

MASCC International Cancer-Related Fatigue Guidelines



2019

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Strategies to Implement Exercise as a Treatment Modality to Manage Cancer-Related Fatigue

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Conflicts of Interest

- None to declare



Fatigue Guidelines-Exercise Group

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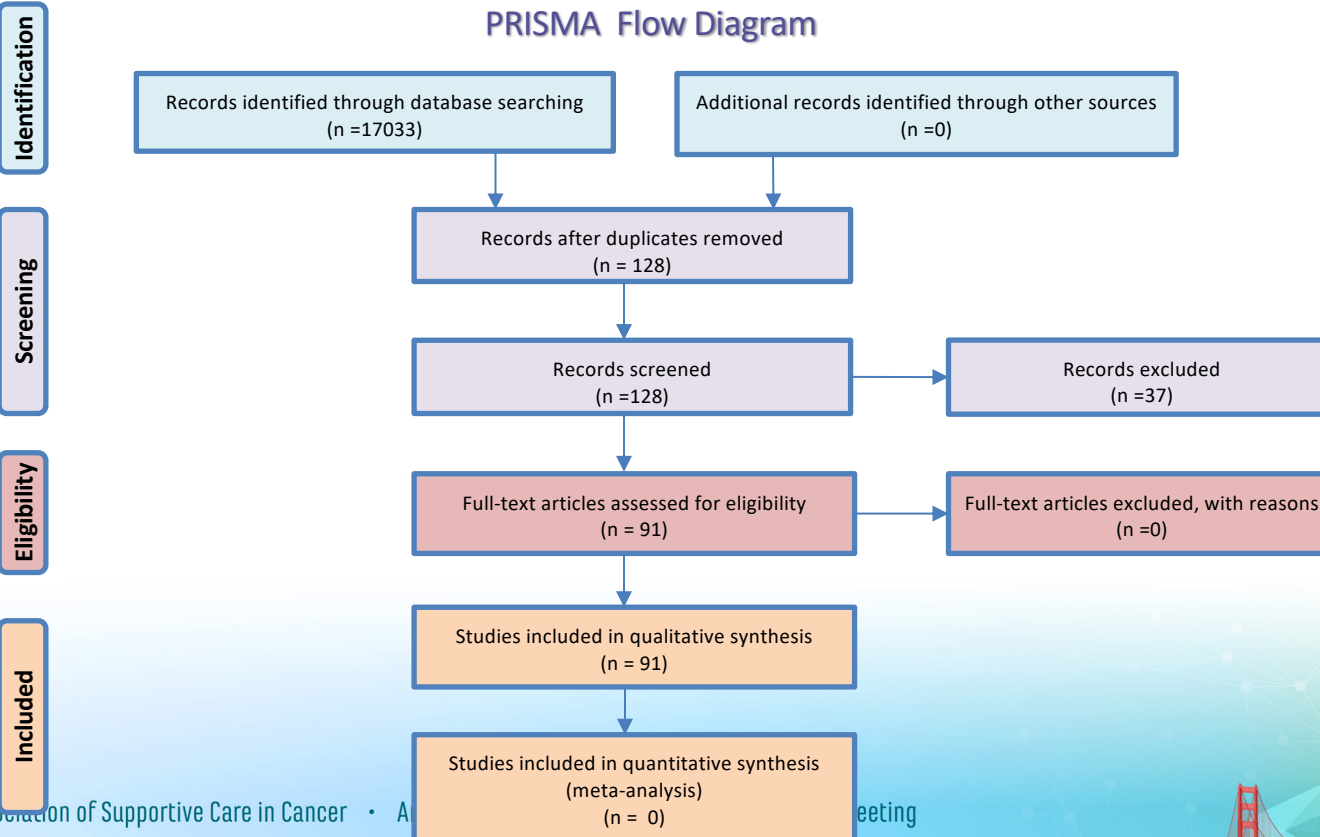
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PRISMA Flow Diagram



Summary of Studies

- Total Number of Studies Screened N = 128
- After Screening – 91 studies
- Level of Evidence & Pedro Score was determined for each study
 - Level I N = 1
 - Level II N = 1
 - Level III N = 47
 - Level IV N = 42



Level I Exercise Study

One Level I Study M. Schmitz et al 2014

- Exercise may help overall and physical CRF
- Resistance with weight machines
- 60-80% of 1 RM
- 2 days /week
- 60 minutes
- 12 weeks
- Pedro Score: 8



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Level II Exercise Study

One Level II Study / Winters-Stone 2012

- Null study regarding fatigue
- Anaerobic Resistance Exercise vs stretching
- Resistance with dumbbells, barbells and weighted vests
- Moderate-Vigorous intensity
- 3/days week; two supervised; one at home
- 60 minutes
- 12 months
- Pedro Score: 8



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Level III Exercise Studies

47 Level III Studies

- 25/47 had significant results
- Yoga, Aerobic , Resistance Training, Aerobic + Resistance Training
- Avg. Pedro Score: 8



Positive Studies (Level III)- 25

- Length of intervention: 4 -12 Weeks
- Duration:18 - 90 minutes
- Aerobic- 9
- Combo(Aerobic + Resistance) - 7
- Yoga - 5
- Resistance Training - 4



Level IV Exercise Studies

41 Level IV Studies



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Summary

- Exercise thus as an intervention is reasonable to be suggested as an intervention to alleviate cancer related fatigue.
- The following exercise interventions have Level 3 evidence & hence reasonable to suggest
 1. Aerobic exercise training
 2. Combination of Aerobic & Resistance training
 3. Yoga
 4. Resistance Training
 5. Walking



Strategies

- Awareness amongst oncologists/ physicians & patients
- Exercise & Psychological interventions found to be more effective (Mustian et al 2017)
- Exercise program accessibility remains a challenge in implementing the guidelines
- Delivered by certified & trained PT/ OT/ Exercise scientists
- Insurance



Pathway Model

- Referral, screening, medical clearance, and programming for people
- Mina et al 2018





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- Exercise screening and risk stratification
- Appropriate instruction in exercise by a QEP
- Provision of resources to support exercise engagement (for example, manuals, log books; Web sites or apps; and basic exercise equipment such as resistance bands, stability ball)
- Routine follow-ups with the QEP, scheduled to ensure appropriate adjustment of the exercise prescription to accommodate changes in capacity, goals, or health status



- Mode & Dose
- Aerobic
- Aerobic + Resistance
- Yoga
- Intensity: Moderate
- Duration: 20- 60 minutes



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Questions ???

