

The EXCEEDS Delphi Study

Invitation to participate and provide feedback on the Exercise in Cancer Evaluation and Decision Support (EXCEEDS) Algorithm.

Introduction



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Research interests:

- Experiences, perspectives and long-term functional needs of individuals with cancer.
- Implementation and effectiveness of real-world cancer rehabilitation and exercise interventions.
- Development and implementation of **oncology long-term follow up care pathways** including cancer rehabilitation and community-based exercise services.
- Value-based outcomes and equity.

Need for a research-based decision support algorithm

Little consensus for how to refer the “right patient” to the “right service” at the “right time”

1

HIGH PREVALENCE AND COST

High prevalence and cost of long-term cancer-related burden.

2

ESTABLISHED BENEFITS OF EXERCISE

Researchers have established benefits of exercise and prospective rehabilitation intervention for cancer-related burden.

3

CALLS TO ACTION

Clinical practice guidelines (NCCN, ASCO, etc.) and many organizations (ACSM, ACRM, etc.) recommend prospective referrals to rehab and cancer exercise specialists.

4

LOW REFERRAL RATES

Referrals to rehab and exercise remain low; studies report 2-10% of individuals with identified impairment are referred to rehab.

5

BARRIERS TO REFERRALS IN ONCOLOGY

There are a multitude of barriers to perspective screening and referrals in oncology.

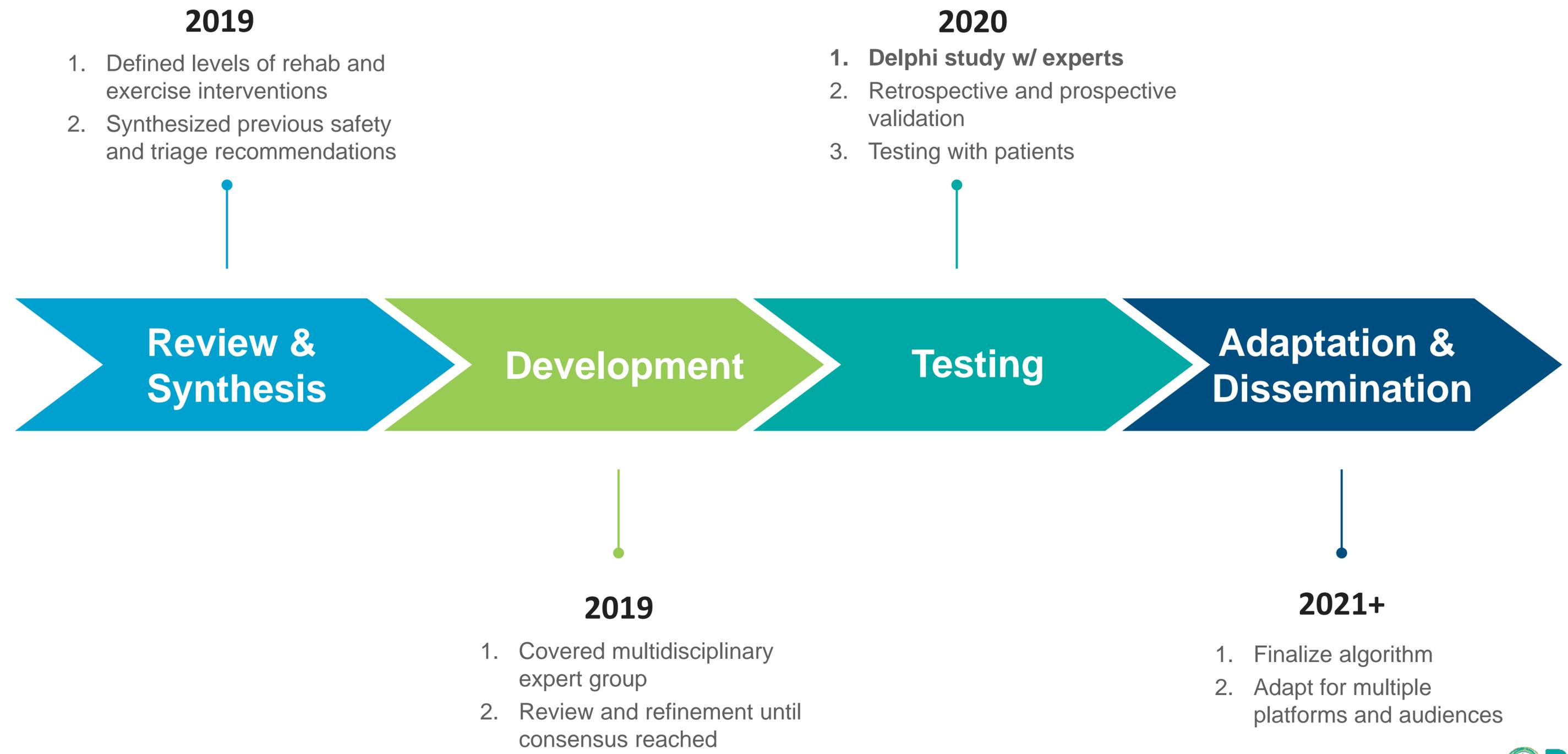
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LIMITATIONS OF PREVIOUS INITIATIVES

Many forms of guidance on referrals exist in research literature and in various local practice settings. Each has their own set of limitations. No consensus across recommendations/tools.

EXCEEDS Algorithm Development

Goal: Create and gain consensus for a 'common language' and process to enhance multidisciplinary care coordination



EXCEEDS Delphi Study

Enrolling until 9/25

Aims:

1. Determine acceptability of preliminary algorithm flow diagram.
2. Obtain feedback and determine consensus for digital and clinical integration.

[Link for more information or to enroll](#)

OCCUPATIONAL THERAPY
COLORADO STATE UNIVERSITY

Calling all oncology, cancer rehabilitation & exercise experts.

Are you...

- A clinician, researcher or administrator experienced in **oncology, cancer rehabilitation or exercise oncology?**
Note: Must have minimum of Bachelor of Science degree
- Willing to complete **3 brief online surveys?**
(10-30 mins each)

YOU'RE INVITED to pilot test a **NEW** research-based algorithm designed enhance referral decision making for cancer rehab and exercise services.

Exercise in Cancer Evaluation and Decision Support (EXCEEDS) Algorithm Delphi Study

ENROLL before September 25th