

powered by



GERMAN
CANCER RESEARCH CENTER
IN THE HELMHOLTZ ASSOCIATION

Contribution ID: 379

Type: 1 - Scientific Poster

Expert consensus on physical activity promotion in survivors of locally advanced head and neck cancer in Switzerland: Preliminary results of a Delphi study

ABSTRACT

Background: Higher levels of physical activity (PA) are associated with better quality of life in survivors of head and neck cancer (sHNC). Nevertheless, many sHNC exhibit sedentary behaviour or engage in very low activity levels. Particularly those with advanced disease are challenged by the sequelae of their extensive treatment regimens. Switzerland lacks guidelines on implementing PA in this patient population. Therefore, this Delphi study aims to generate expert consensus on the delivery of PA promotion within the Swiss hospital-based care pathway from diagnosis to survivorship.

Methods: A multiprofessional panel of clinicians is invited to a three-round online Delphi survey. In the first round participants rated and commented statements on optimal strategies for PA promotion in sHNC diagnosed with advanced-stage cancer. Additionally open-ended questions explored missing items. New items from comments and open questions are added to the second round of this ongoing study. Consensus was defined as $\geq 80\%$ or $\leq 20\%$ agreement. Statements not reaching consensus in the second round will undergo forced decision in the third round to derive the final set of recommendations.

Preliminary results: Fifty experts in treating sHNC participated in the first round of the Delphi study. The panel answered twelve open questions and rated 85 statements on screening, assessing, and coordinating necessary PA support. Consensus was reached on 55 statements. Topics that did not reach consensus or were frequently stated in the comments included prehabilitation, the frequency and format of screening, as well as concerns regarding limited time resources and additional burden on patients and professionals.

Clinical implications: The study will generate expert-informed recommendations on delivering PA promotion to sHNC. These recommendations will provide practical guidance for integrating PA into routine care pathways in Switzerland.

Keywords

head and neck cancer, health promotion, physical activity, Delphi study

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

Author: SCHMOCKER, Martina (University of Zurich, Faculty of Medicine, Zurich, Switzerland Cantonal Hospital Winterthur, Institute for Therapies & Rehabilitation, Winterthur, Switzerland)

Co-authors: SPEKSNIJDER, Caroline (University Medical Center Utrecht, Utrecht University, Department of Oral-Maxillofacial Surgery and Special Dental Care, The Netherlands & University Medical Center Utrecht, Utrecht University, Department of Head and Neck Surgical Oncology, Utrecht, The Netherlands); WIRZ, Markus (ZHAW Zurich University of Applied Sciences, Institute of Physiotherapy, Winterthur, Switzerland); FINGER, Monika (Swiss Paraplegic Research, Nottwil, Switzerland); ELIÇIN, Olgun (Department of Radiation Oncology, Inselspital, Bern University Hospital, University of Bern, Bern, Switzerland); GIGER, Roland (Department of Oto-Rhino-Laryngology, Head and Neck Surgery, Inselspital, Bern University Hospital, University of Bern, Bern, Switzerland)

Presenter: SCHMOCKER, Martina (University of Zurich, Faculty of Medicine, Zurich, Switzerland Cantonal Hospital Winterthur, Institute for Therapies & Rehabilitation, Winterthur, Switzerland)

Session Classification: Poster Session