

# 1st Year Implementation Results from a Exercise Oncology Program for Rural and Remote Populations



## KEY MESSAGES



- EXCEL has built a **network** of Qualified Exercise Professionals and Healthcare Providers to **facilitate referral and program delivery**
- The **delivery and implementation** of the EXCEL study in year one was considered **feasible and safe**
- This work provides insights into developing **sustainable exercise oncology programming** implementation for **rural and remote populations**

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## Manuscript Purpose:

The EXCEL study is a 12-week exercise intervention in **Alberta, Ontario, and Nova Scotia**, evaluating Year 1's **reach, adoption, and implementation** in rural and remote Canadian communities.

## Implementation Measures



### Reach

- Participant Characteristics
- Number Enrolled
- Referral Source/Pathway



### Adoption

- Number and Characteristics of Clinical Contacts
- Number of Qualified Exercise Professionals Trained and Delivering the Program



### Implementation

- Retention
- Adherence
- Assessment Completion Rates
- Adverse Event Reporting

## Year 1 Implementation Findings:



**290**

Participants Enrolled



**45**

Trained Qualified Exercise Professionals

**22**

Delivering EXCEL Classes



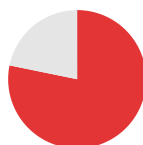
**163**

Clinical Contacts  
*cancer centres, primary care networks, hospitals, universities, and community clinics*



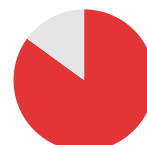
**81.4%**

Retention



**78.2%**

Adherence



**85%**

Assessment Completion



**1**

Adverse Event  
(Mild)

