

TrueNTH Lifestyle Management: 2018 Update



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For PROSTAIID Calgary
June 12, 2018

Mike Dew, MSc, CSEP-CEP
TrueNTH LM Program Coordinator

Dr. Nicole Culos-Reed
TrueNTH LM Lead
Professor, Faculty of Kinesiology

- Background of TrueNTH LM
 - Community-based program structure
 - Program design: Professional trainings and class plans
- Program Implementation and Feasibility
 - RE-AIM
- Outcomes
 - PROs
 - Physical Fitness

TRUENTH
A NOVEMBER INITIATIVE

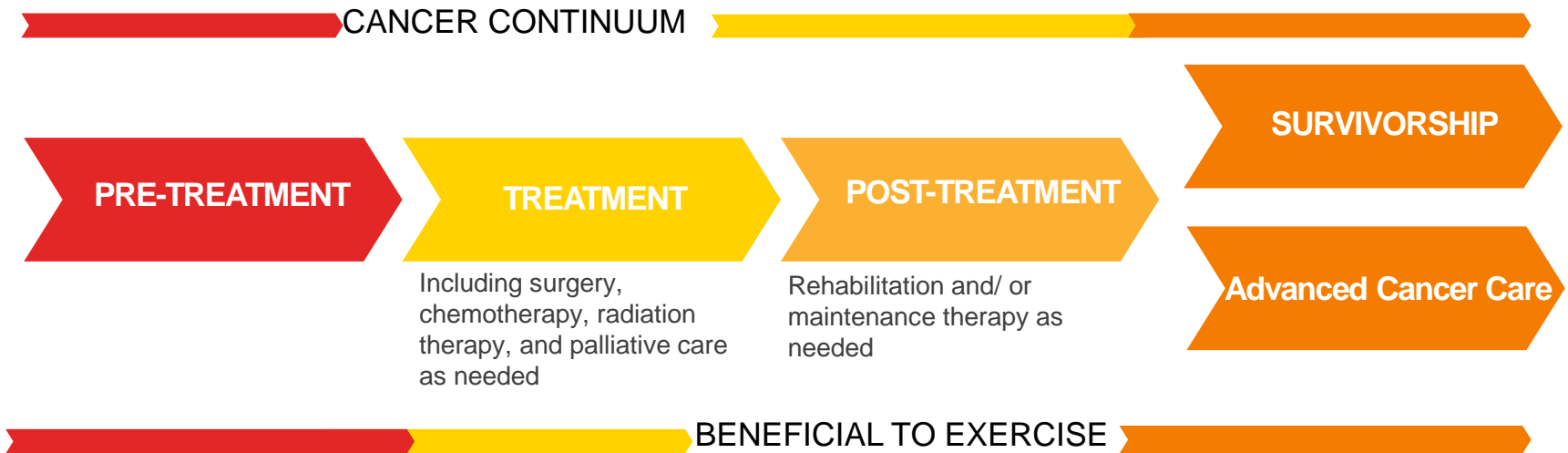


**LIFESTYLE
MANAGEMENT**



Move forward with wellness programs for
prostate cancer survivors.
Gain confidence and improve physical function.

Exercise is both **safe** and **beneficial** at any stage of the cancer experience





Exercise is safe and feasible during treatment

- Improves physical functioning, fatigue and QOL
- Avoid inactivity and return to normal daily activities as soon as possible following diagnosis

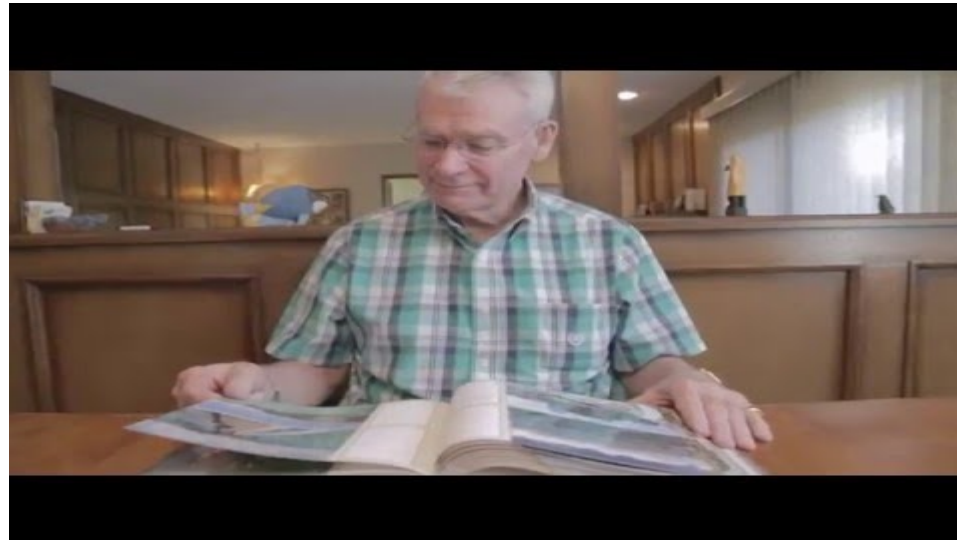


After treatment, exercise is essential for recovery and fitness



Individualization and tailoring are necessary

- Fitness levels, gender, age, disease status
- Social support
- Access to resources/programs





