

# ZENERGISE trial and COVID-19 tribulation: A SNAPSHOT OF PROGRESS

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# ZENERGISE trial in progress for Cancer Related Fatigue (CRF)

MINDFULNESS (MBSR) 	EXERCISE (PA) 
2 hrs / week Standard 8 week program Intense retreat	1 hr/ week 12 week program Graded Aerobic + RT Safe
Group-based F2F Delivered by clinicians experienced in survivorship care On site at SCSC, Concord Hospital Targeted towards CRF Patients completed primary treatment for early stage ca	

## AIM:

TO DETERMINE IF A COMBINED PA  
AND MBSR INTERVENTION IS FEASIBLE

## PRIMARY EP:

PROPORTION OF PATIENTS  
COMPLETING THE COMBINED  
INTERVENTION

FEASIBILITY CUT-OFF 6/10

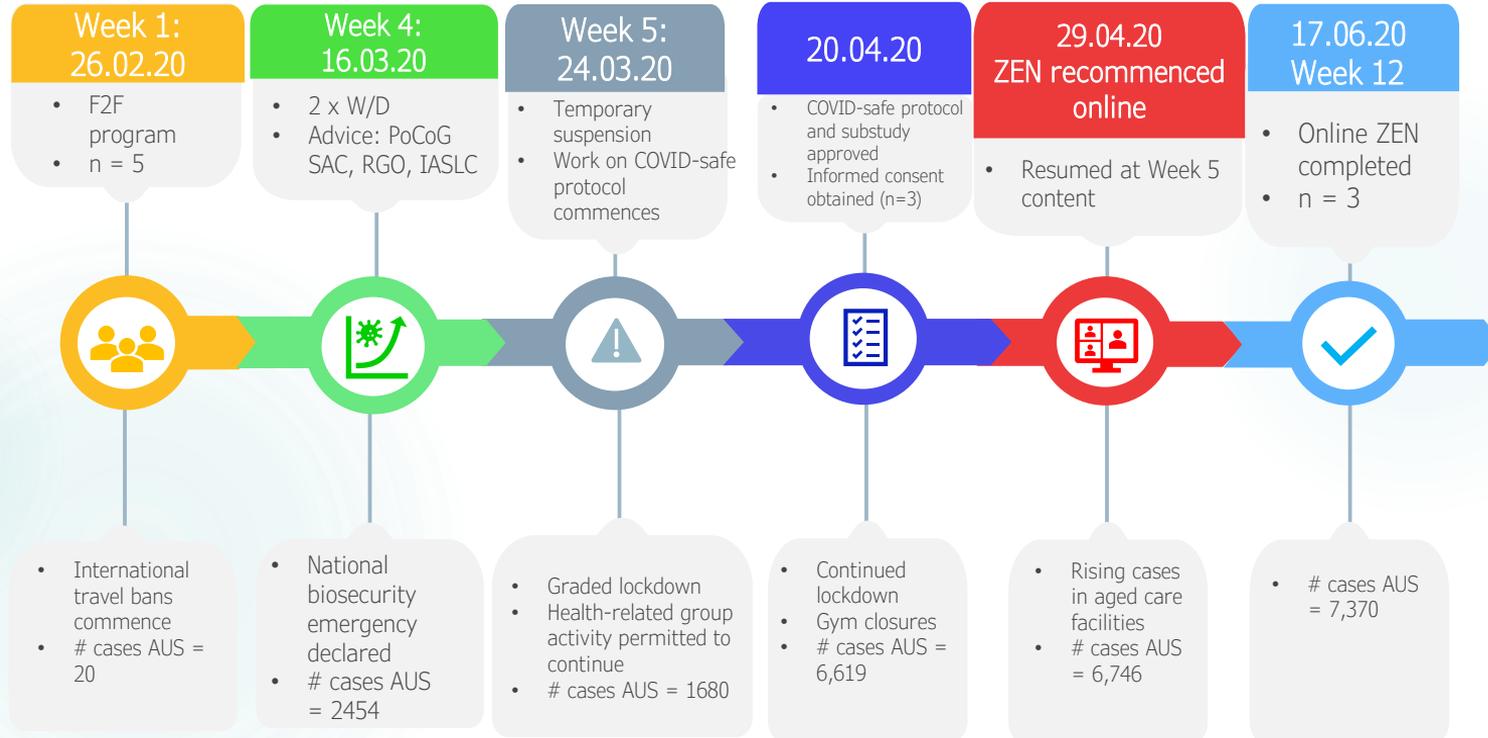
## SECONDARY EP:

FACT-F

FATIGUE SEVERITY INDEX

ET AL.

