This project was inspired by Macmillan Cancer Support’s report, ‘Move More’, evidencing the benefit of physical activity to the recovery and long term health of cancer patients, with benefits before, during and after treatment.

Project aims and objectives:

- To support patients to manage the side effects of cancer and cancer treatments through physical activity
- Embed physical activity into acute hospital cancer care pathways
- Raise clinical staff awareness of the importance of physical activity in cancer patients
- Improve the quality of life for cancer patients, with patients able to engage in regular sustainable community physical activity

Pilot began in 2012, now in its fourth year funded by Macmillan Cancer Support as part of their national Sport England programme, using their standard physical activity questionnaire.

Independent external qualitative evaluation by CFE Research.

Measures include Quality of Life, fatigue and general self-efficacy and wellbeing scale

Physical activity levels measured (baseline, 3 and 6 months using Scottish Physical Activity Questionnaire (SPAQ)).

Evaluation methods:

- Yr 1 Qualitative evaluation included 1:1 patient semi-structured interviews
- Currently being evaluated through Macmillan’s national physical activity programme, using their standard physical activity questionnaire.
- Measures include Quality of Life, fatigue and general self-efficacy and wellbeing scale
- Physical activity levels measured (baseline, 3 and 6 months using Scottish Physical Activity Questionnaire (SPAQ)).

Referrals January - June 2015

- Patients identified and referred by Clinical Nurse Specialists and other clinical staff across all clinical areas.
- Cross-divisional, multi-agency approach engaging a wide range of local partners.
- Patients’ options include unstructured ‘daily living’ activity, outdoor green activities, local community classes or community ‘exercise on referral’ programmes.

Project outline

- Embeds physical activity within cancer services for all cancer patients before, during and after treatment in line with Macmillan’s delivery model.
- Adapts DH Let’s get Moving physical activity care pathway for cancer patients, providing 1:1 exercise assessment and motivational interviewing-based behaviour change intervention from a CAN Rehab trained exercise physiologist.
- Pilot began in 2012, now in its fourth year funded by Macmillan Cancer Support as part of their national Sport England programme

Comparison of Physical Activity and Wellbeing scores against baseline at 3 months

- Increased Physical Activity
- Maintained Physical Activity
- Decreased Physical Activity

Changes in Physical Activity against Baseline at 3 months

- Improved
- Maintained
- Decreased

**Recommendations**

- Health professionals engagement is an on-going process. Consider including training to develop knowledge and skills of clinicians as referrers and clinical champions throughout the programme.
- Approaches work best if they are patient-centred so physical activity action planning is sustainable and meets the changing circumstances of individuals in treatment.
- Measuring an increase in physical activity should not be the primary single indicator of success. This is because impact of treatment or illness may cause an individual to reduce their physical activity against baseline, yet self-efficacy support from the programme enables some degree of physical activity to be achieved.
- To understand the full benefit of the programme, measures of wellbeing and personal goals achieved are imperative. Examples of person-centred goals include reducing fatigue, stress, anxiety, general weakness and body weight.

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