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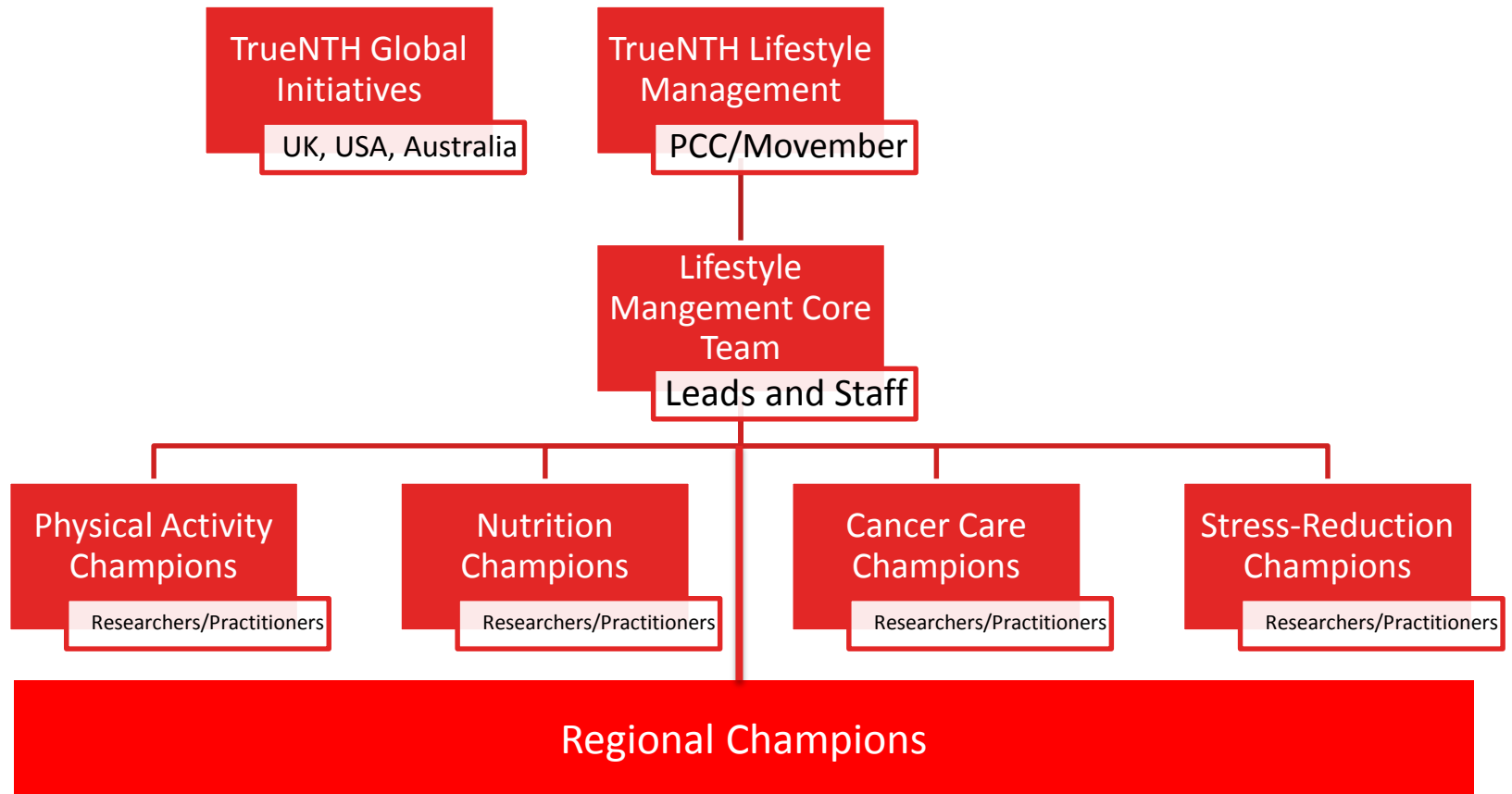
TRUE^{NTH}

A NOVEMBER INITIATIVE



Prostate Cancer
Canada

LIFESTYLE MANAGEMENT



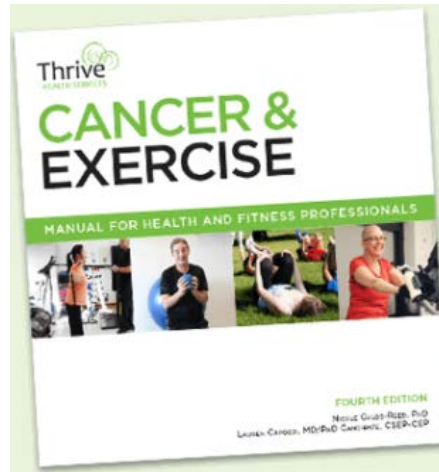


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What are we doing?



Community Programs



Professional Training



Healthcare Advocacy



Free Home Programs and Online Resources



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Community Programs

12-weeks

Physical Activity

- Fitness assessments
- Individualized exercise prescription
- Safe, supervised group PA classes 1-2 times per week

Stress-Reduction

- Weekly yoga class
- Take-home yoga programs
- Educational sessions

Nutrition


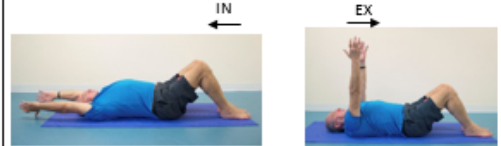

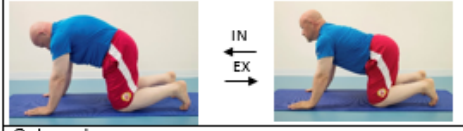

- Educational handouts

Optional Online Resources and Progress Trackers

- CEP support intake (central) and assessment (site)
 - Screening – comorbidities and contraindications
 - Modification of exercises
 - Database of exercise provided
- Trained fitness professionals deliver classes
- Exercises & poses are “foundation” based
 - Basic level, low difficulty
 - Lower and higher difficulty modification levels offered (stoplight)
 - Practical interpretation of previously used, evidence-based protocols
- Exercise classes delivered in group setting
 - Circuit-based
 - Resistance training
- Recommended durations, rests, and exercise/pose order should be followed
 - Exception when participant experiencing fatigue

- Pose choice, order, and progression, based on:
 - Successful programs and participant feedback
 - Evidence based needs of prostate cancer survivors
 - i.e. pelvic floor, balance
- 6 and 12-week program options
- Offered weekly based or pilot participant feedback

TrueNTH Yoga: Class 1

<p>1. Reclined Knees Opening Breath</p> <ul style="list-style-type: none"> Introduce simple nostril breathing and diaphragmatic breathing Intro connect to body, mind, breath Intro to PF voluntary contraction Inhale to release PF muscles – Exhale to gently engage/lift PF muscles 	
<p>2. Reclined Arm Pullovers</p> <ul style="list-style-type: none"> Thumb tips touching, palms face away from face – inhale arms toward ears, exhale back to start Fingertips touching each other on both hands – palms pull away (spider on a mirror) 	
<p>3. Seated Shoulder Rolls Sukhasana Variation</p> <ul style="list-style-type: none"> Repeat 4-6 times Inhale shoulders up Exhale back and down 	
<p>4. Cat/Cow Biddhalasana - Cakravakasana</p> <ul style="list-style-type: none"> Repeat 4-6 times Move with breath and awareness Inhale cow – exhale cat 	<p>Biddhalasana</p>  <p>Cakravakasana</p> 
<p>5. Mountain Pose Tadasana</p> <ul style="list-style-type: none"> Static, focus on postural alignment & grounding/feet 	<p>A</p>

Easy Steps for GOAL SETTING

What are SMART Goals?

