

# Bridging the Gap: Incorporating Exercise Evidence into Clinical Practice in Breast Cancer Care

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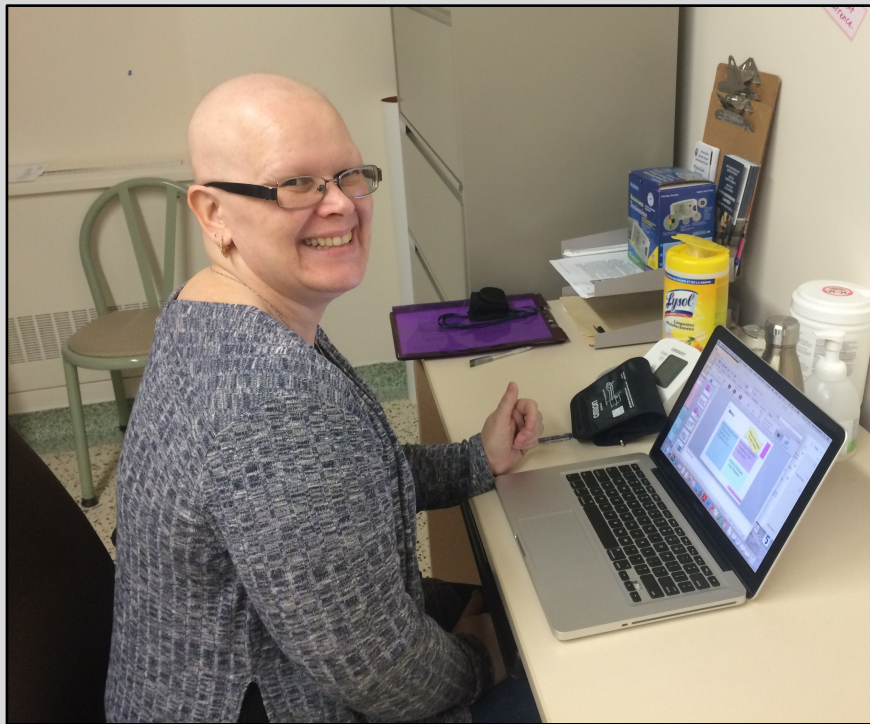


# Background

- Breast cancer and its treatments lead to numerous side effects that affect a person's life for years after treatment has ended
  - Physical: fatigue, pain, decreased strength, decreased range of motion
  - Psychological: anxiety, depression
  - Social: inability to return to pre-cancer roles
- Regular exercise can limit many treatment related side effects
- Less than 30% of survivors self-report participation in regular exercise
  - Barriers exist at both the patient and health care professional level

# Purpose

- Determine the feasibility and effectiveness of a novel implementation strategy for an exercise and self-management program for women with breast cancer during chemotherapy*



# Methods

- *Design:* Implementation Trial using RCT methodology
- *Eligibility:*
  - > 18 years of age
  - Undergoing chemotherapy
  - Diagnosis of stage 1-3 breast cancer
- *Intervention Group:*
  - 8 sessions including
    - Moderate intensity aerobic exercise
    - Self-management modules

- *Control Group:* usual care
- *Outcomes:*
  - *Primary:* Feasibility
    - Recruitment rate
    - Retention rate
    - Adherence rate
  - *Secondary:*
    - Physical activity level
    - Exercise knowledge
    - Health related quality of life (QOL)
    - Resource Utilization





