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9–11 October

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## **#72 - Standardising Care for Exercise and Nutrition In Cancer (SCENIC): Protocol for an effectiveness-implementation study in regional Western Australia.**

### **Presenting Author(s)\***

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### **Aims/objectives**

Resources spent developing EBPs are not translating into routine healthcare outside of research contexts. Similarly, regional populations and people living in remote settings that would benefit from EBPs, experience inequality in accessing evidence-based healthcare. One example is the growing body of knowledge for exercise and nutrition to be integrated into standard care for all people living with cancer; yet referrals to these services are not routinely provided in practice. This presents a significant 'know-do gap', especially in regional areas where people's ability to seek, reach and engage with exercise and nutritional support during treatment remains a significant challenge. While numerous exercise and nutrition programs are available for people living with cancer in urban areas, few of these services are successfully translated into regional settings.

Our study has three aims:

1. To explore existing referral pathways between health service providers and exercise and nutrition services, and the lived experiences of regional people in Western Australia receiving treatment for cancer.
2. To collaborate with the local community to co-design a new exercise and nutrition referral pathway, including strategies that facilitate the integration of these services into routine cancer care.
3. To test the effectiveness of a new exercise and nutrition referral pathway, evaluating the implementation process and effectiveness of our

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implementation strategies over time.

## Methods

This hybrid type-2 effectiveness-implementation study draws on mixed methods to co-design and implement a new exercise and nutrition referral pathway into standard oncology care. The methodology reflects our partnership approach to the study design, drawing on the principles of participatory research to ensure we address the inequalities and priorities of the local population. Our study is guided by the Exploration, Preparation, Implementation and Sustainment Framework (EPIS).

*Exploration:* We will identify existing exercise and nutrition services and referral pathways, collecting information from health professionals and patients about their experiences of delivering and receiving care. *Preparation:* We will report on potential barriers and facilitators of implementation, developing a detailed implementation plan and strategies using the Transtheoretical Domains Framework and COM-B.

*Implementation:* The new referral pathway will be integrated into three health services, monitoring and making adaptations based on health service provider and consumer feedback. *Sustainment:* We will evaluate the success of our implementation efforts, ensuring processes are put in place to optimise the referral pathway's sustainment beyond the scope of the project. Drawing on Implementation Science frameworks to guide our implementation and evaluation measures, we will report on how hybrid study designs can address inequalities through evidence and implementation across regional communities.

Our study design includes a strong consumer and community engagement strategy to ensure the most appropriate solutions are developed for the local context. This involved the formation of two advisory councils. The first comprises a group of 14 health service providers who represent the five health services delivering oncology care across the Southwest region (Oncologists, clinicians, nurses, allied health professionals and health service managers). The second includes 10 local people whom each have lived experience of receiving cancer treatment in the Southwest. We will draw on the Nominal Group Technique to establish the needs and priorities of council members and the local community, using their experience of inequity to guide the focus of our implementation plan and evaluation measures.

## Main findings

Our study will report on the implementation and effectiveness of a new referral pathway that paves the way for people living with cancer in regional WA. Preliminary

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findings on the health inequities of regional populations, including barriers and facilitators to accessing evidence-based health services, will be presented at the summit.

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