Specific - What, where, why?

Measurable - How much or how many?

Attainable - Is your goal within reach?

Realistic - Are you willing and able to work towards it?

Time-oriented - What is the deadline?



Types of Goals

Outcome Goals

The result you aim to achieve;
longer-term goals

Ex. I want to lose 10 pounds in 3 months

Process Goals

How will you achieve the outcome;
shorter-term goals

Ex. I will go for a 20 minute walk after dinner.

- Topics presented to promote behavior change.
- Facilitators introduced each theme during class time using a provided note sheet.



1

GETTING STARTED

LIFESTYLE MANAGEMENT

NUTRITION FOR MEN WITH PROSTATE CANCER

OVERNIGHT OATS WITH RASPBERRIES

INGREDIENTS

- 3/4 cup nonfat milk
- 1/2 cup old-fashioned rolled oats
- 1/3 cup blueberries
- 1 teaspoon packed light brown sugar
- 1/4 teaspoon finely grated lemon zest
- 1/8 teaspoon pure vanilla extract
- 3 drops pure almond extract
- Kosher salt
- 1 tablespoon toasted sliced almonds
- 2 teaspoons honey or agave nectar

INSTRUCTIONS

1. Combine ingredients and stir really well. Place mixture in a large container and cover. Let sit in the refrigerator overnight.
2. Enjoy the next morning cold or warmed up in the microwave. You can portion out the mixture into glass jars or Tupperware and keep it in the fridge for breakfast for 3 to 4 days.

Nutrition Facts

8 servings per container	
Serving size 2/3 cup (65g)	
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2 mcg
20%	Calcium 260mcg
48%	Iron 8mg
5%	Potassium 235mcg
*Percent Daily Values (DV) are based on a diet of whole grains.	



Putting it all together as a healthy diet

The key components of a healthy diet are to include a variety of foods with a focus on plant-based foods. This includes vegetables and fruit, whole grains, legumes (beans), lentils, nuts and seeds. The overall pattern of what you eat is most important rather than focusing on a single food or food group. The key is that most of what you eat is foods that come from plants.

A healthy diet can also include foods that come from animals such as fish, poultry, red meat, eggs, milk, yogurt and cheeses in moderate amounts. Choose foods that are moderate in fat by selecting leaner meats, lower fat dairy products, and using low fat

cooking methods. A healthy diet also limits highly processed foods because they are often low in key nutrients and high in sugar, fat and salt.

You may have heard a healthy diet is based on the concepts of “variety” and “balance”. By choosing a variety of foods it provides a range of nutrients that work together to promote health. There is no such thing as one “superfood” that provides all of the nutrients we need. Balance in the diet is achieved by choosing healthy foods in the right amounts to avoid getting too little or too much of certain nutrients.





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Professional Trainings

12-15 Hour Online Trainings for Fitness and Yoga Professionals

Background & Prescription

- Treatment
- Side Effects
- Outcomes

Online Portal

- Resources
- Health Care Network
- Prescription and support

Class Design & Management

- Pre-designed classes
- Multidisciplinary integration

Case Studies

- Common restrictions
- Psychosocial impact
- Communication

Screening & Modification

- Medical referral process
- Individualized prescription

Optional In-person training for facilitators of each program



Evidence-based training manual and resource





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Free Home Programs and Online Resources



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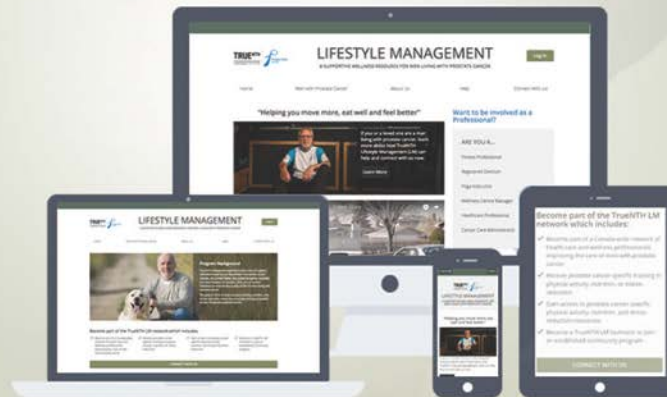


More than just a Website!

Free, Online Home-based Programs and Resources

TrueNTH Lifestyle Management

Physical activity, stress-reduction, & nutrition for men living with prostate cancer



Learn more at lifestyle.truenth.ca

Email: lifestyle@truenth.ca



Health Library

Watch multimedia demos of exercises, nutrition resources, and links to the best wellness resources from organizations across Canada, and view webinars and online modules delivered by leading experts.



Training

Become eligible for prostate cancer specific training in physical activity, nutrition, or stress-reduction techniques.



Trackers

Health trackers for activity levels, sleep, and fatigue that can be synced with wearable technologies, such as FitBit.



Circle of Care

Connect with the Lifestyle Management team, and other health care professionals across Canada.

LIFESTYLE MANAGEMENT



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Healthcare Advocacy



EXERCISE SHOULD BE PRESCRIBED AS PART OF ROUTINE CANCER CARE

All health care professionals involved with the care of people with cancer should.

- DISCUSS EXERCISE AS AN ADJUNCT TREATMENT FOR CANCER
- PRESCRIBE EXERCISE TO ALL PEOPLE WITH CANCER
- REFER PATIENTS TO AN EXERCISE SPECIALIST WITH EXPERIENCE IN CANCER CARE.

COSA POSITION STATEMENT ON EXERCISE IN CANCER CARE

Endorsed by Medical Oncology Group of Australia, Cancer Council Australia, Exercise and Sports Science Australia, and Australian Physiotherapy Association



Main recommendations: COSA calls for:

- exercise to be embedded as part of standard practice in cancer care and to be viewed as an adjunct therapy that helps counteract the adverse effects of cancer and its treatment;
- all members of the multidisciplinary cancer team to promote physical activity and recommend that people with cancer adhere to exercise guidelines; and
- best practice cancer care to include referral to an accredited exercise physiologist or physiotherapist with experience in cancer care.

