

# FROM CURRENT PRACTICES TO OPTIMIZED CARE: CLINICAL PERSPECTIVES OF INTEGRATING EXERCISE IN NEURO-ONCOLOGY

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## PURPOSE

- Exercise remains an **underutilized resource in neuro-oncology care**<sup>1,2</sup>. Common barriers to implementation include the lack of a systematic referral pathway to exercise as well as tailored programming.
- **The Alberta Cancer Exercise-Neuro-Oncology** (i.e., ACE-Neuro) study was designed to address this gap by implementing a personalized exercise intervention for neuro-oncology patients<sup>3</sup>.
- The purpose of this study was to explore the **perspectives of clinical team members** regarding the delivery and evaluation of ACE-Neuro.

## RESULTS

 **10** participants enrolled

- Medical oncologists (**n=3**)
- Nurses (**n=2**)
- Exercise professionals (**n=3**)
- Administrator (**n=1**)
- Cancer physiatrist (**n=1**)



 **3-20** years of experience

 **8/10** identified as female

 **35:44 min** average interview length

 **3** themes created

*Philosophically speaking and logistically speaking, I think the CEP falls under rehabilitation oncology [...] where the CEP leads the screening and then the physiatrist oversees.*

— P09 Physiatrist

**1**  
The Gateway: Optimizing Exercise Referral in Neuro-Oncology

**2**  
The Building Blocks: Championing a Tailored Neuro-Oncology Exercise Model

**3**  
Beyond the Short-Term: Neuro-Oncology Needs a Stronger Voice in Funding and Policy.

## METHODS

- **Study Design:** Qualitative.
- **Methodology:** Interpretive description<sup>4</sup>.
- **Participants:** Clinical team members involved in the referral to and delivery of ACE-Neuro.
- **Interviews:** Semi-structured, in-person or remote, addressed the barriers and facilitators to ACE-Neuro implementation.
- **Analysis:** Conducted by a transdisciplinary team, including a neuro-oncology clinical partner.



## TAKE-HOME MESSAGE

**Findings provide valuable insights into the integration of exercise within neuro-oncology care**, including strengthening referral pathways, prioritizing tailored exercise prescription, and advocating for policy and funding strategies that can facilitate sustainable implementation of programming.

References:  
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2. Boele, F., Rosenlund, L., Nordentoft, S., Melhuish, S., Nicklin, E., Rydén, I., ... & Pii, K. (2024). Inequalities in access to neuro-oncology supportive care and rehabilitation: a survey of healthcare professionals' perspectives. *Neuro-Oncology Practice*, 11(4), 484–493.  
3. Daun JT, Capozzi LC, Urgoiti GR, et al. ACE-Neuro: A tailored exercise oncology program for neuro-oncology patients—Study protocol. *Contemp Clin Trials Commun*. 2022;28:100925.  
4. Thorne, S. (2016). *Interpretive description: Qualitative research for applied practice*. Routledge.