

TAILORING EXERCISE PRESCRIPTION TO SUPPORT INDIVIDUALS LIVING WITH AND BEYOND BRAIN CANCER

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References:

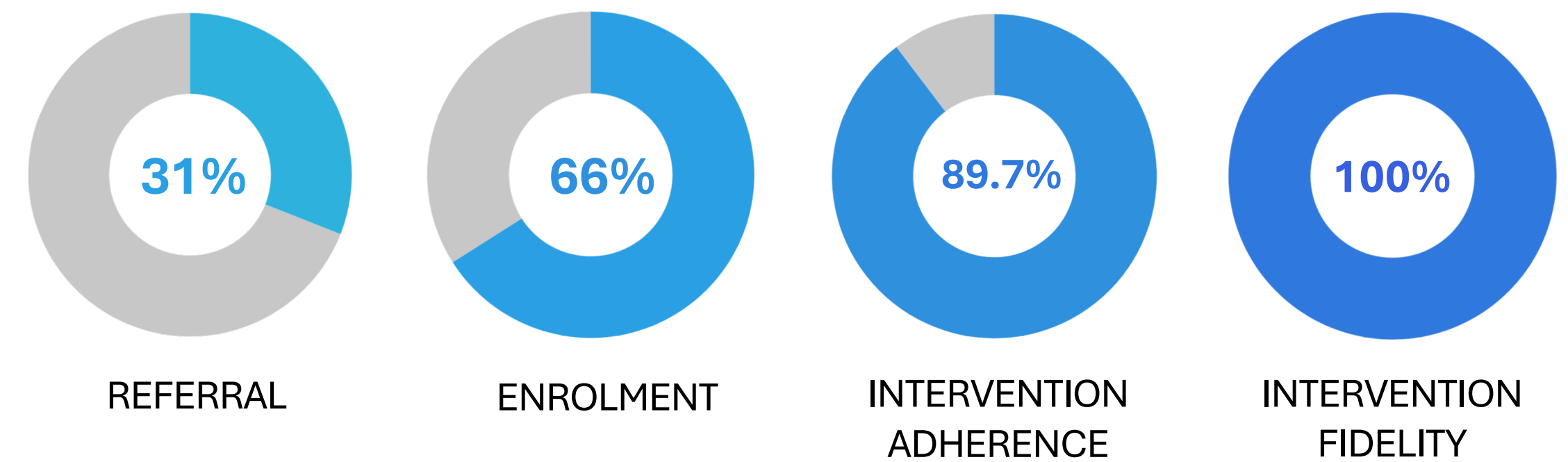
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PURPOSE

- General cancer and exercise guidelines exist¹, yet **little is known about tailoring for individuals living with and beyond brain cancer.**
- The Alberta Cancer Exercise Neuro-Oncology (i.e., ACE-Neuro) study² **assessed the feasibility of tailoring neuro-oncology exercise prescriptions.**

RESULTS

- 70** Patients enrolled
- 59** Began intervention
- 51** Completed intervention
- 0** major & **4** minor adverse events



Tailored Exercise Prescription Results

FREQUENCY	INTENSITY	TIME	TYPE	FORMAT	SETTING
1-2x per week <i>n</i> =46 received 2 times/ week <i>n</i> =1 received 1 time/ week <i>n</i> =4 received 1 time/ week for a portion of the intervention	3.5/10 for one-on-one 2.5/10 for group Self-reported by participants based on Borg's scale of perceived exertion	53.1 min for one-on-one 59.5 min for group Per session	Multimodal prescription Of aerobic, resistance, balance, and flexibility training	1 on 1 Only: n=22 1 on 1 & Group: n=29	Online Only: n=30 In-Person Only: n=15 Online & In-Person: n=6

TAKE-HOME MESSAGE

This work will enable future implementation of tailored exercise prescription as an **evidence-based** resource for individuals living with and beyond brain cancer.

METHODS

- Eligibility:** >18 years, primary brain tumour diagnosis, treated in Alberta
- Referral:** Electronic medical record or self-referral
- Exercise Intervention:**
 - 12-week supervised exercise
 - Tailored to each individual
 - Online or in-person; one-on-one and group
- Tracking:** Study referral, enrolment, adherence, safety, and fidelity (i.e., delivery as intended)