CURRENT ONCOLOGY

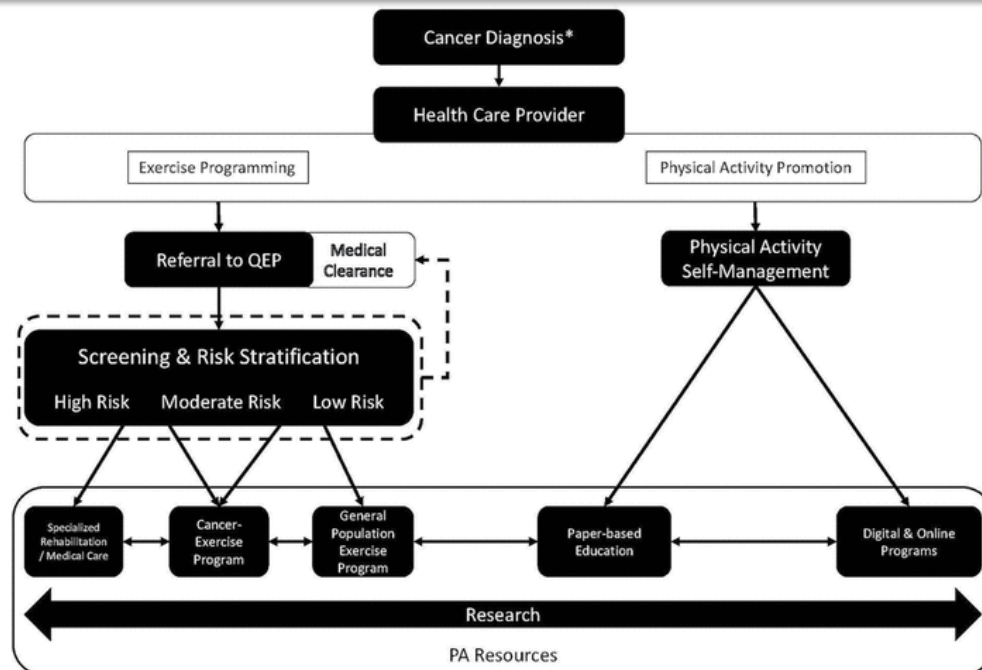
A Canadian Cancer Research Journal

HOME ABOUT ISSUES INFO FOR LOGIN/REGISTER

Home > Vol 25, No 2 (2018) > Santa Mina

Connecting people with cancer to physical activity and exercise programs: a pathway to create accessibility and engagement

D. Santa Mina, C.M. Sabiston, D. Au, A.J. Fong, L.C. Capozzi, D. Langelier, M. Chasen, J. Chiarotto, J.R. Tomason, J.M. Jones, E. Chang, S.N. Culos-Reed



Taking Action: Direct Referrals

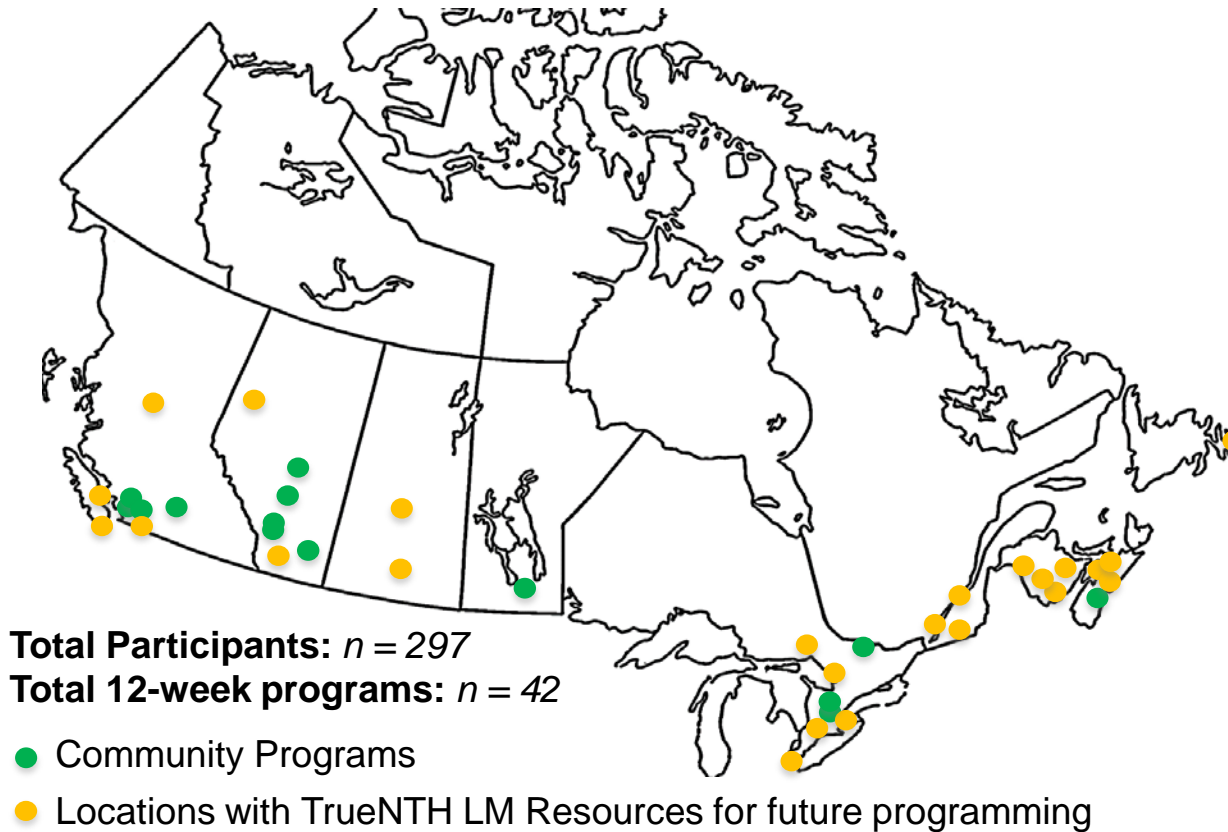




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Results from 3-year TrueNTH LM Implementation

Feasibility – TrueNTH Implementation



Program Facility Types

- Civic Recreation Centres
- Hospital/Clinic Settings
- Private Wellness Centres
- YMCAs
- Post-secondary institutions

Program Design Types

- 2x weekly fitness
- 1x weekly fitness and 1x weekly yoga
- 2x weekly fitness and biweekly yoga
- 1x weekly yoga

Baseline and 12-weeks

Generalized Linear Mixed Model

Physical Outcomes

Body Composition

BMI, Waist Circumference (cm) , Hip to Waist Ratio

Functional Aerobic Capacity

6 Minute Walk Test (m)

Flexibility

Sit and Reach (cm)

Musculoskeletal Fitness

30 sec Sit to Stand (reps), Push up (reps), Grip Strength (kg)

Balance

Unipedal Stance, 8ft Timed Up and Go

Patient-Reported Outcomes

Quality of Life

FACT-P, EQ-5D-3L

Physical Activity Levels

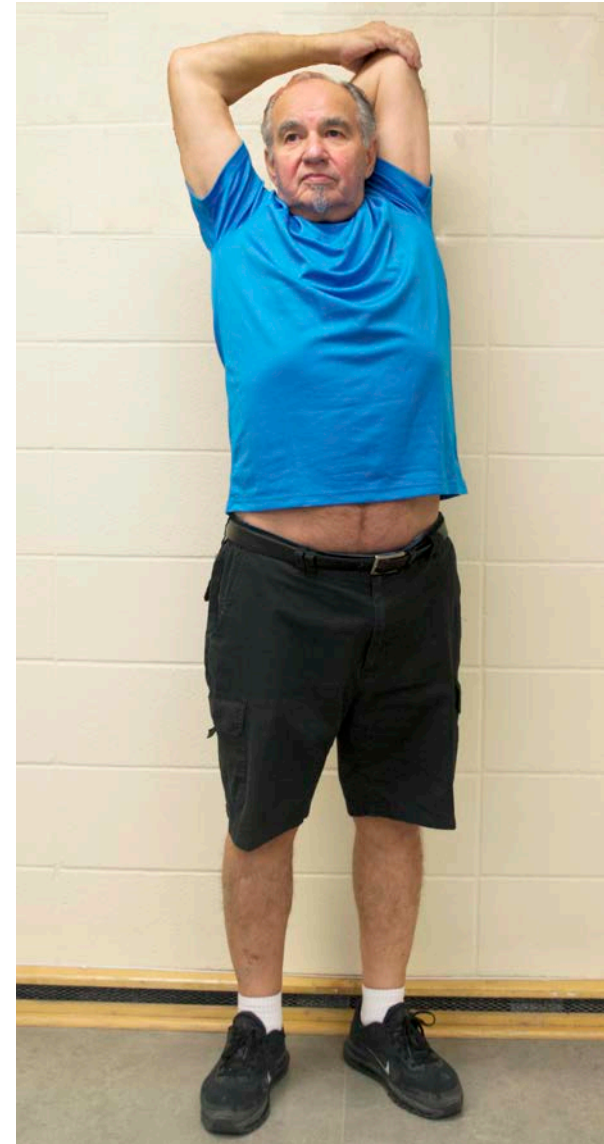
Godin Leisure Time Exercise Questionnaire

Demographics

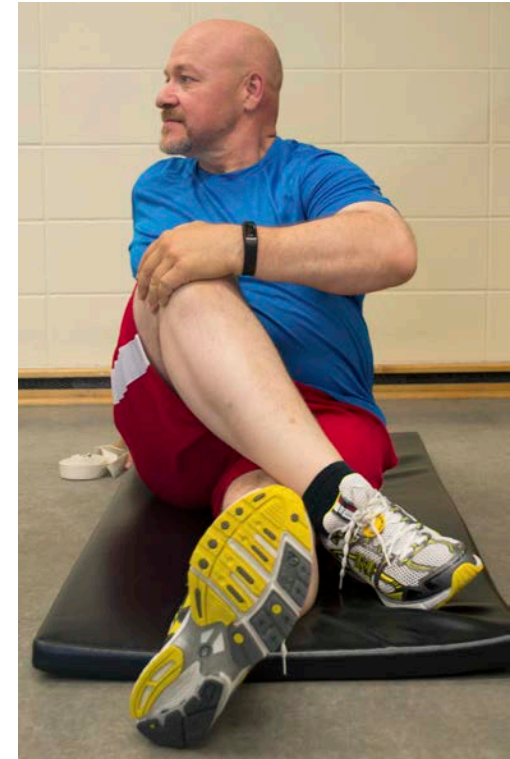
Age, treatment profile, basic background information (i.e. socioeconomic, education)

■ Demographics

- Age: **67.6**
- Time Since Treatment
 - Active Surveillance: **11.6%**
 - Active Treatment: **26.9%**
 - Treatment Completed: **61.6%**
- Treatment Received
 - Surgery: **49.2%**
 - Radiation: **26.9%**
 - Hormone Therapy: **26.6%**
 - Chemotherapy: **5.4%**



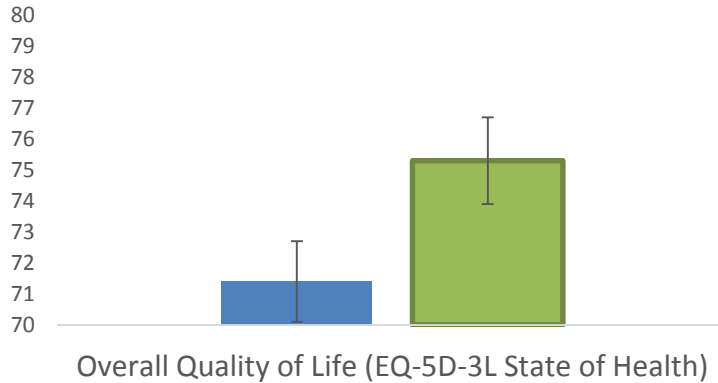
- **Data Adherence**
 - Physical Assessment
 - Baseline: **246**
 - 12-week: **182**
 - Patient Reported Outcomes
 - Baseline: **159**
 - 12-week: **136**
- **Completion Status**
 - Continued with Maintenance: **122 (41.1%)**
 - Dropouts
 - Lost to follow-up: **37 (12.5%)**
 - No longer interested: **7 (2.4%)**
 - Change in medical status necessitating dropout: **7 (2.4%)**
- No adverse events reported



Quality of Life and Body Composition Outcomes

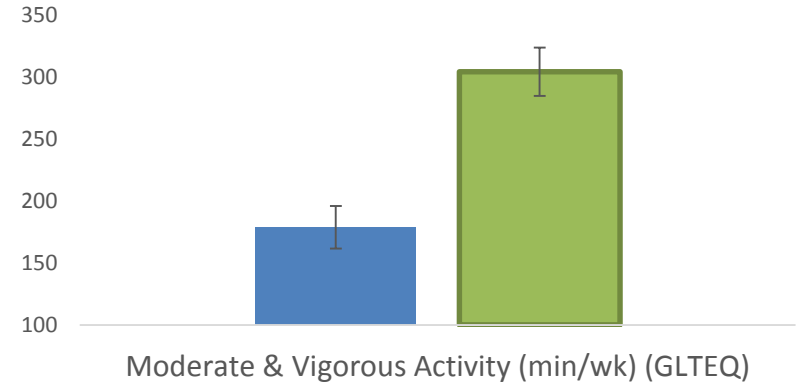
Quality of Life

$p = .008$



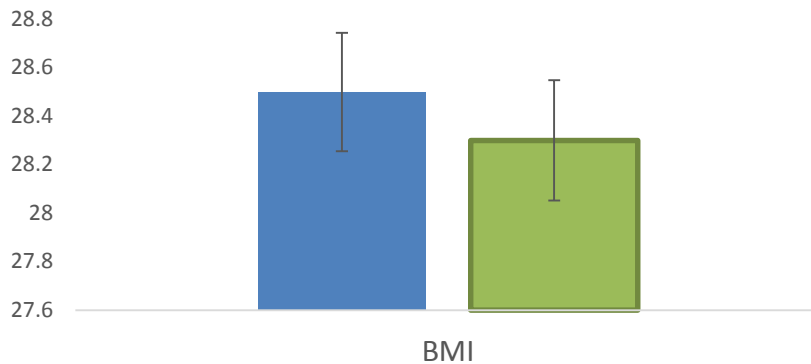
Physical Activity Levels

$p = .018$



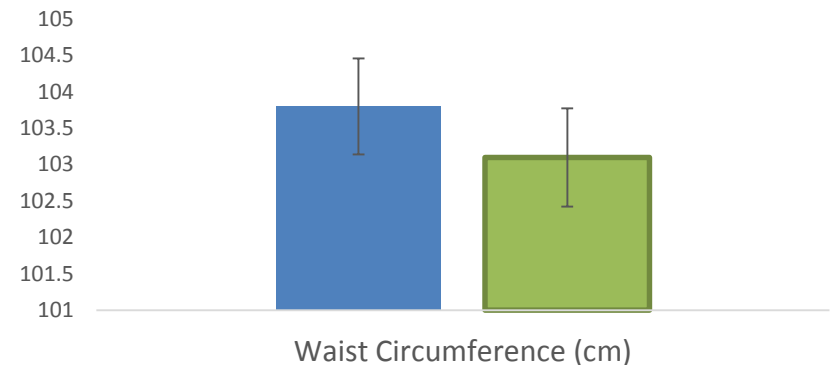
Body Composition


$p = .013$




Body Composition

$p = .016$



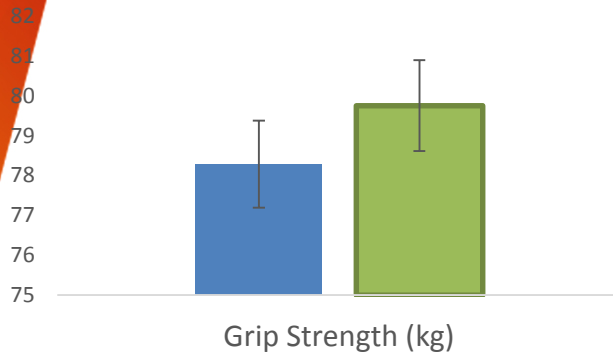
 Baseline

 12-weeks

Physical Fitness Outcomes

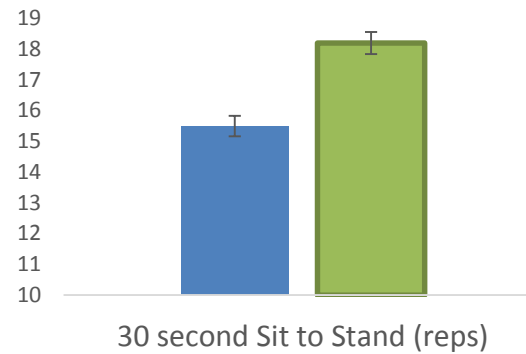
Muscular Strength

$p = .044$



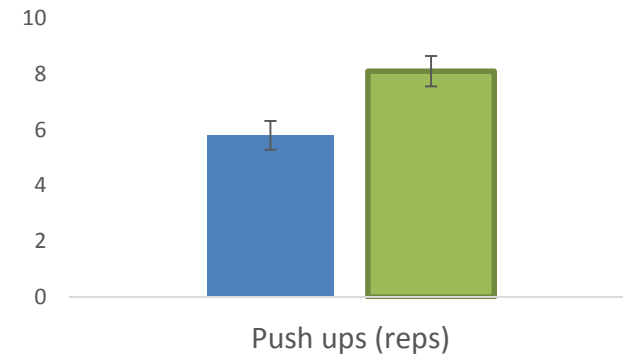
Muscular Endurance

$p = .000$



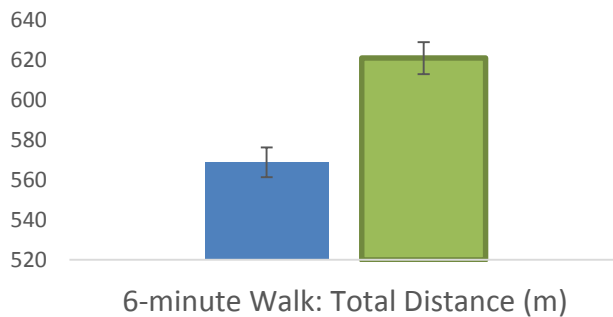
Muscular Endurance

$p = .000$



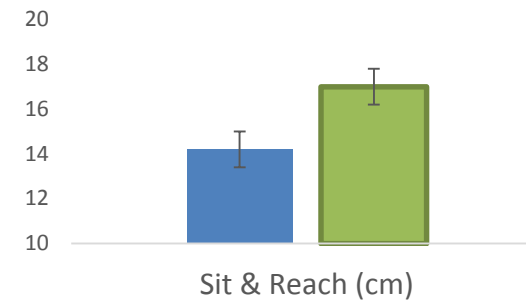
Aerobic Capacity

$p = .000$



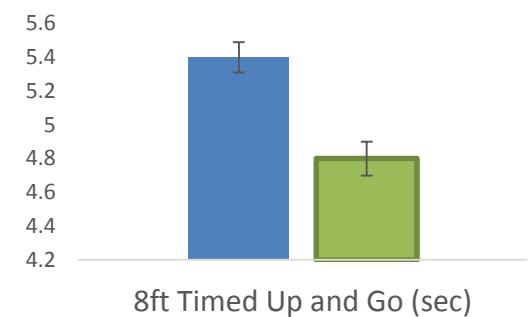
Flexibility

$p = .000$



Dynamic Balance

$p = .000$



Baseline



12-weeks

Focus Groups and Feedback From You

How the Program Facilitates Activity

Community-based location

Engaging & knowledgeable instructors

Free, tailored, educational, and varied classes

Group dynamic with peers

Individual Benefits of the Program

Improved physical fitness, energy levels, & weight loss

Better handling & coping of diagnosis & treatment

Helped overcome sedentary lifestyle

Camaraderie and understanding

Program Improvements and Sustainability

Logistical Improvements

Adding more nutrition and home-based options

MAKE PROGRAMS A PART OF STANDARD CARE

■ Conclusions

- Community-based programs are feasible – recruitment, attendance, adverse events (none), adherence
- Effective based on physical fitness, PA level improvements and quality of life outcomes.

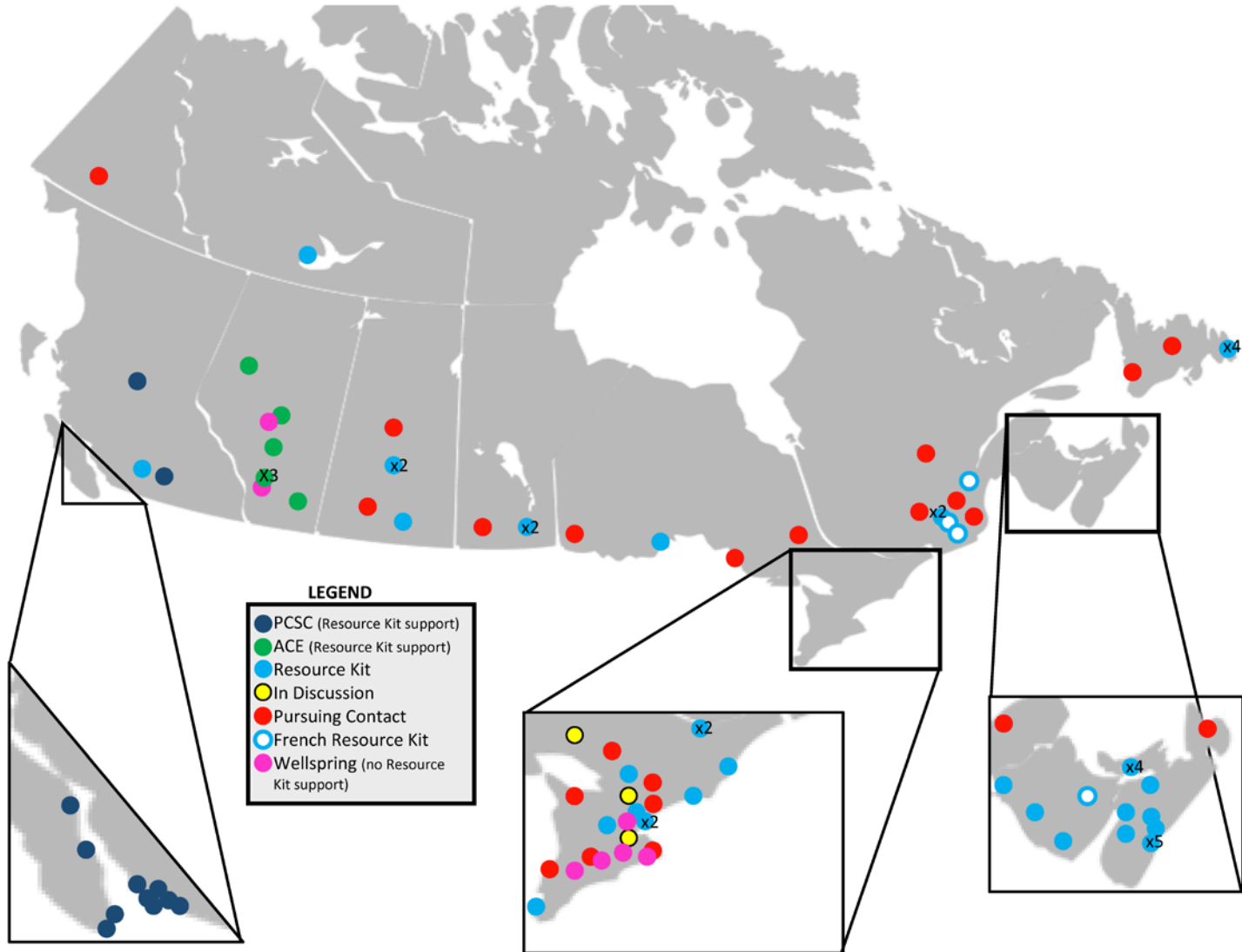
■ Future Directions

- Health economics of program
- Long-term effects of intervention on quality of life and physical activity levels (24-weeks, 1-year)
- Ongoing online resources – lifestyle.truenth.ca



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What does it look like now?





- Website simplified
- ***lifestyle.truenth.ca*** helps direct you to a community program or easily sign up for home-based programs and resources
- Registration is easier, an optional tutorial is now included automatically, and navigation is simpler



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Welcome to TrueNTH Lifestyle Management





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Further Evaluation

What are we evaluating?

