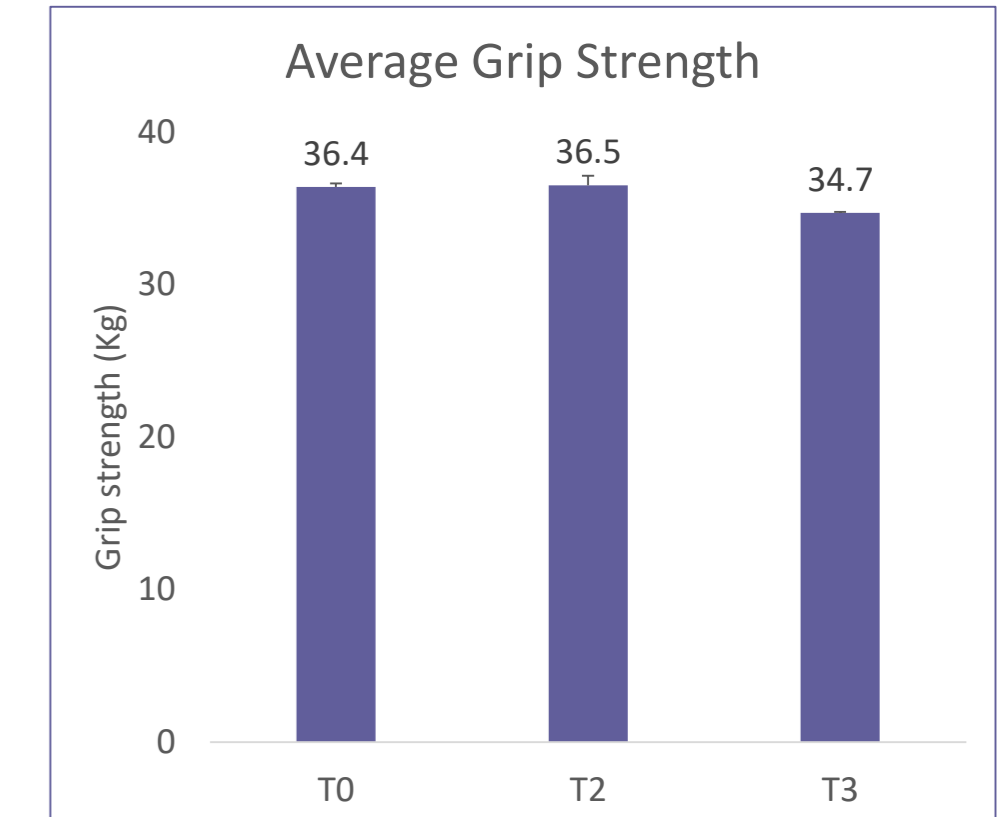
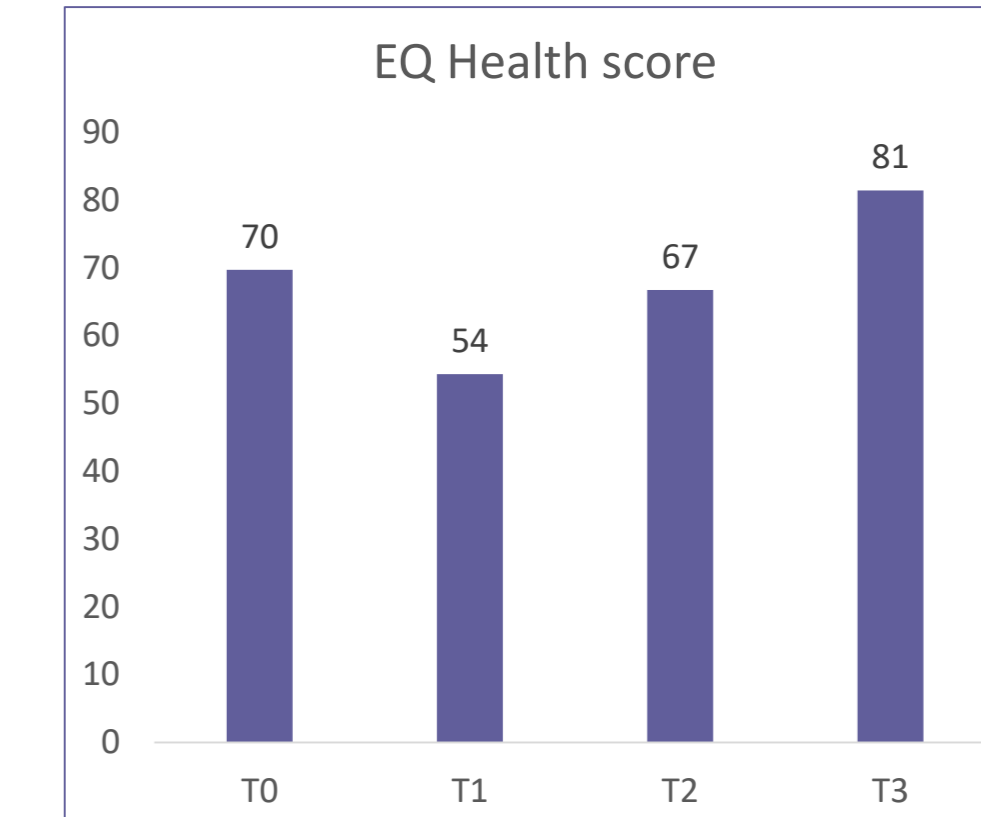
