Aim Statement: By February 2019, 80% of ABMT patients enrolled complete the outpatient exercise program.

Background to problem worth solving
- Patients who have undergone autologous bone marrow transplantation (ABMT) experience significant fatigue and physical deconditioning due to the therapy process and prolonged periods of inactivity due to confinement during hospital admission.
- At present, there are no dedicated exercise recovery programs available for patients attending Nepean Cancer Care Centre for any cancer type.
- In 2018, 18 patients received ABMT at Nepean Hospital.

Team members
- **Sponsors (Guidance Team)**
  - Executive Sponsor - Kevin Hedge – Director Allied Health and Population Health
  - Dr Aisha Ismail - Director, Nepean Bone Marrow Transplantation, Nepean Cancer Care Centre
  - Dr John Tipper – Director, Autologous Bone Marrow Transplantation, Nepean Cancer Care Centre

- **Project Team**
  - Team Leader – Elizabeth Calleja
  - QI Advisor – Michael Wood
  - Consumer – Monica Vince
  - Team members
    - Alicia Clonfonde – Clinical Nurse Consultant Apheresis and Bone Marrow Transplantation, Nepean Cancer Care Centre
    - Laura Kirsten – Principal Psychologist, Nepean Cancer Care Centre, Lead Clinician Psychology, NBMLHD
    - Louise Maher – Clinical Nurse Consultant Oncology, Nepean Cancer Care Centre

Results

Outcome measures

**Psychosocial Measures**
- **Fatigue**
  - 44% improvement in symptoms of Fatigue
- **Quality of Life**
  - 12% improvement in Quality of Life

**Physical Measures**
- **Leg Strength**
  - 21% improvement
- **Six minute Walk test improvements Pre and Post 8 week Program**
  - 17.5% improvement

Discussion
- Despite small patient numbers, initial data is promising. Outcome measures show that the program is feasible and able to improve outcomes for patients who participate in the program.
  - Overall attendance in the program was limited (59%) due to various reasons: AEQ, holidays, or other factors.
  - Patients demonstrated improvements in quality of life, fatigue, strength and functional fitness
  - Patients were encouraged throughout the program to provide feedback on the exercise sessions and home based exercises.

Plans to sustain change
- Writing of and submission to local enhancement bids and network funding grants to continue program with an exercise physiologist (EP)
- Training of EP and physiotherapists at NBMLHD for upskilling of staff for cancer patients via HETI grant:
  - To be completed via “ExMed Cancer” training course for patients during and post cancer therapy
- Exercise and Sport Science Australia Cancer Special interest group presentation:
  - “Feasibility of an Exercise Program for patients post autologous bone marrow transplantation (ABMT) at Nepean Hospital Cancer Services”

Link to National Standard

Standard 2

Partnering with consumers

Literature review