



RESEARCH TO
PRACTICE 2018

27-29 MARCH 2018
BRISBANE, QUEENSLAND

AEP'S ROLE IN CANCER CARE - ADAPTING TO CHANGE IN PRACTICE

Ms Jane Turner

Exercise for people with cancer is no longer a foreign and alternative concept. Recent research developments and reviews have resulted in the development of a position statement outlining the role of exercise as an adjunct therapy for the management of cancer which have been endorsed by the peak oncology and exercise bodies in Australia. With over one million people living with or beyond cancer in Australia, the likelihood that the clinical AEP will come into contact with these patients is rapidly increasing.

The guidelines for exercise oncology are based on knowledge of more prevalent cancers and standard therapies however, the gap is still vast for those less common diagnoses and new modalities of treatment such as immunotherapy. In the absence of evidence, we are required to apply clinical reasoning and utilise information about the effects of exercise on metabolism, body composition and mental health from related research in health and chronic disease to identify logical targets— yet how do we ensure safety to patients and know what will help?

Difficulties AEPs may encounter with new and more complex cancer clinical presentations may include but are not limited to, 'are we looking to minimise decline rather than progression of physical function?'; 'is the pain neuropathic, musculoskeletal or cancer-related?'; How do I prescribe and recommend a program for someone with short-term prognosis?; or, 'how do I know if I am asking the most appropriate questions?'.

This presentation will offer perspectives on the rapidly changing field of clinical exercise oncology and discuss examples of how clinical AEPs are rising to the challenge, and identify some potential gaps in our understanding.

Abstract number:	024
Session:	Not So Rare: Exercise for Patients with Less Common Cancer
Date:	Wednesday, 28 March 2018
Time:	11:00am – 12:30pm
Co-Presenters:	Prof Clare Scott; A/Prof Prue Cormie; Miss Jane Turner
Panel Practitioner:	Dr Michael Marthick
Session Chairperson:	Dr Michael Baker