FOSTERING EXERCISE RECOMMENDATIONS FOR PEOPLE WITH BONE METASTASES: A COLLABORATIVE APPROACH TO KNOWLEDGE MOBILIZATION WITH EXPERIENCE-BASED CO-DESIGN

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BACKGROUND

- People with **bone metastases** have historically been **advised to limit exercise** due to potential risks, such as fractures.
- Published exercise recommendations by the International Bone Metastases Exercise Working Group **emphasize regular exercise may benefit people with bone metastases**[1].
  - **Adopting guidelines** into clinical practice **remains challenging.**
- **Study aims:** Use an experience-based co-design (EBCD) approach to collaborate with knowledge users (KUs) to:
  - **develop knowledge mobilization products**
  - **dissemination plan** to promote the adoption of exercise recommendations for people with bone metastases

METHODS

Step 1: Collaborate & Consult

- Three KU groups collaborated using **experience-based co-design** (EBCD):

Oncology Healthcare Professionals (HCP) (oncologists, nurses, & occupational therapists)

People with Lived Cancer Experience & their Families

Clinical Exercise Professionals (EP) (certified exercise physiologists, and physiotherapists)

Through **four** facilitated meetings developed **knowledge mobilization products were co-created** and dissemination strategy, followed by survey to international stakeholder organizations

Step 2: Professional development needs

- Survey to international exercise professionals to collect further information on **professional development (PD) needs and preferences**.

FUNDING & CORESPONDENCE

Canadian Cancer Society | Société canadienne du cancer

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RESULTS

Step 1 & 2 : Finalize content of knowledge mobilization products

- **29 KUs** from five Canadian provinces participated in design; 10 patient/family partners, 9 HCP and 10 EP from across Canada
- **69 additional KUs** provided feedback; 25 patient/family partners, 7 HCP, 37 EP

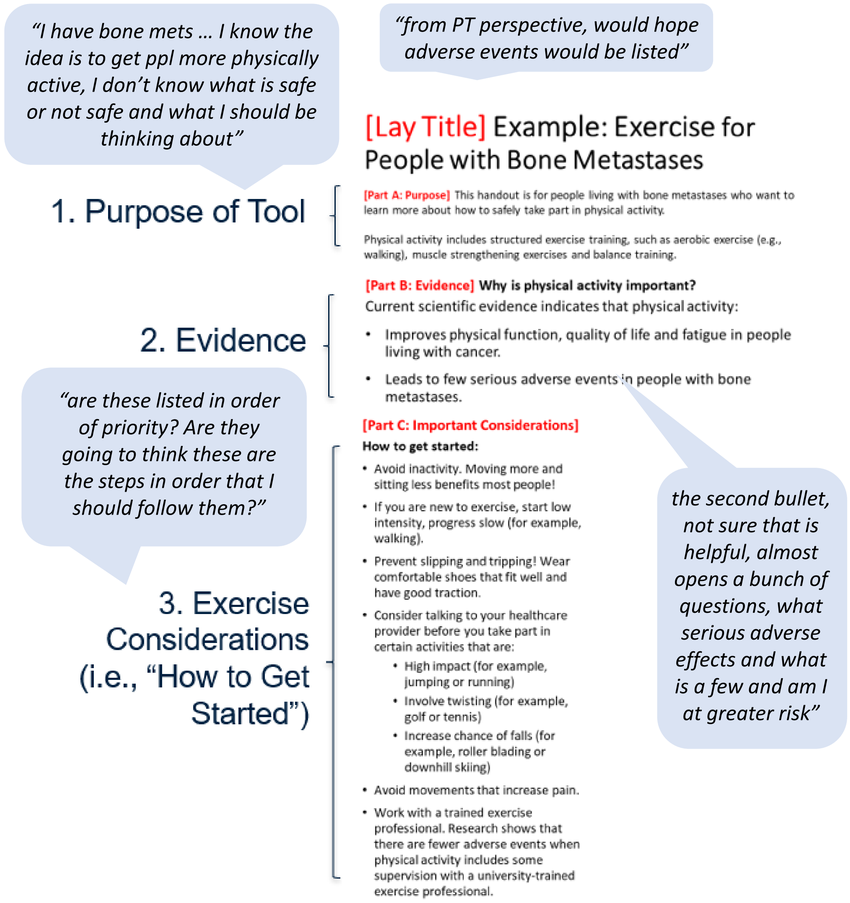
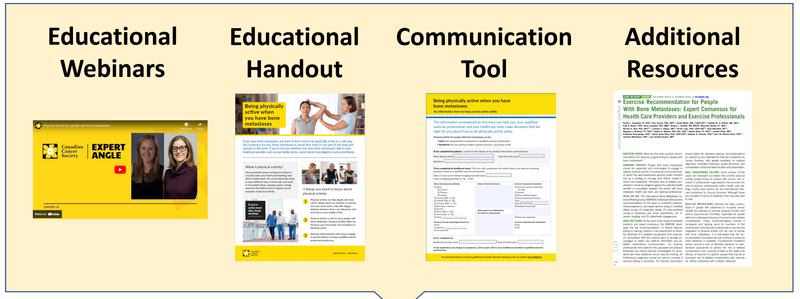


Figure 1: Figure 1: Co-creation example of the development process of a patient information handout for the project.



BME Hub — Bone Metastases and Exercise Hub

- The **dissemination plan** involves **partnerships** with **Canadian** and **international organizations.**

Step 2: Survey on Professional Development Needs

- **183 international exercise professionals** completed the PD survey
- **80% indicated that more PD resources** were needed focusing on:
  - **Evidence for exercise safety & feasibility**
  - **Exercise Prescription considerations**
  - **Pre-participation screening**
- Top preference for online live webinars; following by pre-recorded video lectures

CONCLUSIONS & FUTURE DIRECTIONS

- Collaborating with KUs through EBCD may enhance KM product development and maximize utility and acceptability compared to researcher-designed products.
- Knowledge mobilization products, tailored to support people with bone metastases to exercise safely, aim to increase healthcare providers' and exercise professionals' satisfaction by improving the quality of information they can offer patients.
- An evaluation is planned to assess the reach, use, and partnership indicators of the knowledge mobilization products and dissemination plan.
- **If you are interested in translating the knowledge mobilization products into another language, please contact:** exercise.research@ubc.ca