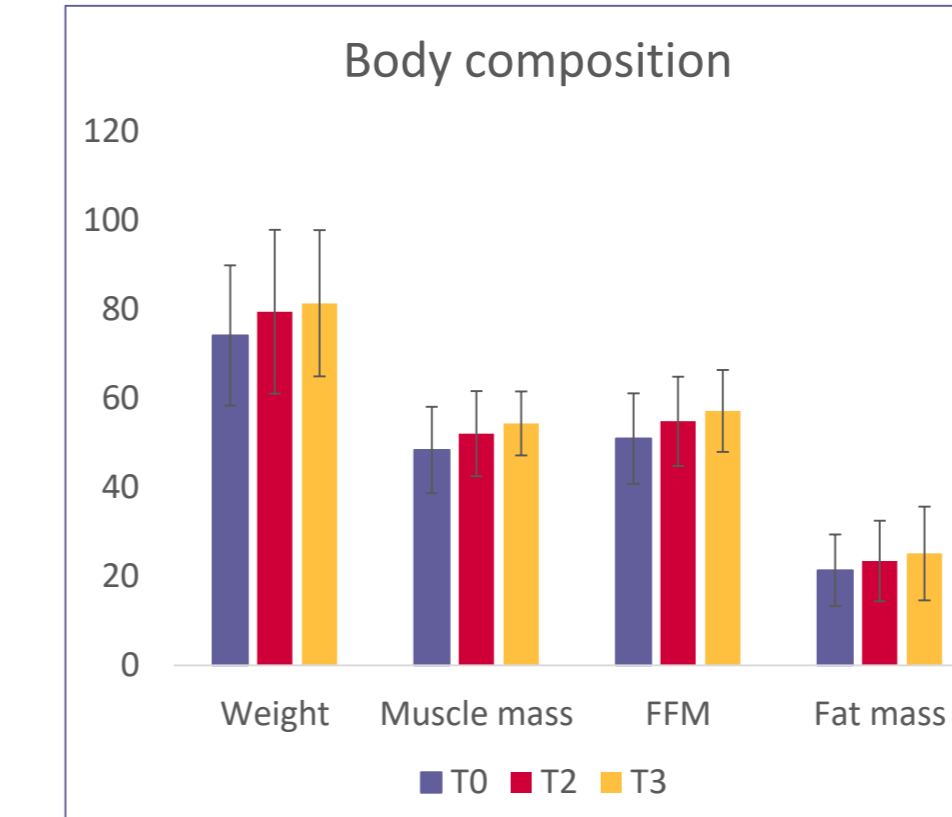
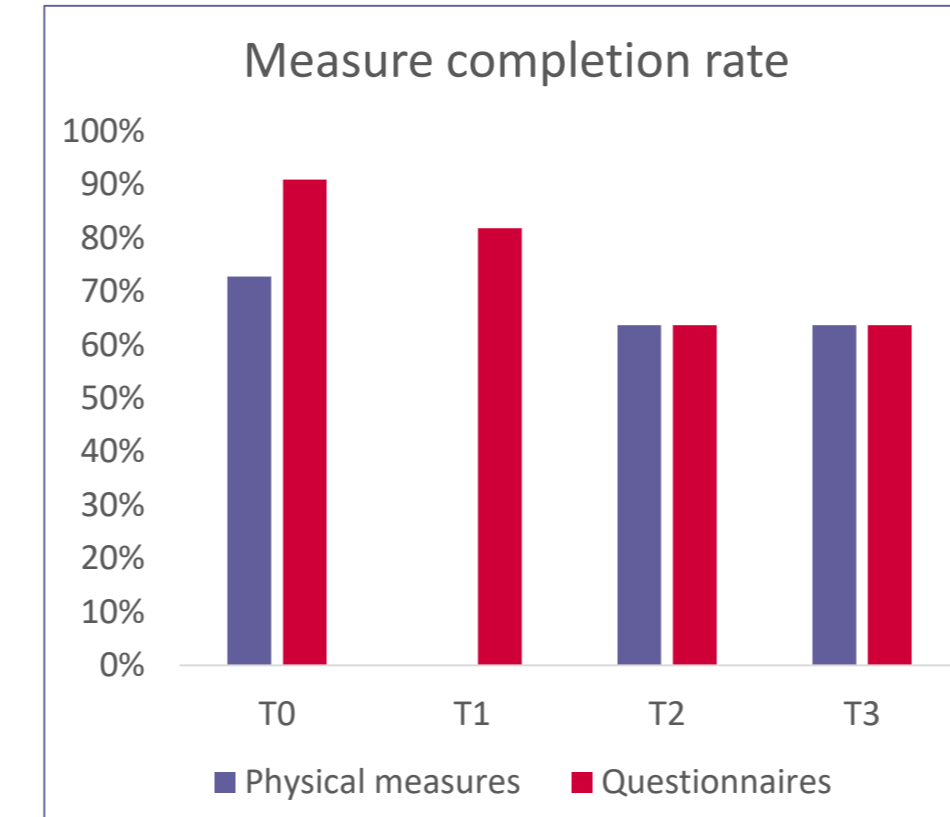


