

MOVE MORE ABERDEEN INTEGRATING PHYSICAL ACTIVITY INTO CANCER CARE

WE ARE
MACMILLAN
CANCER SUPPORT

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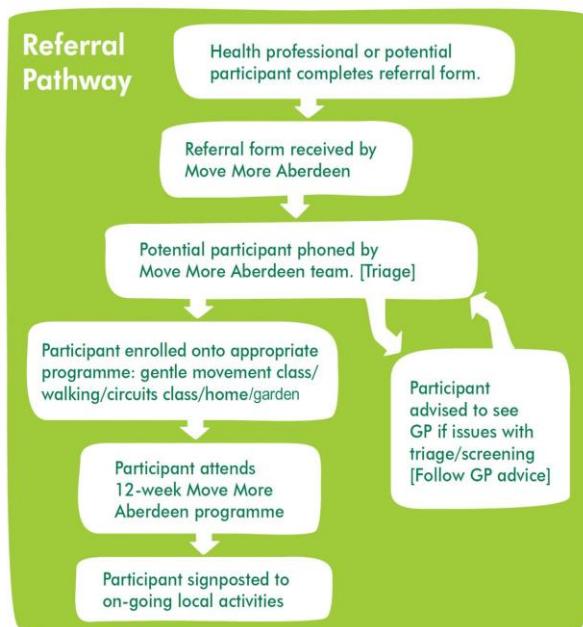
Background

Physical activity is both safe and clinically effective for people living with cancer (PLWC)¹. It has been shown to improve physical functioning and quality of life, decrease fatigue, enhance long-term survival and reduce the risk of cancer recurrence². Despite this evidence physical activity is still not prescribed to PLWC as part of routine cancer care.

Aim

Sport Aberdeen entered into partnership with Macmillan Cancer Support with the aim of making the physical activity 'wonder drug' available to PLWC in Aberdeen through the development of the Move More Aberdeen (MMA) programme.

Figure 1. MMA Referral Pathway



Methodology

- A referral pathway was established in partnership with NHS Grampian.
- A sustainable business model was created that utilised the local resources available through a well-trained and supported team of volunteers.
- MMA delivery started in January 2015 with 12-week community-based physical activity groups of moderate-intensity (chair-based exercise, walking and gardening) and high-intensity (circuits), delivered using a person-centred health behaviour change approach that meets the needs of PLWC.
- Interviews were carried out in January 2017 with participants who completed the programme between January-December 2016 (n=62) to assess long-term benefits and adherence to physical activity.

Results

- MMA has generated 285 referrals to date, 66% from NHS healthcare professionals and 35% from self-referrals.
- Referrals were highest for prostate (25%), breast (23%), bowel (7%), Non-Hodgkin's Lymphoma (7%) and lung (5%) cancer.
- 59% of PLWC referred to MMA have attended one or more MMA activities.
- The service evaluation in January 2017 (n=62) indicated that 87% of past participants interviewed (n=54) had increased or maintained their physical activity levels following the completion of MMA, demonstrating the long-term impact of the programme on physical activity for health. The evaluation also identified further long-term benefits of the programme.

Figure 2. Long-term Impact of MMA

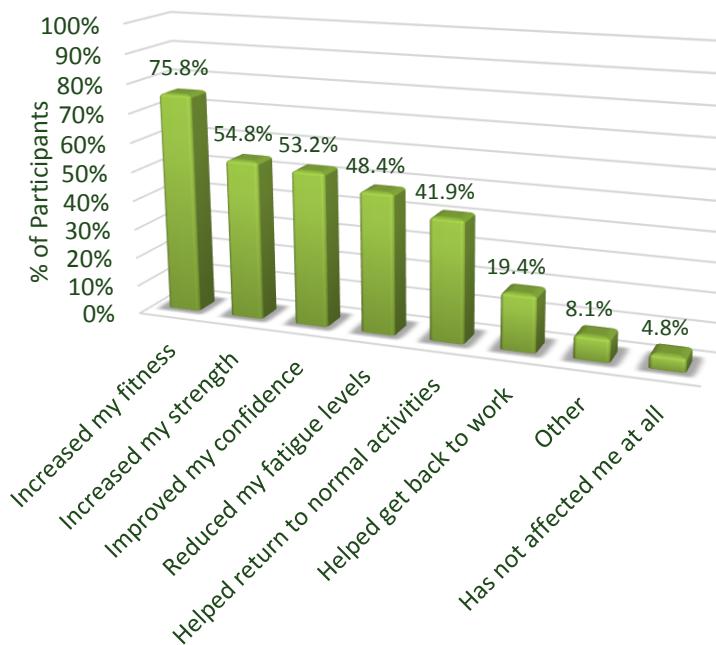
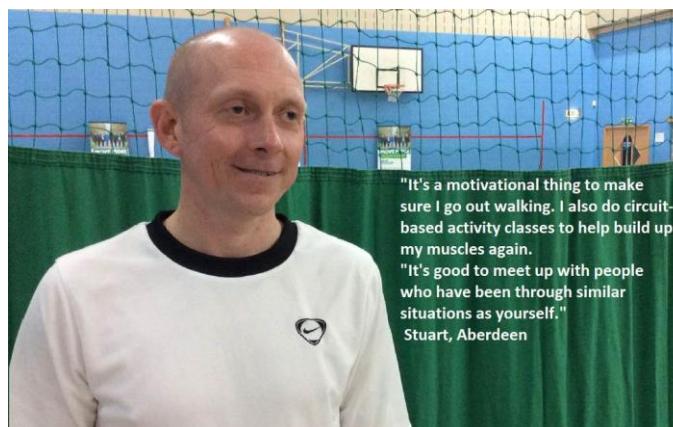


Figure 3. MMA Participant Testimony



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Figure 4.
All Referrals by Cancer Type

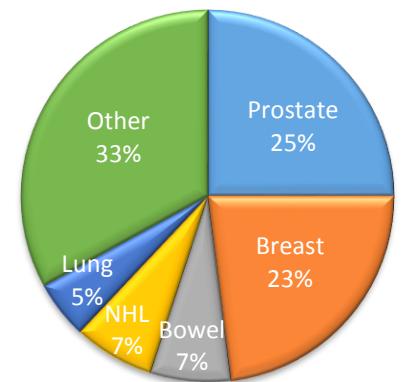


Figure 5.
Type of Referral

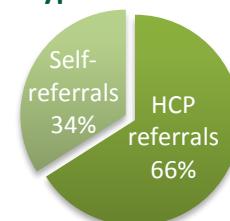


Figure 6.
Attendance Rate



Further evidence of impact

- A seated-exercise group has been introduced at Aberdeen Royal Infirmary for PLWC undergoing radiotherapy treatment, improving access and further integrating MMA into the cancer care pathway.
- MMA was awarded the Aberdeen Council of Voluntary Organisations (ACVO) Award for 'Connecting and Collaborating' in recognition of the impact of partnership working across cancer services in Aberdeen City.
- The MMA referral pathway has been replicated across other physical activity programmes for PLWC in Scotland.

Conclusion

MMA offers a model of supported self-management for PLWC in line with the 2020 Vision³. The programme has improved access and adherence to physical activity for PLWC and demonstrates a feasible model for integrating physical activity into standard cancer care.

Acknowledgements

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References

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