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Macmillan's Physical Activity Expert Advisory Group for Cancer Survivorship

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Terms of Reference

Rationale of the advisory group

Emerging evidence has shown that regular exercise can: reduce early and late complications of cancer treatments including cancer related fatigue and depression; reduce the risk of relapse after successful initial therapies; improve the chances of good quality of life overall survival by reducing the risk of obesity, diabetes, cardio vascular disease and the metabolic syndrome, and for those with existing co-morbidities is a clinically and cost effective treatment for these conditions.

The underlying mechanisms and published literature for the benefits of exercise, and other lifestyle factors, have been summarised in a recent Macmillan Commissioned review "Advising cancer survivors about lifestyle, a selective review of the evidence" (available www.ncsi.org.uk/resources/ncsi-reports) and in the US Physical Activity Guidelines Advisory Committee Report (available: www.health.gov/PAGuidelines/Report/pdf/CommitteeReport.pdf).

The challenge for health care professionals is to enable those living with and beyond cancer to become more active, incorporating evidence based physical activity promotion and programmes across secondary and primary care.

Purpose

To act as an advisory body to further develop and integrate supported self management and healthy lifestyle thinking and practice during the cancer survivorship phase.

Macmillan Cancer Support strives to improve and enable high quality patient care for those living with and beyond cancer. This group will aim to:

- Examine available evidence and models of best practice in order to advise Macmillan Cancer Support and influence further development and integration supported self management, healthy lifestyle thinking and practice during the cancer survivorship phase.
- Providing professional insight to Macmillan and advocating the promotion of physical activity for cancer survivors across professional groups and networks.

Objectives

- **Exercise programmes:** Explore and learn from different existing models of exercise rehabilitation for patients with cancer and other long term conditions.
- **Evaluate:** Which models appear to be most beneficial and cost effective for patients and health care providers. Recommend to Macmillan possible further pilots or project to further help determine best practice models.
- **Implementation requirements:** Investigate what financial, training and physical resources would be required by Macmillan and other stakeholders to implement these nationally including dealing with the changing structure of the NHS.
- **Facilitate** links with professional groups, NHS, public health commissioning and other networks. Champion the importance of physical activity for cancer survivorship across professions.
- **Information materials:** Examine existing and new information materials produced by Macmillan, recommend changes or improvements if necessary.
- **Communicate:** Report to Macmillan and other stakeholders the recommendations of this group.