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Is it possible to run small group-based exercise classes for prostate cancer patients undergoing ADT & RT in Christchurch hospital, New Zealand: A Feasibility study

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Introduction

Prostate cancer is the most diagnosed cancer for men in NZ. It's treatment often involves androgen deprivation therapy (ADT) and radiation therapy (RT) which can cause some debilitating side effects which can greatly impact patients physical functioning and quality of life for years post treatment completion.

Exercise has consistently been seen to significantly help alleviate some of these short- and long-term treatment related side effects. International guidelines advise oncology patients to be prescribed exercise yet standardly in NZ this is not the case.

In this study we want to assess the feasibility of providing personalised group-based exercise classes for prostate cancer patients' who are undergoing a course of ADT and RT in Christchurch, New Zealand (NZ).

Methods

10 participants will be recruited to partake in 2x/week personalised group exercise classes for a 12 week period. Participants will start the classes in their first week of radiotherapy treatment and will be run on site at the hospital gym. We will measure feasibility of running the classes based on patient adherence, recruitment capability, acceptability and safety.

Results

Study recruitment starts January 2026. Ww will have preliminary results to present by the conference date in July 2026.

Keywords

Prostate cancer, exercise, feasibility study, on-treatment

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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