



Facilitators, Barriers, And Acceptability Of Digitally-delivered Lifestyle Advice Among Cancer Clinicians: A Systematic Review

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Background: Digital technologies may provide a viable and feasible method of oncology clinicians delivering lifestyle advice and support to people with a cancer diagnosis. Currently, there is limited information on the attitudes, barriers, and facilitators among oncology clinicians toward digital delivery of personalised physical activity and nutrition programmes and support to people living with and beyond cancer (LWBC).

Aim: To describe the facilitators, barriers, and attitudes clinicians have for digitally-enabled activity and/or nutrition support among people LWBC

Methods: The reporting of this review adheres with the 2009 PRISMA guidelines. Studies were identified through systematic searches of CINAHL, EMBASE, MEDLINE, and PsycINFO databases using a structured search strategy designed for MEDLINE and adapted for the other databases. The search strategy was developed in consultation with an information specialist (SG). Methodological quality of the included studies was completed using the Standard Quality Assessment Criteria for Evaluating Primary Research Papers from a Variety of Fields.

Studies were included if they met the following *a priori* eligibility criteria:

- Reported health care professional perspectives (rather than patients themselves)
- Clinicians worked with adults with a cancer diagnosis
- Focused on supporting nutrition and/or physical activity
- Focused on using digitally-enabled delivery of the support.

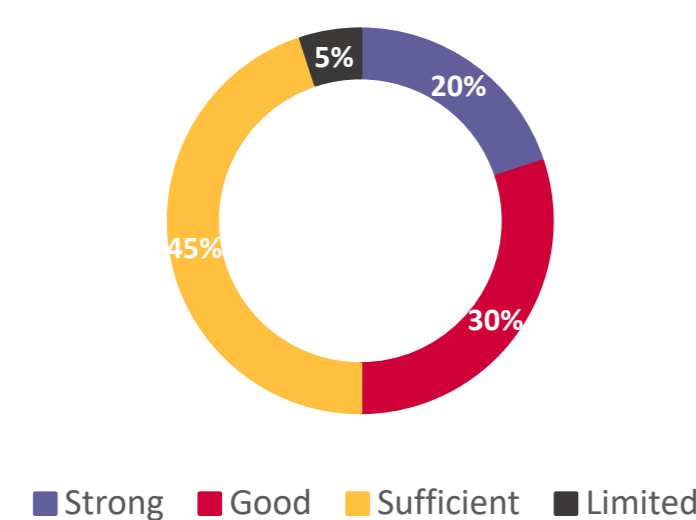
Studies were excluded if:

- They reported patient perspectives rather than health care professionals
- Clinicians worked with children or adolescents
- No specific focus on physical activity or nutrition
- Did not include digital technology as part of the (proposed) delivery
- Publication language was not in English or were conference abstracts only

Results:

