

Digitalisierung der Krebsrehabilitation während und nach einer systemischen Behandlung - Pilotversuche in den südlichen Ostseeanrainerstaaten (AMBeR)

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Abstract Text

Englischer Text: Introduction The population of cancer patients (pts) and survivors is constantly growing due to a combination of increasing incidence and improved survival. Shortages of specialists and an unequal distribution of resources (healthcare facilities, income, public transport, etc.) are challenges for the treatment and rehabilitation of these pts. This is especially true for rural regions being severely affected. In order to counteract these barriers, digital solutions are being developed and tested as part of the Interreg South Baltic Program-funded project "AMBeR" (Advanced Modelling of Baltic cancer e-caRe). Initially, seven project partners from five Baltic Sea states (DK, PL, GER, SWE, LTU) are involved. One area aims at a feasibility testing if self-handled home blood tests can be efficiently carried out by cancer pts. Another area addresses digital solutions in physical rehabilitation (rehab) through supervised exercise programs. The later includes two pilot trials: (i) "early rehab", which is performed during chemotherapy (CT), and (ii) "rehab@home", a digitized post-treatment rehab. Research questions to be answered include a) important determinants of engagement in digital rehab, b) which pts are reached, and c) the effectiveness of digital rehab.

Methods This is an international multi-centre, prospective intervention study. At Rostock University 60 pts will be included (ICD C00* -C97*, age ≥ 18 years, during or after completion of CT, medical clearance to perform rehab). The recruitment rate and reasons for barriers are surveyed. After inclusion, a performance test (e.g. strength, endurance) is carried out including patient-reported outcomes. In addition, demographic and clinical data are recorded. Exercise specialists create individualized training plans for pts. The "Lanista" training app will be used allowing the pts to access their training plans from home. In the app, the pts can confirm completed exercises, note deviations and contact the team via chat function. Training frequency, adverse events and technical problems are recorded, as well as the time spent by the therapists.

Discussion To the authors' knowledge, this is the first EU-based cooperation in a home-based multicenter exercise and blood analyses study with cancer pts. Thus, even pts who do not live near a training facility are given the opportunity to perform an exercise program adapted to their needs. Key features of the home exercise protocol including the app will be presented.

Verbundprojekt

Projekt im Rahmen eines Verbundprojektes (SFB/KFO/EU, o.ä.): Ja

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