

powered by



GERMAN
CANCER RESEARCH CENTER
IN THE HELMHOLTZ ASSOCIATION

Contribution ID: 355

Type: 1 - Scientific Poster

Healthcare professionals' perspectives on delivering exercise during chemotherapy infusion: Insights from the EX-FUSION Trial

Thursday 23 July 2026 12:40 (20 minutes)

Objectives/purpose

Intra-infusion exercise (i.e. exercise delivered during chemotherapy infusion) is a novel strategy to integrate exercise into cancer treatment. The EX-FUSION RCT evaluated the feasibility and efficacy of this approach. This qualitative study explored healthcare professionals (HCPs) experiences delivering the EX-FUSION intervention and their recommendations on future program design to inform implementation.

Sample and setting

Participants were involved in the EX-FUSION trial at a metropolitan hospital in Sydney, and included four exercise physiologists (EPs) and one medical oncologist. Recruitment of HCPs is ongoing, but limited by the number of personnel at the study site.

Procedures

Semi-structured one-on-one interviews explored HCPs experiences with intra-infusion exercise, their observations of patients, and considerations for future programs. Thematic analysis was used to identify key themes.

Results

Preliminary analysis identified three themes. (1) Delivering EX-FUSION –HCPs viewed intra-infusion exercise as safe and feasible, but faced scheduling and environmental challenges (e.g. limited space, IV lines, tripping hazards, ice mitts/ booties). (2) Observations of Patient Experience - Patients were receptive and motivated, citing enjoyment, social interaction, and the opportunity to be active during treatment. Barriers included treatment-related side effects and difficulty achieving comfortable positioning while cycling. EPs also provided emotional and practical support beyond exercise guidance. (3) Future Program Design –Recommendations included broader inclusion criteria, clearer safety protocols and better integration with clinical workflows. HCPs emphasised the value of fostering an exercise-supportive organisational culture, securing sustainable funding, and investing in workforce development for future scale-up.

Conclusion and clinical implications

Healthcare professionals viewed EX-FUSION as a safe and promising addition to cancer care. Their insights highlight practical considerations and key areas for refinement, offering valuable guidance for future implementation and scale-up of intra-infusion exercise programs.

Keywords

intra-infusion exercise, chemotherapy, healthcare professionals, qualitative

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

Authors: SEET-LEE, Catherine (The University of Sydney); HUYNH, Vu Minh Khue (The University of Sydney); MCGREGOR, Brooke (The University of Sydney); LACEY, Judith (Chris O'Brien Lifehouse); MAHON, Kate (The University of Sydney); EDWARDS, Kate (The University of Sydney); DHILLON, Haryana (The University of Sydney); YEE, Jasmine (University of Sydney)

Presenters: SEET-LEE, Catherine (The University of Sydney); EDWARDS, Kate (The University of Sydney); YEE, Jasmine (University of Sydney)

Session Classification: Poster Session