

Exercise during immune checkpoint inhibitor treatment for melanoma: protocol for a randomised controlled trial

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BACKGROUND

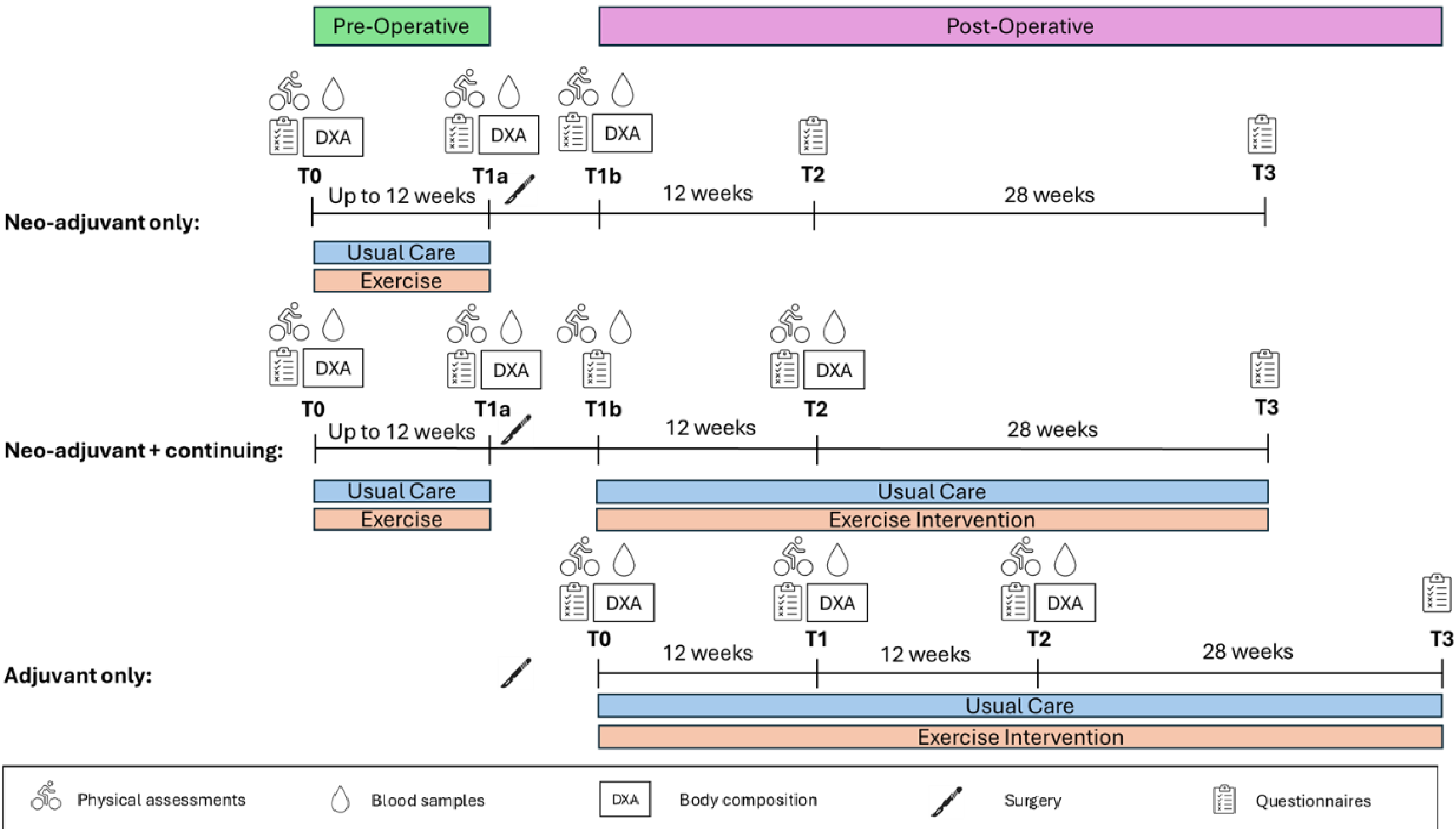
- Immune checkpoint inhibitors (ICIs) have substantially improved melanoma outcomes¹ and are playing an increasingly important role within cancer care.
- However, ICIs are frequently accompanied by immune-related adverse events (irAEs)².
- While exercise is widely recognised as a safe and beneficial supportive care intervention for people with cancer³, evidence investigating exercise within the ICI setting remains limited.

AIM

- The primary aim is to investigate the **feasibility** (recruitment, retention, attendance, and adherence) and **safety** (exercise-related adverse events and severe irAEs) of a multimodal exercise program concurrent with ICIs for people with melanoma.
- The secondary aims are to investigate the effects of exercise on patient-reported outcomes, physiological outcomes, hospital admissions, recovery from surgery, treatment response rates, disease progression, and survival outcomes.

METHODS

The EXHIBIT Study is a prospective, two-armed randomised controlled trial, aiming to recruit 50 participants with stage II/III cutaneous melanoma commencing ICIs that are not meeting the exercise guidelines. Participants are randomised to either a structured exercise intervention (semi-supervised, thrice weekly, multimodal exercise program) or usual care for the duration of their ICI treatment.



RESULTS

Recruitment commenced in June 2025 for people receiving adjuvant ICIs and expanded to patients receiving neo-adjuvant ICI (following PBS changes) in October 2025.

As of August 2026:

30

screened

6

randomised

3 + 3

adjuvant + neo-adjuvant

CONCLUSION

The EXHIBIT Study will provide preliminary evidence on the safety and feasibility of exercise delivered concurrently with ICIs for melanoma. These findings will inform the design of future trials investigating the efficacy of exercise as a supportive care strategy for people receiving ICI immunotherapy for cancer.

Recruitment sites:

