
1) Do you have incurable cancer with local recurrence or metastases?

2) Do you have fatigue or difficulties with functioning because of cancer and its treatment?

3) Do you live in Northern Alberta?

You may be eligible to participate in a research study on a virtual exercise and rehabilitation program.

For more information, please contact the Study Coordinator:

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Improving Cancer Care

People with advanced cancer may experience fatigue and loss of functioning, starting from diagnosis and throughout their illness journey.

Rehabilitation and therapeutic exercise programs may help to reduce fatigue and improve physical function and quality of life.

People with advanced cancer do not have access to onsite rehabilitation or exercise physiology in the North Zone.

This research study brings interdisciplinary experts in cancer rehabilitation and therapeutic exercise to people with advanced cancer in their own homes.

The research team includes health professionals from the following disciplines:

- **Physiotherapy**
- **Exercise Physiology**
- **Occupational Therapy**
- **Oncology**
- **Palliative Medicine**

The aim of this research study is to determine whether a virtual rehabilitation and therapeutic exercise program can be delivered to people with advanced cancer in their own homes, and the effects of this program on their symptoms, level of functioning and overall quality of life.

This study has received ethical approval from the Health Research Ethics Board of Alberta – Cancer Committee.

What Participants Can Expect

- An initial telephone call from the study coordinator to determine your eligibility to participate
- One-on-one virtual consultations with a cancer rehabilitation and/or exercise specialist
- Individualized rehabilitation and therapeutic exercise program which is tailored to your level of functioning and which can be done in your own home.
- Access to online exercise modules and a supervised interactive online group class via Zoom
- Regular one-on-one virtual follow-ups with a Pain and Symptom physician
- A final interview with a study team member to talk about your experience participating in the program