Kategorie: Rehabilitation

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**Digitizing cancer rehabilitation during and after systemic cancer treatment - interim results of the international feasibility study "AMBeR"**

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Introduction: The Interreg South Baltic Program-funded project "AMBeR" (Advanced Modelling of Baltic cancer e-caRe) evaluates the feasibility of digital solutions in cancer care. In physical rehabilitation, a prospective study evaluates remotely supervised, app-based training programs in five Baltic Sea countries (DK, SWE, GER, POL, LTU) during systemic therapy (early rehab) and afterward (rehab@home). Outcomes include participation determinants, patient characteristics, effects on quality of life (QoL) and physical performance, and required care time. Aims include a comparison of approaches and to identify best-practice models.

Methods: This international, multicenter, prospective study includes two single-arm feasibility trials (early rehab and rehab@home). At Rostock University Medical Center (UMR), 30 patients per arm were planned to enroll (ICD C00*–C97*, age ≥18 years, during or after systemic therapy). Clinical, demographic, and QoL data (EORTC QLQ-C30) are collected via questionnaires. Before and after the 12-week app-based intervention (Lanista), physical performance tests such as the 6-minute walk test (6MWT) are performed. Non-participants are analyzed in terms of age, gender, and reason for refusal.

Results: Since 11/2024, 46 patients (61% female, 23 to 82 years) have been enrolled at UMR (29 in early rehab, 17 in rehab@home). To date, breast cancer is the most common diagnosis (24%, n = 11). As of 11/2025, 33 participants have completed the intervention. Their QoL improved from an average of 56 to 63 ($p$ = 0.027) and their 6MWT distance increased from an average of 519 m to 557 m ($p$ <0.001). Data are also available for 27 patients who declined participation (37% female, 24 to 85 years). On average, they were significantly older than the participants (66 ± 19 vs. 54 ± 16 years, $p$ = 0.002). The most common reasons for declining participation were lack of interest and lack of necessary technology. Recruitment is ongoing and updated data will be presented.

Discussion: Personalized home training using the Lanista app has been feasible and effective so far.