

Strengthening young adult cancer survivors' participation in everyday activities: Development and feasibility of a rehabilitation programme

REHPA

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INTRODUCTION

Young adult cancer survivors (YACS) (18-39 years) report that late effects affect their participation in everyday activities, which may reduce their health-related quality of life. To date, there is limited knowledge about how to support YACS to participate in their everyday activities.



AIM

To develop and feasibility test a rehabilitation programme aiming to strengthen participation in everyday activities in YACS after completing cancer treatment.

METHOD

The PhD project is designed in accordance with the British Medical Research Council guideline for developing and evaluating complex interventions. The present project is designed to encompass the first two phases: 1) development phase and 2) feasibility/pilot phase.

STUDY 1

A Group Concept Mapping study



YACS will identify and prioritise ideas on how to enhance participation in everyday activities among YACS together with:

- Their relatives and friends
- Other representatives from YACS' environments
- Professionals

STUDY 2

A systematic review



The systematic review will identify and synthesize the scientific evidence on rehabilitation interventions for YACS informed by study 1.

STUDY 3

A development and feasibility study



The study will:

1. Describe the development process and content of the rehabilitation programme. This will be informed by results from study 1 and 2 and two expert workshops.
2. To test the feasibility and acceptability of components in the rehabilitation programme.

CONCLUSION AND PERSPECTIVES

- The project is expected to provide fundamental knowledge to underpin a future full-scale randomized, controlled trial to evaluate effectiveness, process, and cost-effectiveness of the programme.
- The project will potentially impact future organisation and development of rehabilitation for YACS.

The authors have no conflicts of interests.

