

Exercise Oncology in Supportive Care – Training Qualified Exercise Professionals



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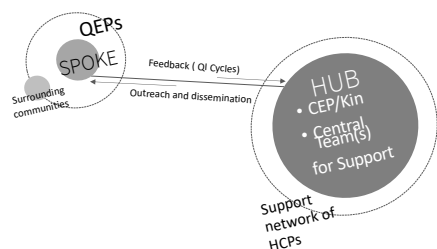
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Background

- **Evidence supports exercise for cancer**, with guidelines established by numerous fitness and oncology-based organizations¹.
- Despite these guidelines, **exercise levels remain low** across individuals living with and beyond cancer.
- **Clinical team barriers** include lack of time and exercise resources to refer to that are tailored to meet the needs of individuals living with and beyond cancer.
- In response, **we have developed a 'clinic-to-community' referral pathway** that includes training qualified exercise professionals (QEP) who can then deliver safe and effective exercise behaviour change programming.
- **Two implementation studies**, Alberta Cancer Exercise (ACE) and Exercise for Cancer to Enhance Living Well (EXCEL) have implemented referral pathways and trainings for qualified exercise professionals, to build capacity to deliver wellness across cancer survivorship.

Purpose

- **Facilitate moving research to practice** by developing and delivering an exercise oncology training pathway.
- Implementing pathway within two trials – ACE and EXCEL.



Methods

- **Clinic-to-community** includes moving individuals living with and beyond cancer from the clinic (referrals) to community resources who can deliver exercise (training).
- Effectiveness is assessed via evaluation in effectiveness-implementation trials ACE and EXCEL^{2,3}.
- Training pathway:



Future Work

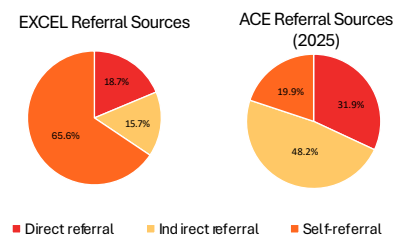
Results

Training Pathway has completed:

- **QEPs trained**
 - ACE: 60 across Alberta
 - EXCEL: 40 in Alberta, 125 across Canada

- **QEPs delivering** – 12 in ACE, 15 in EXCEL

HCP Referrals increase as clinical awareness and buy-in for the role of exercise oncology grows



"The oncology awareness of the instructor gives me a level of security that I didn't have in just approaching a personal trainer or going into an exercise class at my local community centre."

— EXCEL Participant

The field of exercise oncology is well-established. We must move towards integration of exercise into supportive cancer care, to provide safe and effective programs that support living well across cancer survivorship. **The role of qualified exercise professionals is instrumental in moving exercise oncology evidence to practice.**