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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. Current implementation of exercise interventions is often not systematic, sustainable, accessible, or supported organizationally or legislatively. Crucially, the most vulnerable patients, facing the greatest access barriers, receive few offers. The International OncoExGuide study aims 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- and macro-environmental health determinants.
Methods: The international network comprises patient partners, researchers, and professionals with expertise in implementing sustainable exercise oncology interventions. Participants were identified by the research team. A broader call for contributions will be disseminated through key associations. They will participate in two sequential Delphi techniques to reach consensus.
First, the network will 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. Preliminary studies on existing training curricula and on professionals'needs will inform this stage. Resulting training module(s) will be tailored to country contexts, translated, and tested across Europe.
Second, the network will reach consensus on the "core components"(essential intervention elements) and the "adaptable periphery"(elements modifiable without compromising the exercise intervention integrity). This formalization of the International OncoExGuide guidelines will facilitate iterative training updates.
Anticipated results: Eleven network members initially agreed to participate (Canada n=7, France n=3, USA n=1), and 20 additional experts have been identified across 9 countries. Ten learned and professional societies have agreed to support the project.
Conclusion: Leveraging the expertise of eminent researchers in exercise oncology and implementation science, alongside patient partners, this study will develop strategic recommendations for exercise oncology implementation. This approach supports the current paradigm shift in the cancer continuum.

Keywords

Network; Exercise Oncology; Training; Implementation

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

Authors: Mrs ARDJOUNE-BILLI, Mélina (Sorbonne Paris North University, Health Educations and Promotion Laboratory, LEPS, UR 3412, F-93430, Villetaneuse, France); Prof. MARGAT, Aurore (Sorbonne Paris North University, Health Educations and Promotion Laboratory, LEPS, UR 3412, F-93430, Villetaneuse, France; Sorbonne Paris North University, Graduate School of Nursing Sciences in Health Promotion, F-93430, Villetaneuse, France); Dr OMIYA, Johann (Sorbonne Paris North University, Health Educations and Promotion Laboratory, LEPS, UR 3412, F-93430, Villetaneuse, France); Dr NEUZILLET, Cindy (Department of Medical Oncology, Curie Institute, Saint--Cloud, France; GERCOR, Paris, France); Mrs MOLINA BELTRAN, Eva Ester (Department of Medical Oncology, Curie Institute, Saint-Cloud, France); Prof. CULOS-REED, Nicole (Faculty of Kinesiology, University of Calgary, Calgary, Alberta, Canada; Department of Oncology, Cumming School of Medicine, University of Calgary, Calgary, Alberta); Dr FOUCAUT, Aude-Marie (Sorbonne Paris North University, Health Educations and Promotion Laboratory, LEPS, UR 3412, F-93430, Villetaneuse, France; Faculty of Kinesiology, University of Calgary, Calgary, Alberta, Canada)

Presenter: Dr FOUCAUT, Aude-Marie (Sorbonne Paris North University, Health Educations and Promotion Laboratory, LEPS, UR 3412, F-93430, Villetaneuse, France; Faculty of Kinesiology, University of Calgary, Calgary, Alberta, Canada)

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