12-week personalised
programme
Advice from Physio &
Dietitian
Resistance bands, Fitbit,
Handheld fan

Measures?



Objective: activpal,
physical measures
Surveys: quality of life,
symptoms, PA and diet
history
Follow-up interview



Measures

- 71% completion rate overall
- Surveys – generally acceptable, some too long, some validated measures in US spelling
- Activity measures (50% completed) – activpal and placement was hard for some, postal strikes affected timelines
- Physical function measures – acceptable both in hospital and home settings

Intervention

- Weekly check-ins highly valued – largely as emotional support, sign-posting, friendly link (90% completion)
- Many “surprised how much it benefited” them
- Better understanding of how diet and activity can help with treatment outcomes
- Mixed feelings about resistance bands and Fitbits

Discussion

- Must be tailored to individual need - include attention to physical limitations, psychological and social welfare in addition to activity and dietary advice
- Timing of invitation is key: some were ok to start an activity and diet programme at diagnosis, others are far too overwhelmed (recruitment rate was 27%)
- 90% follow-up calls were completed. Clinical staff felt delivery of these calls could be done by Physio and Dietitian assistants and flagged for full follow-up if warranted
- Benefit to Dietitian input: 1 *would* have referral by current screening criteria; 50% needed only general advice; 50% benefited from input, but would NOT be referred in ‘routine care
- **Though challenging for recruitment, those that participated felt it helpful and worthwhile and would welcome it as part of usual care**

References

Forbes CC, Swan F, Greenley S, Lind M, Johnson M. (2020). Activity and nutrition interventions for older adults with cancer: a systematic review. *Journal of Cancer Survivorship*. 14(5), 689-711. doi: 10.1007/s11764-020-00883-x
Swan F, Chen H, Forbes CC, Johnson M, Lind M. (2020). CANcer BEhavioural Nutrition and Exercise Feasibility Trial (CanBenefit): Phase I qualitative interview findings. *Journal of Geriatric Oncology*. doi: 10.1016/j.jgo.2020.09.026