



# Our Cancer Wellness Journey:

How we grew from a fitness center program to an integral part of TriHealth's survivorship plan of care.

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# Objectives:

To give an overview of the history of our cancer wellness program and how it has evolved into the program it is today.

To understand how we were able to manage the program through COVID and what we learned from the experience.

To present the specific outcomes we track and why tracking outcomes is so important.



# How It All Began 2010

Tasked with developing a program for a special population.

Medical Director suggested cancer.

Met with team members from TriHealth's breast center to gauge interest.

Pavilion team members visited other facilities that were offering cancer exercise programs.

# 2011

Pavilion team developed our version of a cancer wellness program.

8-week session meeting twice per week.

1 class cardio, strength and flexibility as a group

1 class alternative

Pre-assessment by appointment week before session started.

12 – 15 participants per session.

Vital signs checked before each class.

Educational session each week after one of the exercise sessions.

# Early 2011

Offered program with a fee for participation.

Lots of interest, but no registrants.

Decided to find a grant to pay for program so cost was not a factor for participation.

# June 2011

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First session started with 8 participants.





2011- 2013

Offered 2 – 3 sessions per year depending on grant availability.

Most referrals coming from Breast Center.

2014

Invited to attend a roundtable discussion as part of the Breast Center's accreditation process.

Breast Center was given praise for offering a "survivorship program".

Brought the program to the attention of the Director of TriHealth's Cancer Institute and the Institute started funding the program.



2014

Began offering the program quarterly, alternating between a lunch time offering and an evening offering.

We were making changes to the program based on feedback we received from the end of program evaluations.

Most changes had to do with the educational topics.

The number one request though was to make the program longer.

# 2016-2017

Program became 12 weeks long.

The three most common themes in our feedback:

1. Waiting too long for session to start.
2. Wanted more exercise routine, fewer specials.
3. Lectures made classes too long.

2018

Increased offerings with a new session beginning monthly.

Started offering monthly lectures alternating between noon and evening times

Began offering guest passes to those wanting to try other forms of exercise.

2019

Went to multiple classes with rolling admission.

Encouraged participants to take control of their workout.

“From the time of diagnosis, you are told where to go and what is going to happen. You really have no control over anything. This program allowed me to gain some control again. It was quite liberating.”

2020

COVID

Limited classes to 4 participants.

Each participant had own exercise “pod”.

Within first week, had 12 participants.



2020



Our Redesigned Space

# What We Learned

Two most important lessons:

Small groups led to more interaction among participants.

Social aspect of the program very important to its success.

Which led to:

Fewer participants dropped out of the program.

Increase in the number of participants joining the Pavilion.

# Our Program Today

Independent exercise in a group setting

Twice per week for twelve weeks.

Pre-Assessment in 1<sup>st</sup> class and Post  
Assessment in 24<sup>th</sup> class.

Vital sign screenings as needed.

Each class includes time for cardio,  
strength, flexibility and balance.

Small class size 4-6 people.

Rolling admission.



# Outcomes

Height, Weight, Blood Pressure, Resting  
Heart Rate, Oxygen Saturation

ROM Screen

Sit & Reach or Chair Sit & Reach

Grip Strength

Chair Stand

Balance Screen

¼ Mile Walk



# Current Assessment Form

## TRI-HEALTH FITNESS & HEALTH PAVILION Cancer Wellness Assessment Form

NAME: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ GENDER: \_\_\_\_

CURRENT DIAGNOSIS: \_\_\_\_\_

Pre

Post

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Currently in Treatment: \_\_\_\_\_

Type of Treatment: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Currently in Treatment: \_\_\_\_\_

Type of Treatment: \_\_\_\_\_

Height (in)		
Weight (lbs)		
BP (mg/dL)		
RHR (bpm)		
O2 Saturation		

### Cardio-Vascular Assessment Profile

(1/4 Mile Walk/Run)

Lap 1 (min:sec)	:	:
Lap 2 (min:sec)	:	:
Total Time (min:sec)	:	:
RPE at test end		

### Flexibility Profile

Sit and Reach (in)		
Chair Sit n' Reach (in)		

Shoulder Flexion		
Shoulder Abduction		
Knee Flexion/Ext		
Hip Abd/Add		
Hip Flexion		
Ankle DF/PF		

### Muscular Strength and Endurance Profile

Hand Grip: KG	R:	L:	R:	L:
30sec. Chair Stands: Reps				

### Balance Profile

Two Feet Together (sec)		
Tandem Stance (sec)		
SLD (cm)	R:                    L:	R:                    L:

# Outcomes

## Quality of Life

### Questions on Post Program Evaluation

Did participating in this program help improve your overall energy?

Did participating in this program help you sleep better at night?

Did participating in this program help your overall feeling of well-being?

PROMIS



# PROMIS

		excellent	good	Good	fair	Poor
0164471	In general, would you say your health is: .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
0164472	In general, would you say your quality of life is: .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
0164473	In general, how would you rate your physical health? .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
0164474	In general, how would you rate your mental health, including your mood and your ability to think? .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
0164475	In general, how would you rate your satisfaction with your social activities and relationships? .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
0164476	In general, please rate how well you carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.) .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
0164478	To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair? .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

In the past 7 days...

		Never	Rarely	Sometimes					
0164479	How often have you been bothered by emotional problems such as feeling anxious, depressed or irritable? .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3					
0164480	How would you rate your fatigue on average? .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3					
0164481	How would you rate your pain on average? .....	<input type="checkbox"/> 0 No pain	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

# Outcomes



## Cancer Wellness

2023

# of participants starting program:	38
# of participants finishing program:	22
# of participants post treatment:	14

### Quality of Life indicators

Increased energy:	20/20	100%
Better sleep:	15/20	75%
Improved well-being:	20/20	100%
PROMIS:	17/20	85%

### Physical Tests

Strength:	20/22	91%
Endurance:	22/22	100%
Flexibility:	20/22	91%

Updated: 5/3/23



# Survivorship

In 2020 TriHealth hired a nurse navigator to lead the survivorship team.

Nurse navigators

Social Workers

Dietitians

Exercise Specialist

# Research

One of our oncologists is looking at whether participating in the program encourages long term exercise habits.

If participant agrees, they fill out a survey as part of their post assessment.

One year after completing the program, they return for an additional assessment and to take the survey again.

# What's Next

Would like to offer the program at an additional location.

Would like to develop an ongoing program.

Investigating the feasibility of a virtual offering.





# QUESTIONS?

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