432 healthcare professionals included

Study Methodological Quality



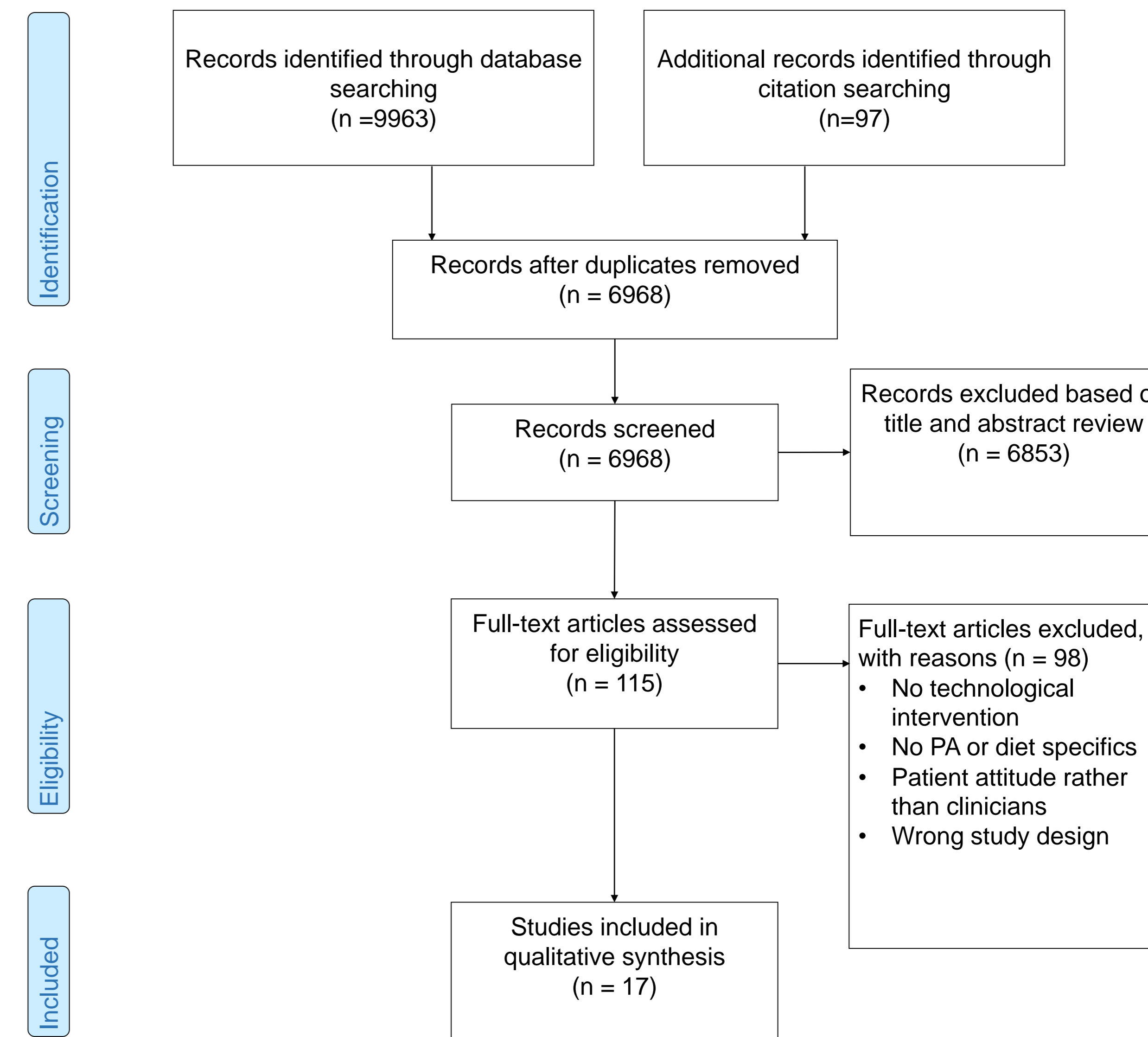
Clinician attitudes towards delivering activity and nutrition programmes via digital technology was overall positive.

Barriers:

- No time to learn a new system, prescribe complex programmes, or help get set up.
- Not enough staff to deliver programmes; would mean less time for basic care
- Increased workload; again, means less time for supportive care programmes

Facilitators:

- Using appropriate language for patients
- Making sure design in user friendly and straightforward
- Having systems that talk to each other to allow transparent care among care teams



Discussion: Whilst digital methods are seen to be cost-effective, efficient, and effective, several barriers were highlighted. Clinicians generally had positive attitudes towards these methods, seeing them as beneficial for patient empowerment and providing insights into home environments. However, the effectiveness of these methods depends on reliable technology. Given the aging population and increasing demand for healthcare services, digital methods of delivery are essential. The NHS Long Term Plan emphasises digital technology to improve care delivery. Similar barriers and facilitators have been observed in cardiovascular and diabetes care. Engaging end-users such as nurses and patients in developing these interventions is crucial for their successful integration into clinical practice.