

A/PROF PRUE CORMIE – EX-MED CANCER

Many people diagnosed with cancer suffer serious long-term health problems. Research has established appropriate exercise as a safe and effective intervention for cancer survivors which leads to improved wellbeing. This evidence has compelled major health organisations worldwide to recommend exercise for cancer survivors. But despite this, the majority of survivors don't exercise enough and no evidence-based exercise services are routinely available for people with cancer.

The intention of Ex-Med Cancer is to provide the cancer team with a safe, effective and feasible service they can simply and quickly refer patients to; allowing for exercise to be embedded into routine cancer care. As such, this project will develop, implement and evaluate a sustainable model of care to improve the health and wellbeing of cancer survivors through translation of best practice exercise medicine delivered in the community.

Ex-Med Cancer involves a coordinated pathway of care between the multidisciplinary cancer team, general practitioners and exercise physiologists. Survivors of any cancer type will be provided with access to a personalised exercise prescription delivered by upskilled allied health professionals in a group environment within local fitness centres and exercise clinics. A robust suite of quantitative and qualitative research methods will be used to evaluate the acceptability, effectiveness, sustainability and transferability of Ex-Med Cancer.

We anticipate that this project will provide the framework and infrastructure for a sustainable best-practice exercise service for cancer survivors that can be delivered throughout Australia. Ultimately, Ex-Med Cancer will promote improved health and wellbeing of cancer survivors and reduced health system expenditure through effective and accessible exercise medicine.

