

Lifting More Than Weights: Implementing the Strength After Breast Cancer Program across Appalachia

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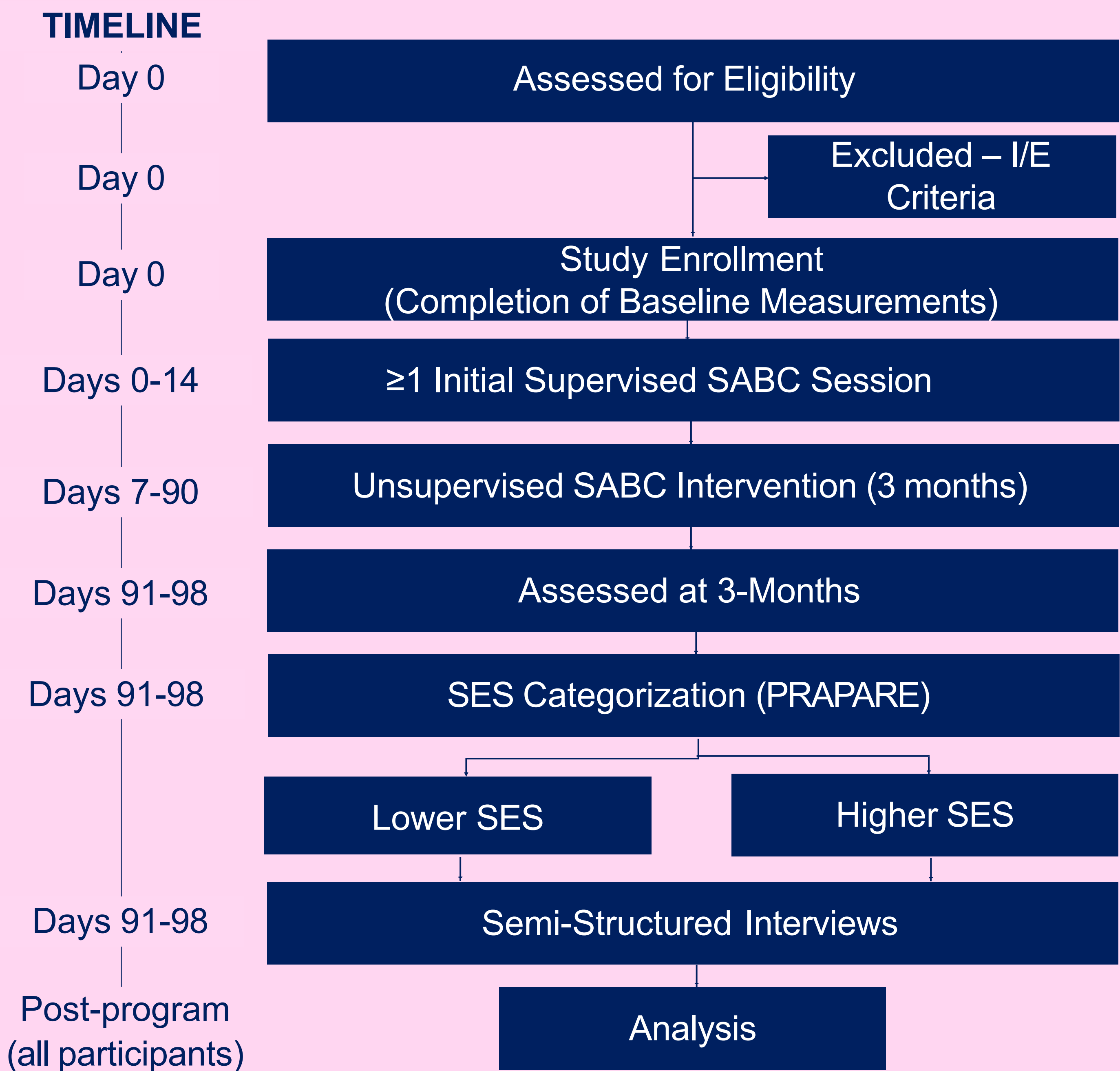
Background

- Cancer-related fatigue (CRF) affects up to 75% of breast cancer survivors
- Progressive resistance exercise is an effective treatment for CRF
- The influence of socioeconomic status (SES) on implementation and adherence remains unclear in Appalachian survivors

Purpose

- Evaluate the feasibility of implementing the Strength After Breast Cancer (SABC) program among Appalachian breast cancer survivors
- Examine the influence of SES on exercise participation while exploring biological, psychological, and social factors associated with cancer-related fatigue

Study Design



Methods

Design: Mixed-methods feasibility study with a qualitative descriptive component

Participants

- Women ≥18 years
- Stage 0–III breast cancer, 1–3 years post-diagnosis

Intervention

- ≥1 supervised SABC session
- 3-month program

Assessments

- Baseline and 3-month follow-up
- Patient-reported outcomes
 - PRAPARE, EORCT QLQ-C30, FACIT-F, stages of change, self-efficacy
- Physical performance measures
 - BNAT, HGS
- 1-on-1 semi-structured interviews

Participant Characteristics

Characteristic	n = 20
Age (mean ± SD)	60.0 ± 12.6
Lower SES	10 (50.0)
Higher SES	10 (50.0)
PRAPARE (mean, range)	3.3 (1-9)
Rural	6 (30.0)
Urban	14 (70.0)
Stage 0	4 (20.0)
Stage I	10 (50.0)
Stage II	5 (25.0)
Stage III	1 (5.0)

Study Progress

Feasibility Outcome	Status
Recruitment	Complete
Participants Enrolled	20
Recruitment Period	36 weeks
Participants Currently in Intervention	7
Supervised Sessions (n=19) (mean, range)	1.7 (1-10)
Study Dropout	5
Qualitative Interviews Completed	5
Outcome Data Collection	Ongoing



Conclusion

- Successfully completed recruitment of the target sample over a 36-week period
- Quantitative follow-up assessments and qualitative interviews are ongoing
- Final analyses will evaluate implementation outcomes and the influence of socioeconomic status on exercise participation

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