REACH

Demographics; Treatment Profiles; Referral Sources

EFFECTIVENESS

Physical Fitness; Quality of Life; Program Attrition;
Program Adherence; Participant Satisfaction

ADOPTION

Programs Created; Resources Used; Professionals
Trained

IMPLEMENTATION

Fidelity of Facilitation; Referral Materials Used;
Facility Satisfaction; Participant Satisfaction

MAINTENANCE

Effect of intervention on participants over time;
Program continuation over time; Referral Source
Engagement over time



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Other Projects for Men with Prostate Cancer

Alberta Cancer Exercise (ACE) Program



ACE is for all cancer survivors

- *Up to 3 years post-treatment*

12-week programs

2 classes weekly

Multiple community locations

Exercise as standard cancer care

Community Program Options

ACE Locations

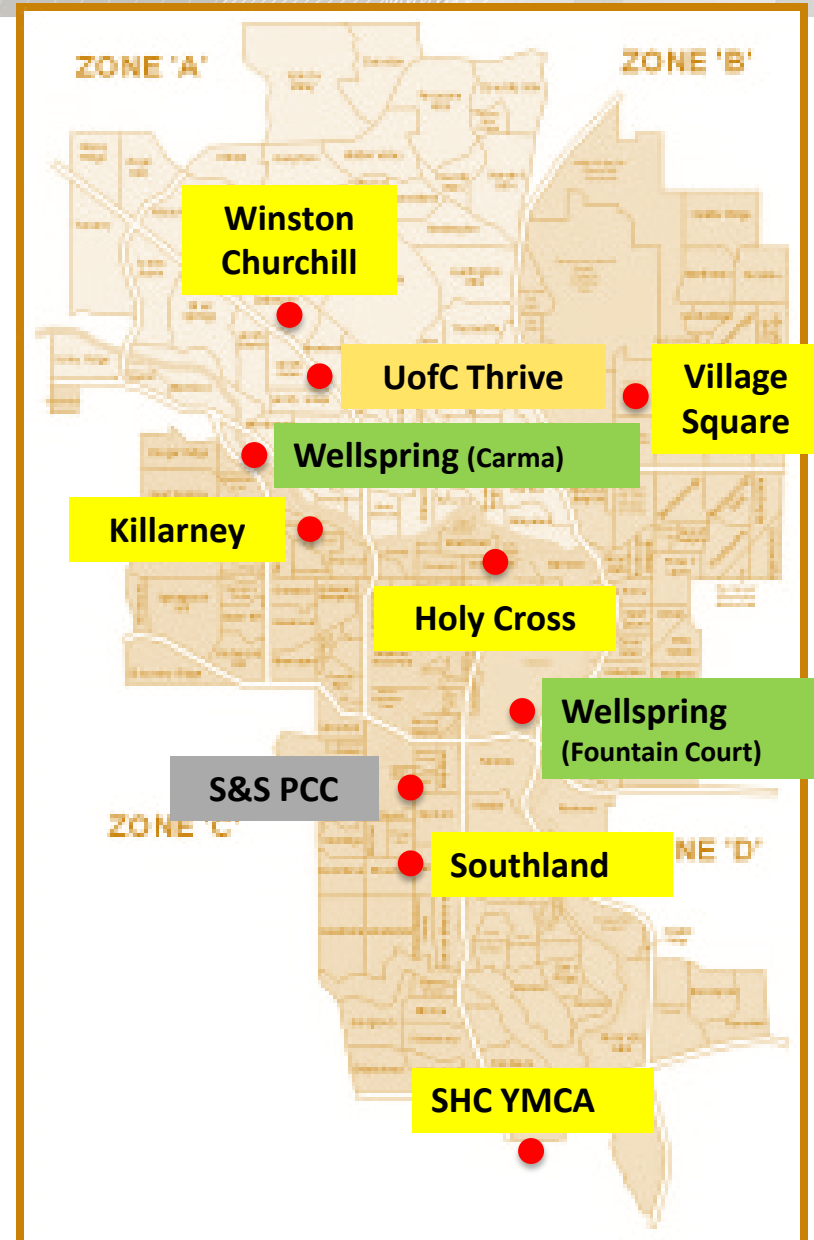
- City of Calgary - Killarney
- City of Calgary - Sir Winston Churchill
- City of Calgary - Southland Leisure Centre
- City of Calgary - Village Square
- YMCA – South Health Campus
- Holy Cross Campus REACH Centre
- Wellspring Carma House NW
- Wellspring Fountain Court SE

Drop-In Programs (Free Classes)

- **Prostate Cancer Centre Strength & Stretch**
 - *Prostate cancer survivor only group class*
 - *Thursdays @ 5:00pm*
- **Wellspring Exercise and Educate**
 - *Group classes open to all cancer survivors*
 - *Various dates/times*

UofC Thrive Centre (Free Open Gym)

- Contact for hours
- Free fitness facility for survivors at the University of Calgary



■ Purpose

- Determine whether home-based exercise is as effective as group-based exercise

■ Program Includes

- You will randomly be assigned to a 6-month group or home-based exercise program

Group	Home
Complimentary fitness assessments	Complimentary fitness assessments
Tailored & supervised classes 3x/week	Tailored home-based program
Trained group exercise leaders	Phone support from exercise physiologist

■ Eligibility

- On ADT, not regularly active, experiencing fatigue



thriveforcancersurvivors.com

Twitter: @abletothrive

Email: wellnesslab@ucalgary.ca

Lab Office Phone: 403-210-8482

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lifestyle.truenth.ca

Twitter: @TrueNTHLM

Email: lifestyle@truenth.ca

Program Coordinator Phone:
403-210-9276

TrueNTH LM funding provided by the Movember Foundation, and awarded by Prostate Cancer Canada.

Culos-Reed, N., Zahavich, Al., et al. (2014-2017) Pan Canadian Prostate Cancer Lifestyle Collaborative: Lifestyle Management Solution for Men with Prostate Cancer. Prostate Cancer Canada.

Thank you to all past and present staff of the Health and Wellness Lab at the University of Calgary Faculty of Kinesiology as well as to all professionals who reviewed and provided feedback on resource content.