

Expanding Supportive Care Through the Implementation of an Exercise Program in Advanced Lung Cancer: A Qualitative Study

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INTRODUCTION

- Treatment and **cancer-specific side effects** such as **dyspnea** and **fatigue** can **affect quality of life and physical function**.¹
- Exercise can mitigate and **reduce treatment side effects**², but lung cancer exercise trials have **low adherence** and **high attrition**.³
- **Mitigation of decline with Virtual Exercise with Lung Cancer (MoVE)**: a 12-week virtual exercise program that showed improved physical function and participant wellbeing, which may make exercise more accessible.
- **Implementation Mapping (IM)** can be used to plan for the implementation of exercise programs such as MoVE.
- The **Consolidated Framework for Implementation Research 2.0 (CFIR 2.0)** identifies barriers and facilitators for successful implementation.

PURPOSE

To identify barriers and facilitators to the implementation of the MoVE program as part of pre-implementation planning (iMoVE).

METHODS

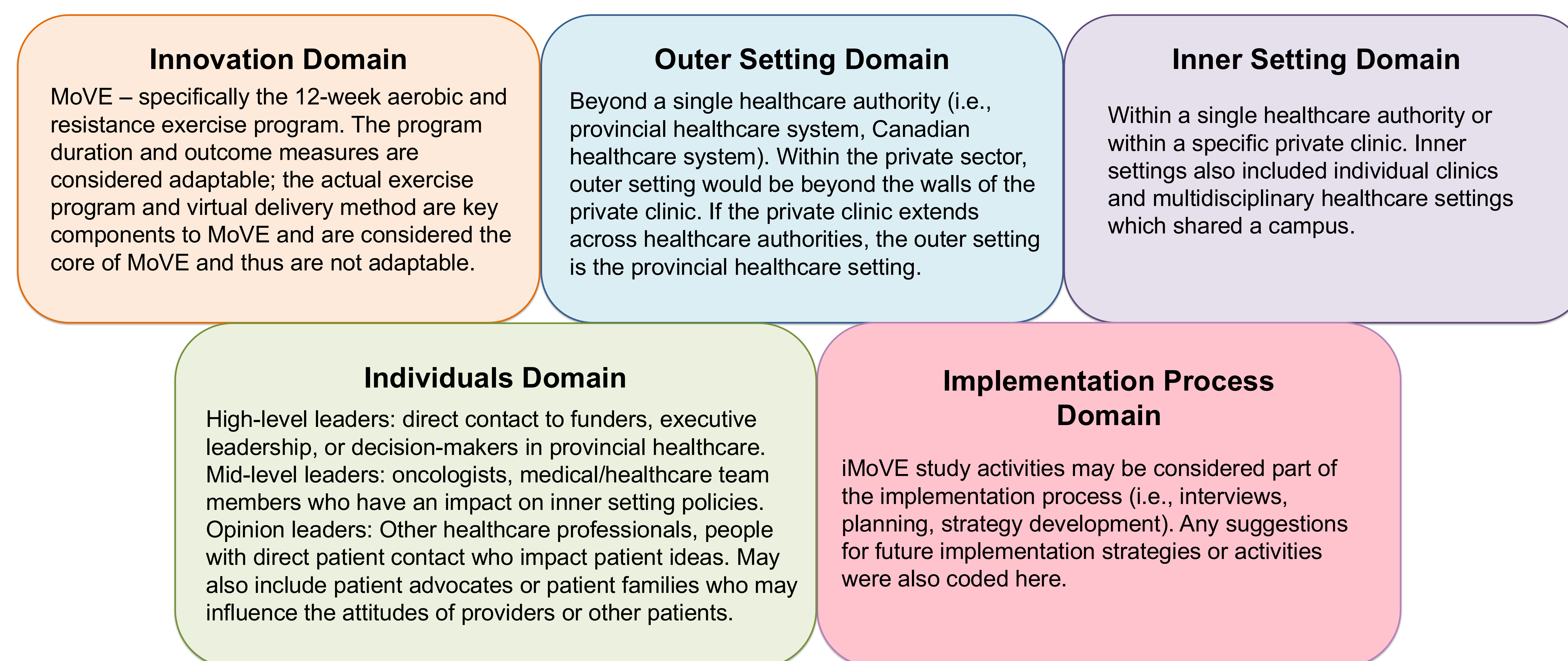
- **IM Step One**: evaluate needs and desired outcomes through **individual semi-structured interviews developed using CFIR 2.0** with key interest-holders. (Completed)
- **IM Step Two**: **directed qualitative content analysis** based on CFIR 2.0 is being conducted to identify change objectives. (In progress)
- **IM Step Three**: results from qualitative analysis will be **matched to implementation strategies**. The finalized list of strategies will cover different target populations and levels of involvement. (Pending)

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ANALYSIS and PRELIMINARY RESULTS

- Sample included **27 participants across 5 distinct groups**: individuals with lung cancer (n=4), exercise deliverers (n=7), healthcare providers (n=7), oncologists (n=3), administrative leadership (n=6)
- Majority identified as women (n=20) and white (n=21)

Figure 1: CFIR 2.0 domains and how they were operationalized during analysis



CONCLUSION

- Lung cancer exercise programs were identified as a **priority amongst all participant groups**, though designing for accessibility and resource availability were seen as barriers to successful implementation.
- **Many providers cited patient-focused care was a core principle in their workplace**, including supporting patients post-treatment.
- With support from interest-holders, MoVE can improve quality of life for participants.

REFERENCES

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