

# Exercise referral to fitness centre or cardiac rehabilitation among breast cancer survivors

<b>Submission date</b>	<b>Recruitment status</b>	<input checked="" type="checkbox"/> Prospectively registered
16/09/2015	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
04/02/2016	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
11/06/2018	Cancer	

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Public

### Contact name

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## Additional identifiers

### Protocol serial number

2014NovSP422

## Study information

### Scientific Title

# Exercise referral to fitness centre or cardiac rehabilitation among breast cancer survivors: Pilot single-arm trial with embedded process evaluation

## Acronym

EFFECT

## Study objectives

This study aims to evaluate the feasibility and acceptability of providing BCS with a choice of attending one of the following existing structured PA interventions - NHS cardiac rehabilitation and fitness/leisure centres for the general public.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

North of Scotland Ethics Committee (1), 08/05/2015, ref: 15/NS/0036

## Study design

Single-arm pilot feasibility trial

## Primary study design

Interventional

## Study type(s)

Other

## Health condition(s) or problem(s) studied

Breast cancer

## Interventions

Participants will be offered a choice of the two interventions:

### Cardiac Rehabilitation

Phase III cardiac rehabilitation is usually a 10 to 12 week exercise programme delivered to patients within a traditional cardiac rehabilitation setting [31]. In the particular site where this study is being conducted, this will be a 10 week course, with a 60 minute exercise class once a week. The programme will be delivered by a cardiac physiotherapist, and is supported by a cardiac nurse co-ordinator, and a physiotherapy assistant. Exercise will be tailored to the individual during an initial assessment with the physiotherapist. Participants will be given individual activity goals, and appropriate intensities for activities. Exercise will take place in a group setting, and will include both cancer and cardiac patients. Lower intensity classes will be available, if required. Educational components will form part of the programme, and include general health advice (e.g. diet, exercise, relaxation), alongside cardiac specific sessions (e.g. medications). Attendance will be recorded.

### Fitness centre

Participants will be referred to an instructor who is qualified to Register of Exercise Professionals (REPs) Level 4, in Cancer and Exercise. Exercise will take place in a gym setting, or in a class setting (if appropriate), alongside members of the general public. An individual exercise programme will be set up between the participant and the specialist instructor during a

one-to-one appointment. For the purpose of the study, participants will be provided with a 3-month free membership card, giving them free access to a range of fitness classes, gym and swimming pool. Advice will be offered on an individual basis on the safety of use for each participant. Participants will be able to visit the facility as often as they wish during the 3 month period. Attendance will be recorded.

Follow up: Participants will complete repeated measures on completion of the intervention of their choice. This will involve completion of the questionnaire (as done at baseline), and a semi-structured interview.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Physical Activity and sedentary behaviour is measured using an accelerometer, the Godin-Shephard Leisure-Time Physical Activity Questionnaire (GSLTPAQ), a physical activity self-efficacy self-report questionnaire and analysing an activity diary at baseline and the end of the intervention.

## **Key secondary outcome(s)**

1. Quality of life is measured using the EQ-5D questionnaire and the Functional Assessment of Cancer Therapy for Breast cancer (FACT-B) questionnaire at baseline and the end of the intervention
2. Fatigue is measured using an additional questions in the FACT-B questionnaire at baseline and the end of the intervention
3. Functional strength is measured using the five repetition sit to stand test at baseline and the end of the intervention
4. Confounding/mediating factors are determined using patient records at baseline and the end of the intervention

## **Completion date**

30/04/2017

## **Eligibility**

### **Key inclusion criteria**

1. Are aged 16 years of age or over
2. Diagnosed with breast cancer (any stage) or Ductal Carcinoma In-Situ (DCIS) having surgery, axillary surgery, or undergoing risk-reducing mastectomy
2. Post-surgery and may (or may not) be having adjuvant therapy (chemotherapy and/or radiotherapy) and may have had neoadjuvant therapy before surgery

No longer applicable as of 25/07/2016:

3. Live within a 35-mile radius of cardiac rehabilitation/fitness centre

## **Participant type(s)**

Patient

## **Healthy volunteers allowed**

No

## **Age group**

Adult

Sex

All

#### Key exclusion criteria

1. A clinician (e.g. consultant or clinical nurse specialist) decides that they are unsuitable for inclusion
2. A clinician decides that the BCS has a cognitive impairment and thereby cannot give informed consent
3. Scheduled to have further surgery in the next 12 weeks

#### Date of first enrolment

01/09/2016

#### Date of final enrolment

30/11/2016

## Locations

#### Countries of recruitment

United Kingdom

Scotland

#### Study participating centre

Raigmore Hospital

NHS Highland

Old Perth Rd

Inverness

United Kingdom

IV2 3UJ

## Sponsor information

#### Organisation

University of Stirling

#### ROR

<https://ror.org/045wgfr59>

## Funder(s)

**Funder type**

Charity

**Funder Name**

Breast Cancer Now

## Results and Publications

### Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Other

#### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/06/2018		Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes