

# Preferences , barriers and facilitators for pre-operative exercise participation for elderly treated for colorectal cancer and their social network (PEPTONE)

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Malignant and unspecified neoplasms gastrointestinal NEC
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON45472

### Source

ToetsingOnline

### Brief title

Preferences Exercise ParTicipatiON Elderly, PEPTONE

### Condition

- Malignant and unspecified neoplasms gastrointestinal NEC

### Synonym

colorectal cancer

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Antoni van Leeuwenhoek Ziekenhuis

**Source(s) of monetary or material Support:** projectnummer 023.006.012

## Intervention

**Keyword:** Elderly, Exercise, Preoperative, Qualitative

## Outcome measures

### Primary outcome

Insight in preferences, barriers and facilitators for pre-operative exercise

participation for elderly treated for colorectal cancer from the view of

- 1.the patient
2. the informal caregiver
3. the formal caregiver

### Secondary outcome

There are no secondary study parameters

## Study description

### Background summary

Rationale: In the Netherlands, the incidence of colorectal cancer has increased rapidly over the past 25 years. Incidence of colorectal cancer has more than doubled between 1990 and 2015. Over 85% of the newly diagnosed patients with colorectal cancer is older than 70 years when diagnosed. Surgery is the cornerstone of the treatment of colorectal cancer. However surgery can have a strong impact on elderly people. Compared to their younger counterparts, they are at increased risk for complications after surgery and have an increased risk of dying while in hospital. (3) Preoperative physical training can decrease the number of pulmonary complications significantly after intra-abdominal surgery, as compared to usual care. However, there is a variation in compliance rates for these interventions. Social support plays a role in the physical activity of patients.

### Study objective

- 1.The main objective of this study is to explore and clarify the preferences,

barriers and facilitators for pre-operative exercise participation for elderly treated for colorectal cancer and their social network. 2. To identify the barriers and facilitators seen by formal caregivers, health care professionals, with experience in giving preoperative training to colorectal patients.

## **Study design**

a qualitative, descriptive design is used for this multi-center study, using semi-structured interviews and a focus group.

## **Study burden and risks**

Participants will be interviewed once at a time and place designated by them, each interview taking approximately 60 minutes. Questions asked will focus on the preferences, barriers and facilitators of physical activity in a preoperative phase. A small selection (2 patients, 1 informal caregiver, 1 formal caregiver) of participants (E4) and two new patients, 1 informal and 1 formal caregiver (total of 8 participants) will be approached to ask if they want to participate in a focus group, with a maximum duration of 120 minutes. Results of this study will contribute to a better understanding of preferences, barriers and facilitators of preoperative physical training and thereby giving foundation to the future development of such an intervention.

## **Contacts**

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## **Trial sites**

## Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

(1) elderly (\*65 years old), (2) eligible for surgery for colorectal cancer or who recently (within the previous 3 months) underwent surgery for colorectal cancer. (3) eligible for preoperative training due to frailty indicators such as comorbidity (COPD, DM), chemotherapy in the last half year or problems with their functional capacity. We will purposively recruit patients from both sexes, different disease location and stage with varying age and educational status to ensure a broad representation of patients

### Exclusion criteria

Elderly who due to their mental or physical capacity would not be able to train physically.  
Elderly who are not able to speak Dutch adequately to give an interview

## Study design

### Design

**Study type:** Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Other

### Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-02-2017

Enrollment: 39  
Type: Anticipated

## Ethics review

Approved WMO  
Date: 02-03-2017  
Application type: First submission  
Review commission: PTC Stichting het Nederlands Kanker Instituut - Antoni van Leeuwenhoekziekenhuis (Amsterdam)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
CCMO	NL60106.031.16