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Contribution ID: 230

Type: 1 - Scientific Poster

Physical assessment outcomes in patients with pancreatic cancer: Baseline data from a European multicenter RCT

Thursday 23 July 2026 12:40 (20 minutes)

INTRODUCTION

Patients with pancreatic cancer often experience fatigue, sarcopenia, and reduced physical function, which can impair daily activities and quality of life. Targeted physical activity interventions, including both aerobic and resistance exercises, are essential to maintain muscle mass, improve functional capacity, and support treatment outcomes. The EU-Project RELEVIMUM integrates personalized app-based training recommendations into standard care to improve multimodal supportive care for patients with pancreatic cancer.

METHODS

RELEVIMUM is a multicenter randomized clinical trial ($n = 132$) incorporating an 8-week intervention and 16-week follow-up. At study entry, patients undergo standardized physical assessments (6-Minute Walk Test (6MWT), 5 Times sit to stand Test (FTSST), Handgrip-strength test (HGST), Brief-BESTest), which serve as the basis for tailoring an exercise program according to the ACSM guidelines. Training takes place unsupervised at home and is adjusted weekly based on patient-reported feedback and data captured by digital monitoring tools, including smartwatch-collected information on physical activity, heart rate, exercise type, duration, and perceived exertion. Daily fatigue ratings collected through the mobile app further guide session modifications. Exercise recommendations (aerobic and strength) are adapted as needed by an exercise therapist, and engaging an activity partner is intended to support adherence.

RESULTS

At this stage, only baseline data from the clinical center in Mainz are available. To date, 9 patients (90% male) with a mean age of 64 ± 4.6 years have been enrolled. Baseline characteristics are shown as mean \pm standard deviation: 6MWT: 431.8 ± 68.4 m; FTSST: 11.8 ± 2.7 s; HGST dominant arm: 39.7 ± 11.5 kg; Brief-BESTest Score: 20.6 ± 3.6 .

DISCUSSION

The study is still ongoing and aims to provide information on whether an individually tailored telemedicine approach is accepted and adopted by this patient group.

Keywords

Digital Health, Telemedicine, Pancreatic Cancer, Physical Activity

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

Author: SCHWAB, Lisa (Institute of Sport Science, Dpt. Sports Medicine, Disease Prevention & Rehabilitation, Johannes Gutenberg University Mainz)

Co-authors: ENDERS, Kira (Institute of Sport Science, Dpt. Sports Medicine, Disease Prevention & Rehabilitation, Johannes Gutenberg University Mainz); OESTREICHER, Gabrielle (Department of Medicine 1, University Medical Center of the Johannes Gutenberg University Mainz, Mainz, Germany); HILLEN, Barlo (Institute of Sport Science, Dpt. Sports Medicine, Disease Prevention & Rehabilitation, Johannes Gutenberg University Mainz, Mainz, Germany); Institute of Occupational, Social and Environmental Medicine, University Medical Center, Johannes Gutenberg University Mainz, Mainz, Germany); ELME, Anneli (Põhja-Eesti Regionaalhaigla, North Estonia Medical Centre, Tallinn, Estonia); GOSHENLAGO, Tal (Fishman Oncology Center, Rappaport Faculty of Medicine, Rambam Health Care Campus, Haifa, Israel); DIOU, Christos (Department of Informatics and Telematics, Harokopio University of Athens, Athens, Greece); BALLAS, Aristotelis (Department of Informatics and Telematics, Harokopio University of Athens, Athens, Greece); VLACHOSTERGIU, Aggeliki (EXUS AI Labs, Athens, Greece); GIULIANI, Lorenzo (EXUS AI Labs, Athens, Greece); SCHERER, Alexander (Fraunhofer Institute for Industrial Mathematics, Kaiserslautern, Germany); PILZ, Maximilian (Fraunhofer Institute for Industrial Mathematics, Kaiserslautern, Germany); HEYMANN, Murray (Fraunhofer Institute for Industrial Mathematics, Kaiserslautern, Germany); APOSTOLIDIS, Lazaros (Centre for Research & Technology Hellas, Thessaloniki, Greece); MUSISI, Isa Wasswa (MCS Datalabs, Berlin, Germany); DONCHEVA, Hristina (ROSENBAUM CONSULTING Ltd, Sofia, Bulgaria); BELTRAN, Eva Ester Molina (Saint-Cloud, University Versailles Saint-Quentin, France and Ambroise Paré University Hospital, Institute Curie, Boulogne-Billancourt, France); MOEHLER, Markus (Department of Medicine 1, University Medical Center of the Johannes Gutenberg University Mainz, Mainz, Germany); SIMON, Perikles (Institute of Sport Science, Dpt. Sports Medicine, Disease Prevention & Rehabilitation, Johannes Gutenberg University Mainz, Mainz, Germany)

Presenter: SCHWAB, Lisa (Institute of Sport Science, Dpt. Sports Medicine, Disease Prevention & Rehabilitation, Johannes Gutenberg University Mainz)

Session Classification: Poster Session