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**Can co-location enhance exercise update for people undergoing cancer treatment?**

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**Objectives/aims**

Exercise has emerged as one of the most potent strategies to manage the negative side-effects associated with cancer. Calls are being made to implement it into standard clinical care. Still, most patients do not exercise during cancer treatment and it is often overlooked by clinicians as an integrated part of care. One solution pilot tested by Edith Cowan University (ECU) and Genesis Cancer Care is co-locating an exercise and treatment facility to provide a direct referral pathway for clinicians and reduce patient burden of additional offsite appointments. Our objective is to establish the feasibility of this model and determine factors that enhance its efficiency and effectiveness.

**Methods**

The model was pilot tested at one Genesis site in Joondalup, WA. An unused radiation bunker was identified within their Shenton House facility and the ECU research team outfitted it with exercise equipment. An ECU Accredited Exercise Physiologist (AEP) with specific credentials to work with cancer patients created and supervised individualized, evidence-based exercise programs for all patients who attended. Two 2-hour exercise periods on separate days were available for patients undergoing treatment. Feasibility and effectiveness data were collected for three years (2013 and 2016).

**Main findings**

Pilot data reveal promising results. A total of 235 patients (60.1+12.6 years) volunteered to partake in exercise at the site during the 3-year period, with no adverse events reported. Moreover, muscle strength and physical function improved in all of the 69 patients who participated in the voluntary pre/post assessments. Genesis leadership are supportive of the model and are currently investing in research to gain a more thorough understanding of its barriers and facilitators among key stakeholders to enhance its effectiveness. This work will inform a wide-scale rollout.