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### Translating what we know into what we do: Reach of exercise physiology services implemented as standard care for prostate cancer survivors in Canada

**Sarah Weller**<sup>1,2</sup>, Phil Pollock<sup>1</sup>, Monita Sundar<sup>1</sup>, Maria Spillane<sup>1</sup>, Eugenia Wu<sup>1</sup>, Larry Goldenberg<sup>1,3</sup>, Celestia Higano<sup>1,3,4</sup>, Kristin L Campbell<sup>1,2,5</sup>

<sup>1</sup>Prostate Cancer Supportive Care Program, Vancouver Prostate Centre, Vancouver, BC, Canada; <sup>2</sup>Rehabilitation Sciences Graduate Program, University of British Columbia, Vancouver, BC, Canada; <sup>3</sup>Department of Urologic Sciences, University of British Columbia, Vancouver, BC, Canada; <sup>4</sup>University of Washington, Fred Hutchinson Cancer Research Centre, Seattle, WA, USA; <sup>5</sup>Department of Physical Therapy, University of British Columbia, Vancouver, BC, Canada

**Introduction:** A disconnect exists between evidence that supports exercise as an effective management strategy for adverse side effects of prostate cancer (PC) treatments and the implementation of exercise services into clinical care in Canada. In 2014, the Prostate Cancer Supportive Care (PCSC) program started to incorporate exercise physiology services into standard clinical care to improve patient support.

**Method:** The services were introduced in two stages: 1) Quarterly education session began in June 2014 (90-minute session that addressed PC side effects, exercise guidelines and behaviour change); and 2) Individualized exercise counselling clinic was added in July 2015 (4 x 45 minute sessions over 12-months). The clinic visits used co-constructed goal setting and evidence-based exercise prescription, and evaluated physical measures, treatment side effects and exercise behaviour. We undertook a quality improvement analysis using the RE-AIM Framework to understand the impact and overall reach of the services.

**Results:** 227 PC survivors attended 1 or more session(s), reaching 14.4% of those who enrolled in the PCSC program from January 2013 to November 2017. Education sessions were attended by 167 participants (114 PC survivors, 53 partners) and overall session satisfaction was 4.6/5. 150 PC survivors attended the exercise counselling clinic, the majority of whom (>80%) were insufficiently active at baseline.

**Conclusion:** Exercise physiology services included as standard care for PC survivors showed strong translatability into a clinical setting, high satisfaction and was well attended. The exercise counselling clinic was successful in reaching our key target group, namely PC survivors who are insufficiently active. Both services have continued. Future work will evaluate long-term behaviour change with these services and develop a clinic-to-community model to support access to exercise physiology services for every man with PC in British Columbia.