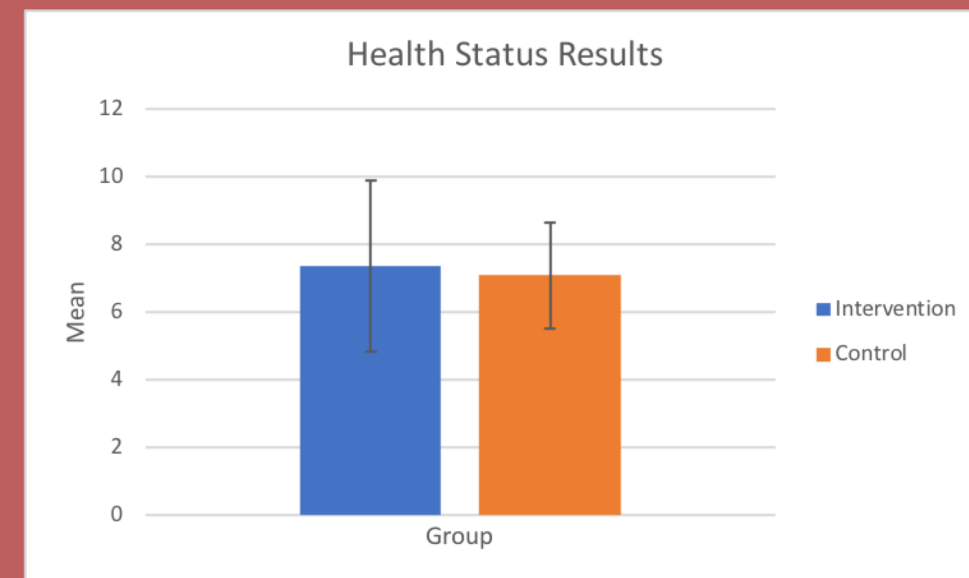
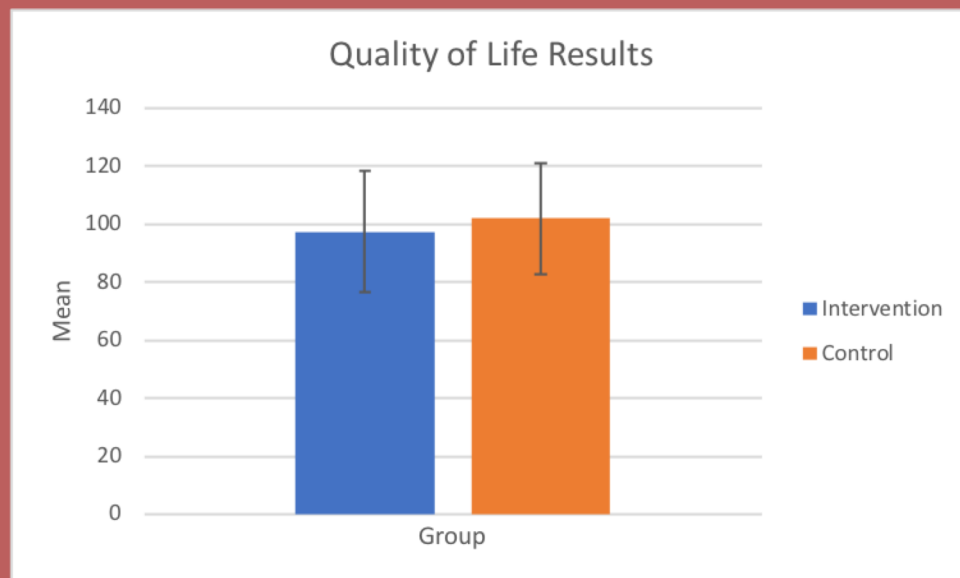
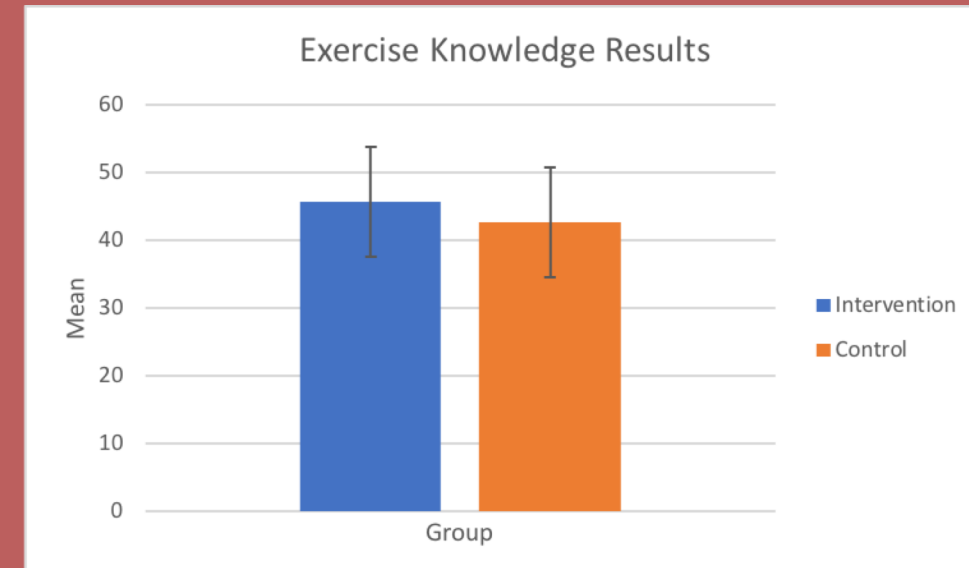
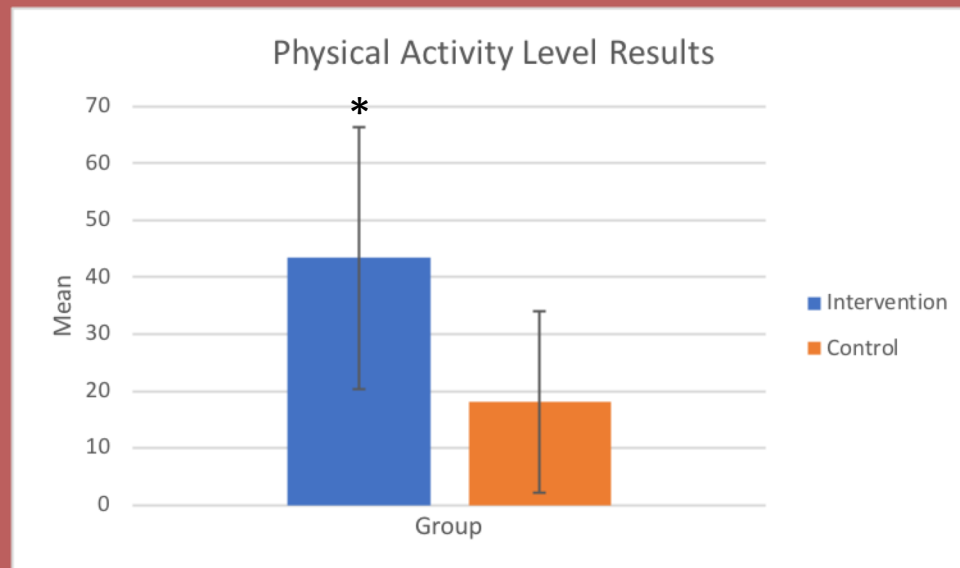
# Results

## Feasibility Outcomes:

Recruitment rate:	96%
Retention rate:	100%
Adherence rate:	89%

Secondary Outcomes:	Intervention Group (n=13)	Control Group (n=13)	Between Group Difference (mean change difference; 95% CI; p-value*)
Godin Leisure-Time Exercise Questionnaire (mean, (SD))	21.23 (21.87)	22.07 (17.17)	26.23 (2.83, 49.62), p=0.03
	43.46 (23.02)	18.08 (15.97)	
Exercise Knowledge (TPB) Questionnaire	43.31 (4.07)	49.31 (4.75)	9 (2.13, 15.87), p=0.01
	45.62 (8.15)	42.62 (8.16)	
FACT-B	97.94 (14.31)	108.13 (22.56)	5.47 (-11.59, 22.53), p=0.5
	97.31 (20.91)	102.03 (19.16)	
EQ-5D-3L Health Questionnaire (VAS)	6.46 (2.59)	7.88 (1.39)	1.69 (0.352, 3.03), p=0.02
	7.35 (2.54)	7.08 (1.57)	

# Results





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*Thank you!*

Questions?

