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Patterns of physical activity and fatigue in patients receiving immunotherapy for melanoma

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Background: The efficacy of physical activity (PA) in managing fatigue has been well-established for a range of cancers and treatment types. However, whilst patients with melanoma commonly report fatigue as a side-effect of immunotherapy treatment, the relationship with physical activity is not well-understood in this population. This ongoing study aims to examine the relationship between PA and fatigue in adults receiving immunotherapy as adjuvant therapy or treatment of metastatic melanoma.

Methods: Adults (ECOG 0-2) commencing immunotherapy as adjuvant therapy or treatment of metastatic melanoma were followed across four planned cycles of immunotherapy (C1-C4). Minutes of moderate-to-vigorous physical activity (MVPA) were measured using a Fitbit activity monitor. Meeting PA guidelines of 150-minutes of moderate or 75-minutes of vigorous activity was determined for each cycle. Fatigue was measured at each infusion and 1-week following using the Functional Assessment of Chronic Illness Therapy –Fatigue (FACIT-F). Clinically significant fatigue was defined as FACIT-F <34.

Results: Forty-four participants (mean age 62-years, 61% male, 44% metastatic) have completed this ongoing study. Average weekly minutes of MVPA was 112-minutes (±124-minutes), with 34% meeting PA guidelines in ≥1 cycle. However, only 14% met guidelines every cycle. Whilst there was no significant effect of cycle number on MVPA (p=0.697), average MVPA depicted an upwards trend increasing by 36-minutes from C1-C4. Clinically significant fatigue was reported by 36% at ≥1 cycle. Notably, there was no significant effect of cycle number on fatigue (p=0.199), however individuals who met PA guidelines reported significantly lower fatigue levels (p=0.026). Eleven participants discontinued treatment between C1-C4, though reasons for discontinuation require further investigation.

Conclusions: Levels of PA observed in this population are often below recommended guidelines, with many reporting clinically significant levels of fatigue. Preliminary findings suggest a positive relationship between PA and fatigue. Further analyses will be conducted in a larger sample.

Keywords

physical activity; fatigue; immunotherapy; melanoma

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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