

Study Title	The effect of exercise on chemotherapy completion rates in cancer patients receiving adjuvant chemotherapy – The ChemoFit Study
Protocol Number	V 2.0 31/08/2023
Sponsor	Cabrini Health
Investigator	Dr Eva M Zopf
Study Coordinator	Dr Eva M Zopf

## Treatment Plan

In this study, we seek to understand whether **exercise concurrent to adjuvant chemotherapy** can improve treatment tolerance and more specifically chemotherapy completion rates in cancer patients.

Participants will receive a **comprehensive assessment of their physical performance and wellbeing** when initiating adjuvant chemotherapy. Assessments include, physical fitness and function testing (submaximal tests for upper and lower body strength and aerobic fitness, as well as a physical function and balance test), body composition measurements, a blood draw (optional), and questionnaires. Participants will then be offered a **free individualised and supervised exercise program (2x/week) throughout the course of their chemotherapy** plus 2 weeks (max 8 months). The individualised prescription will be designed in accordance with national and international guidelines for best practice in exercise prescription for people with cancer, involving a combination of aerobic, resistance, and balance exercise.

The study design is shown in Figure 1.

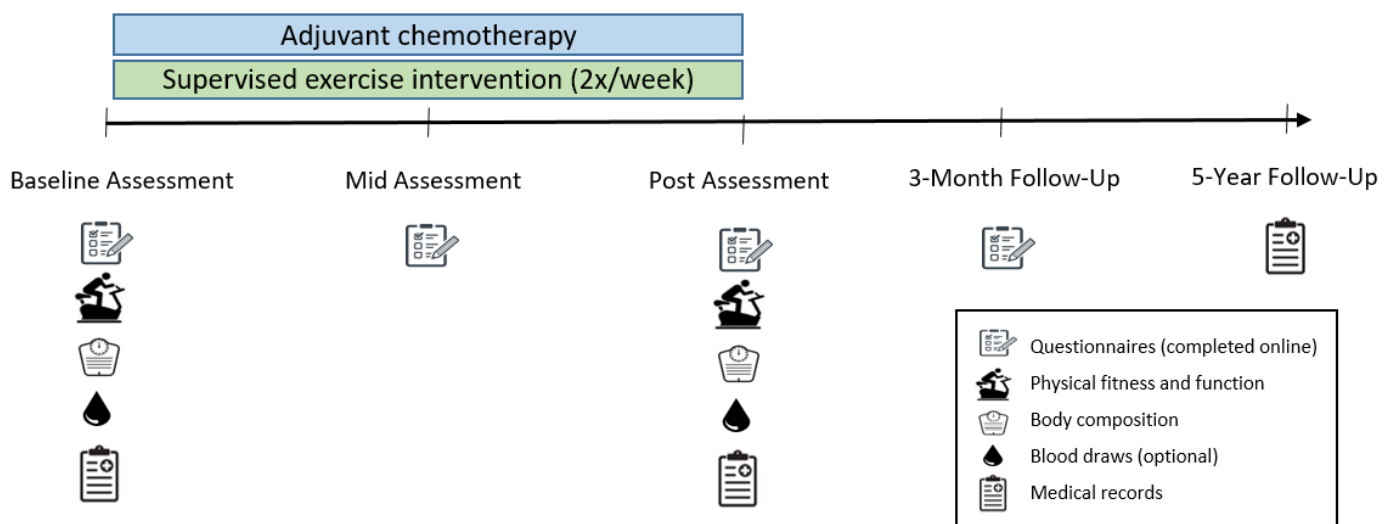


Figure 1. Study Design

### Inclusion criteria

1.	Diagnosed with a solid tumour (stages I-III)
2.	Scheduled for first-line adjuvant chemotherapy with curative intent (or within three weeks of initiating chemotherapy)
3.	ECOG Performance Status 0-2 ECOG 0: Fully active, able to carry on all pre-disease performance without restriction. ECOG 1: Restricted in physically strenuous activity but ambulatory and able to carry out work of a light or sedentary nature, e.g., light house work, office work. ECOG 2: Ambulatory and capable of all self-care but unable to carry out any work activities; up and about more than 50% of waking hours.
4.	≥ 18 years of age

### Exclusion criteria

1.	Other actively treated cancer (except for non-melanoma skin cancer)
2.	Having received chemotherapy previously
3.	Any medical condition that could place the participant at unreasonable risk of injury or illness caused by the exercise testing or training (e.g. serious active infection, severe neurological or cardiac impairment, severe respiratory insufficiency, uncontrolled severe pain)
4.	Pregnant
5.	Unable to read, speak or understand English (and no one who can help with interpretation)

If you have any questions or would like further details about the study, please feel free to contact the research team via (03) 9508 1866 or [exerciseoncology@cabrini.com.au](mailto:exerciseoncology@cabrini.com.au)

To refer a patient, please either:

- email patients' details to [exerciseoncology@cabrini.com.au](mailto:exerciseoncology@cabrini.com.au)
- complete the REDCap referral form via the QR code or by copy and pasting the following link into your browser  
<https://apps.cabrini.technology/redcap/surveys/?s=AP3HJJNFN48W9MNE>

