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Advancing Training in Oncological Exercise Therapy: Physiotherapists' and Exercise Therapists' Perspectives on an Online-Education Program

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Introduction: Oncological Exercise therapy (OET) benefits oncology patients, highlighting the need for locally available programs delivered by qualified staff. In Germany, such training is mainly provided on-site, involving time and travel costs. The German Cancer Aid-funded IMPLEMENT project developed and evaluated an online training for exercise- and physiotherapists in oncology. This abstract reports participants' perceptions about the digital format.
Methods: The online training (60 units in total) combined video-based self-study with two live online days focused on practical case work. Participants were introduced to the platform four weeks before the examination phase. Written exams were conducted online under videoconference supervision, and oral exams involved small-group case presentations. Post-course evaluations were collected via standardized questionnaire after each training.
Results: Three online trainings were held in November 2024, April 2025 and November 2025. Exams of the last training are ongoing, hence final results will be presented at the congress. To date, 74 participants have been certified via this format (registered: n=80; failed: n=6). Forty-two participants completed the survey. Most rated the course positively (overall 78.6% agree; lectures 64.3% agree). Organizational aspects, including the digital learning environment, were viewed positively by 52.4% and teaching materials by 85.7%. The majority (83.3%) felt that the training met their informational needs and prepared them to deliver OET (71.4%; none disagreed). The digital format and platform access were well received (92.9% agree), though a considerable part of respondents would still prefer in-person training (28.6% agree; 38.1% neutral).
Conclusions: Results indicate that online training in OET is well accepted and represents a potentially resource-efficient format to qualify exercise oncology experts. By reducing spatial barriers and travel costs, the digital format facilitates the concurrent training of a larger number of participants.

The authors declare no conflict of interest.

This abstract will be previously presented at the Deutsche Krebskongress 2026

Keywords

Oncological exercise therapy, Digital health education, Implementation, Supportive cancer care

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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