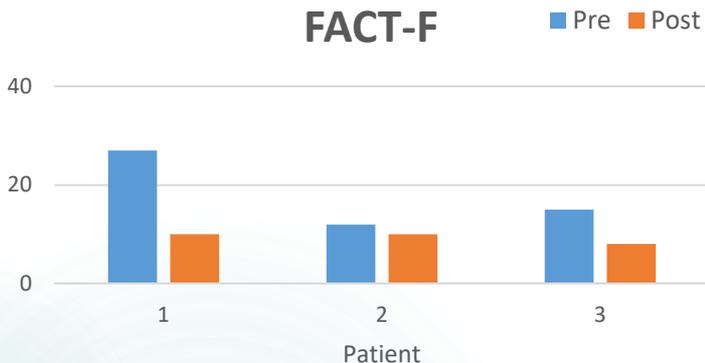
# 2020 Timeline



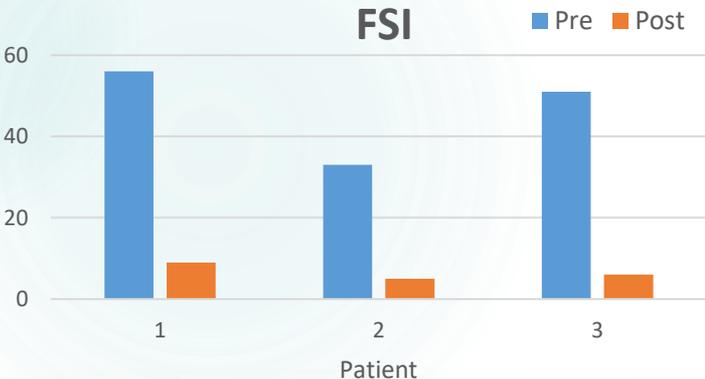
# Outcomes

3/3 female, avg age 71.6yrs

## FACT-F



## FSI



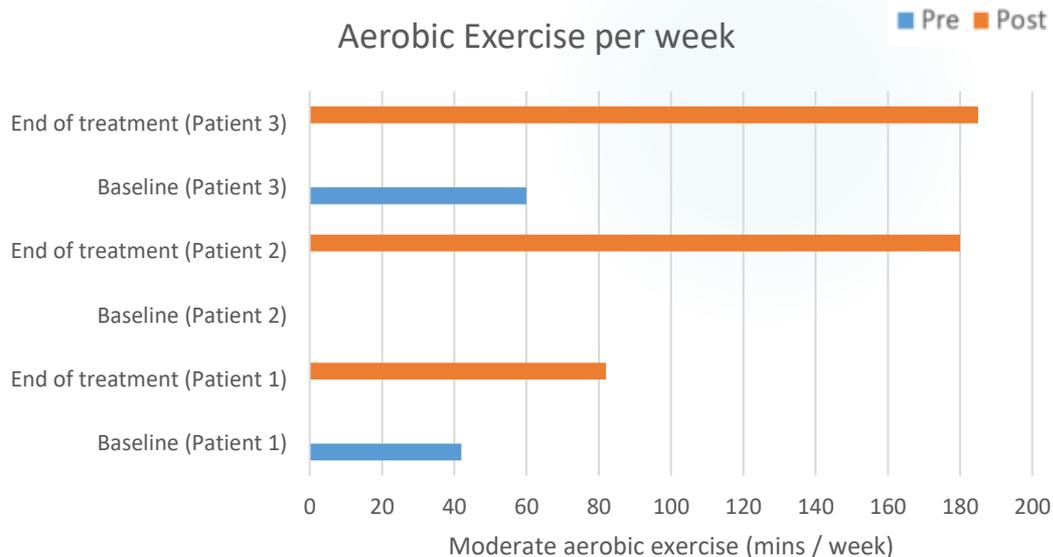
Q) I FOUND USING ONLINE ZENERGISE TO BE: **VERY ACCEPTABLE TO ME (3/3)**

Q) MY HEALTH OUTCOMES FROM ONLINE ZENERGISE WILL BE AS GOOD AS FOR F2F SESSIONS: **COMPLETELY AGREE (2/3)**

Q) I FOUND USING ONLINE ZENERGISE TO BE: **AGREE (1/3)**

**NOT CHALLENGING AT ALL (3/3)**

## Aerobic Exercise per week



# Behind The Scenes



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MEETING

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# Behind the scenes

CHALLENGES	STRATEGIES
<b>Unfamiliar consultation format</b>	Make time for practice Development of Zoom 'Ground Rules' Treat each session as you would a F2F healthcare consultation: confidential, no disturbances / distractions / clashes
<b>Remote fitness assessments</b>	Wrist-based HR monitors Ongoing EP teletrial research consultation (eg pulm rehab)
<b>Under-equipped</b>	Wrist-based HR monitors Self-sourced, departmental re-sourced
<b>Technical glitches</b>	Allow 10 mins prep time Acknowledge upfront that glitches occur Reassure with stand-by tech support
<b>'Unprecedented times'</b>	Anticipate the patterns Guidelines
<b>Distress and anxiety</b>	Acknowledge and validate Teamwork and support Communication Changing goalposts
<b>Physical distancing</b>	Social connection Covid19-safe

# Lessons unfolding

SMALL ENOUGH TO BE MANAGEABLE AND SAFE  
SAFE AND EARLY ENOUGH IN DESIGN TO CONSIDER SWITCH TO ONLINE  
IMPORTANT ENOUGH TO PURSUE

ALLOCATE 2/3<sup>RD</sup> OF TIME TO LOGISTICAL SUPPORT  
CLINICIANS UNDERPREPARED TO BE 2020 TECH-SAVVY

FORWARD THINKING RESEARCH GOVERNANCE  
DEFAULTING TO SKILLSET PAYS OFF: MAINTAIN SCIENTIFIC INTEGRITY  
EMERGING LEADERS