Feasibility of an Exercise Program for patients post autologous bone marrow transplantation (ABMT) at Nepean Hospital Cancer Services

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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 types.

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. John Taper – 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 Cianflone – Clinical Nurse Consultant Apheresis and Bone Marrow Transplantation, Nepean Cancer Care Centre

Link to National Standard
Standard 2
Partnering with consumers

Literature review


Results

Outcome measures
Psychosocial Measures

44% improvement in symptoms of Fatigue

12% improvement in Quality of Life

Physical Measures

Leg Strength: 21% improvement

Six minute Walk tests improvements Pre and Post 8 week Program

66% improvement

33% improvement

Overall Outcome of Project:
As this project was an initial PDSA, not all patients eligible for the program were assessed for the first intake of the 8 week program. This was limited due to clinic time.

Of the patients that completed (75%), a 44% decrease in fatigue and improvements physical function demonstrated in the six minute walk test (17.5%) and leg strength (21%).

Patients enjoyed the exercise program and would recommend it to other patients.

Patients were able to complete exercises set, and nil adverse events were caused due to the exercise sessions.

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 EP for cancer patients via HEIT grant. To be completed via ‘ExMed Cancer’ training course for exercise during and post cancer therapy.

In-services to staff to raise the awareness of and the importance of exercise therapy for cancer patients.

Plans to spread/share change

2019 Plans
ACI Innovation Exchange
Allied Health Grand Round 2019
NBMLHD Quality awards 2019
Cancer Innovations Conference 2019
Exercise and Sport Science Australia’s Cancer special interest group presentation

NSW Health Exercise Physiology Advisory group presentation

Cancer Innovations Conference 2019