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## **Influence of a multi-professional care pathway and network on physical activity and physical activity-related health competence**

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The multi-professional care pathway Move-Onko aims at providing cancer patients with evidence-based physical activity (PA) interventions. The pathway includes structured counselling to raise patients' awareness of the benefits of PA and recommendations for exercise programs and therapy based on individual risk factors, needs and preferences. The evaluation of Move-Onko comprises views of patients and healthcare providers. Results from a first evaluation phase in 7 Comprehensive Cancer Centers focus on the impact of Move-Onko on PA.

In a longitudinal uncontrolled intervention study, patients were asked to report their PA (Godin-Shephard Leisure Time Physical Activity Questionnaire) and their physical activity-related health competence (PAHCO) at inclusion (before counselling; t0), after 4 (t1), 12 (t2) and 24 weeks (t3).

In the first evaluation phase, 353 patients (66,9% female, 32,6% male; age 54,4±13,0 years) were included. Mild/light PA at t0 was reported by 301 (85,3%) patients with a median of 3 hours/week; moderate PA was reported by 206 (58,4%) patients with a median of 2 hours/week; and 95 (26,9%) patients reported strenuous PA with a median of 2 hours/week. This level of activity had been kept up for 6,6 months (median); 152 (43,1%) patients stated they had been remarkably more active before that. At t2, of 236 responding patients, 202 (85,6%) reported mild/light PA, 166 (70,3%) moderate and 95 (40,3%) strenuous PA. There were significantly (McNemar tests) more patients pursuing a moderate or strenuous PA 12 weeks after inclusion in Move-Onko; there was no difference for mild/light activity. PAHCO was differentiatedly assessed: while competence for physical training and motivational abilities improved, PA-specific mood regulation declined.

Participation in the Move-Onko pathway did support patients in becoming or remaining physically active. The ongoing study with >1.000 patients included will allow further and refined analyses, i.e. of influencing and moderating factors on activity and activity-related health competence.

### **Keywords**

structured care, evaluation, patient questionnaire, longitudinal

### **Conflict of Interest & Ethical Approval**

yes

### **Abstract submitters declaration**

yes

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