

Enhancing outcomes after gynaecological cancer: a targeted exercise and behavioural intervention and implementation study

Project Title:	Enhancing outcomes after gynaecological cancer: a targeted exercise and behavioural intervention and implementation study
Project duration:	Ten weeks (not including Christmas/New Year break)
Expected hours per week:	36 hrs
Number of Positions available:	Two
Campus:	Mater Hospital, Whitty Centre
Description:	<p>The most potent aid to recovery after reproductive cancer treatment is not a drug. It is exercise. Exercise has been effectively used in breast and other common cancers to reduce women's risk of developing treatment side effects (such as neuropathy) and treatment-related chronic conditions (such as diabetes). However there is little education and support to help women treated for reproductive cancers to safely and sustainably integrate exercise into their daily routine following treatment. This disparity has created an unmet need. Approximately 20 000 Australian women treated for reproductive cancer⁶ have developed, or are at risk of developing, detrimental treatment outcomes. The focus of this study is to address this disparity.</p> <p>This trial is a hybrid effectiveness-implementation study that addresses this critical unmet health need in a pragmatic way. Study 1 is a single-blinded cluster randomised control trial of a targeted exercise and behavioural change intervention (the effectiveness component). Study 2 is a complementary mixed-method exploration of how best to facilitate the implementation of exercise into practice. The trial, led by a team of recovery-focused researchers, expert cancer consumers and cancer clinicians, has the potential to enhance quality of life and reduce the risk of treatment-induced chronic disease in this large yet underserved group of women.</p>
Expected outcomes and deliverables:	<p>We seek two applicants to help with setting up the trial.</p> <ol style="list-style-type: none"> 1. One applicant will work with the team to draft the Standard Operating Procedures associated with the project. The applicant will become conversant with clinical trial methodology, good clinical practice and the particulars of behavioural exercise interventions, as an outcome of this activity. 2. One applicant will work with the team on a systematic review of implementation science outcomes in exercise physiology. The outcome of this activity is a paper to be submitted for publication.

Suitable for:	<ol style="list-style-type: none">1. The applicant wishing to work on the Standard Operating Procedures will require good attention to detail and a knowledge of exercise physiology or behavioural science.2. The applicant working on the systematic review will require good attention to detail, good analytic skills, and a willingness to learn Cochrane review methodology.
Primary Supervisor:	Professor Alexandra McCarthy
Contact info:	Please contact Professor McCarthy before submitting your application at s.mccarthy@uq.edu.au
Will you be collaborating with an external organisation on this project (for example NGO, government agency or private industry)? If yes, please state which organisation?	No