International Network For Exercise Oncology: Guidelines, Training, And Implementation - International OncoExGuide

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BACKGROUND

- **Despite robust evidence** of exercise oncology safety and efficacy, **patients widely struggle to adopt and maintain an active lifestyle** [1-7]
- **Current implementation of exercise interventions** is often **not systematic, sustainable, accessible, or supported organizationally or legislatively** [8-12]
- Crucially, **the most vulnerable patients** face **the greatest barriers to accessing exercise oncology services**

OBJECTIVE

The aim of the International OncoExGuide study is to build an international network to expand patients access to safe, effective, and evidence-based exercise interventions during and beyond cancer treatment by addressing meso- (healthcare organizations, professional training) and macro- (health systems, policies) environmental health determinants [11, 13, 14]

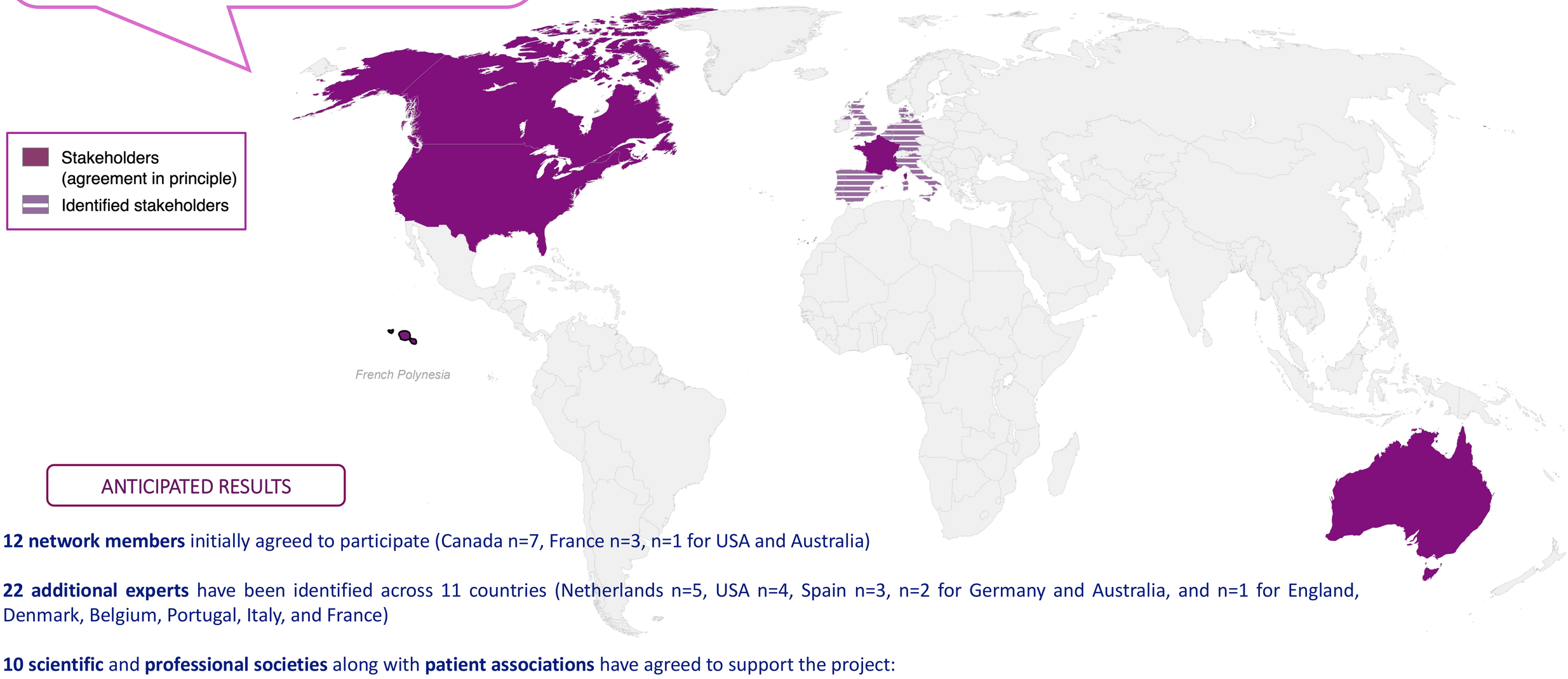
JOIN THE International OncoExGuide NETWORK!

METHODS

- The international network comprises **exercise professionals, researchers in exercise and/or in oncology, clinicians, professionals with expertise in implementing sustainable exercise oncology programs and patient partners**
- **First**, **semi-structured interviews** will be conducted with **academic experts** **from differents countries to understand existing training curricula in exercise oncology** within their respective context
- **In parallel, questionnaires** will be administered to **exercise professionals** **to identify their training needs in exercise oncology**
- **Secondly**, **international network** participants will take part in **2 sequential Delphi** techniques **to reach consensus:**
  - **1st Delphi round aims to define the essential knowledge and skills professionals require** to design and deliver accessible, safe, evidence-based, sustainable exercise programs for individuals during and beyond cancer treatments, including those with vulnerabilities

    → **Resulting training module(s) will be tailored to country contexts, translated and tested across Europe**
  - **2nd Delphi round** aims **to reach consensus on the core components** (essential intervention elements) and the **adaptable periphery** (elements modifiable without compromising the exercise intervention integrity) **to enable sustainable implementation of exercise in oncology** [15]

    → **International OncoExGuide guidelines for exercise oncology implementation will be formalized**



ANTICIPATED RESULTS

- **12 network members** initially agreed to participate (Canada n=7, France n=3, n=1 for USA and Australia)
- **22 additional experts** have been identified across 11 countries (Netherlands n=5, USA n=4, Spain n=3, n=2 for Germany and Australia, and n=1 for England, Denmark, Belgium, Portugal, Italy, and France)
- **10 scientific** and **professional societies** along with **patient associations** have agreed to support the project:

CONCLUSION

This study will develop strategic recommendations for exercise oncology implementation, leveraging the expertise of eminent researchers in exercise oncology and implementation science, alongside patient partners [16]

REFERENCES & ACKOWLEDGMENTS

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