

# Developing a rehabilitation programme for young adult cancer survivors

Maria Aagesen<sup>1,2</sup>, Marc Sampedro Pilegaard<sup>3,4</sup>, Astrid Janssens<sup>2,5,6</sup>, May Aasebø Hauken<sup>7</sup>, and Karen la Cour<sup>2</sup>

## Background

- Young adult cancer survivors face numerous consequences after cancer treatment
- The consequences impair their participation in everyday life and health-related quality of life.
- Cancer rehabilitation can improve participation in everyday life and health-related quality of life
- Still, evidence-based multidimensional rehabilitation for young adult cancer survivors is lacking

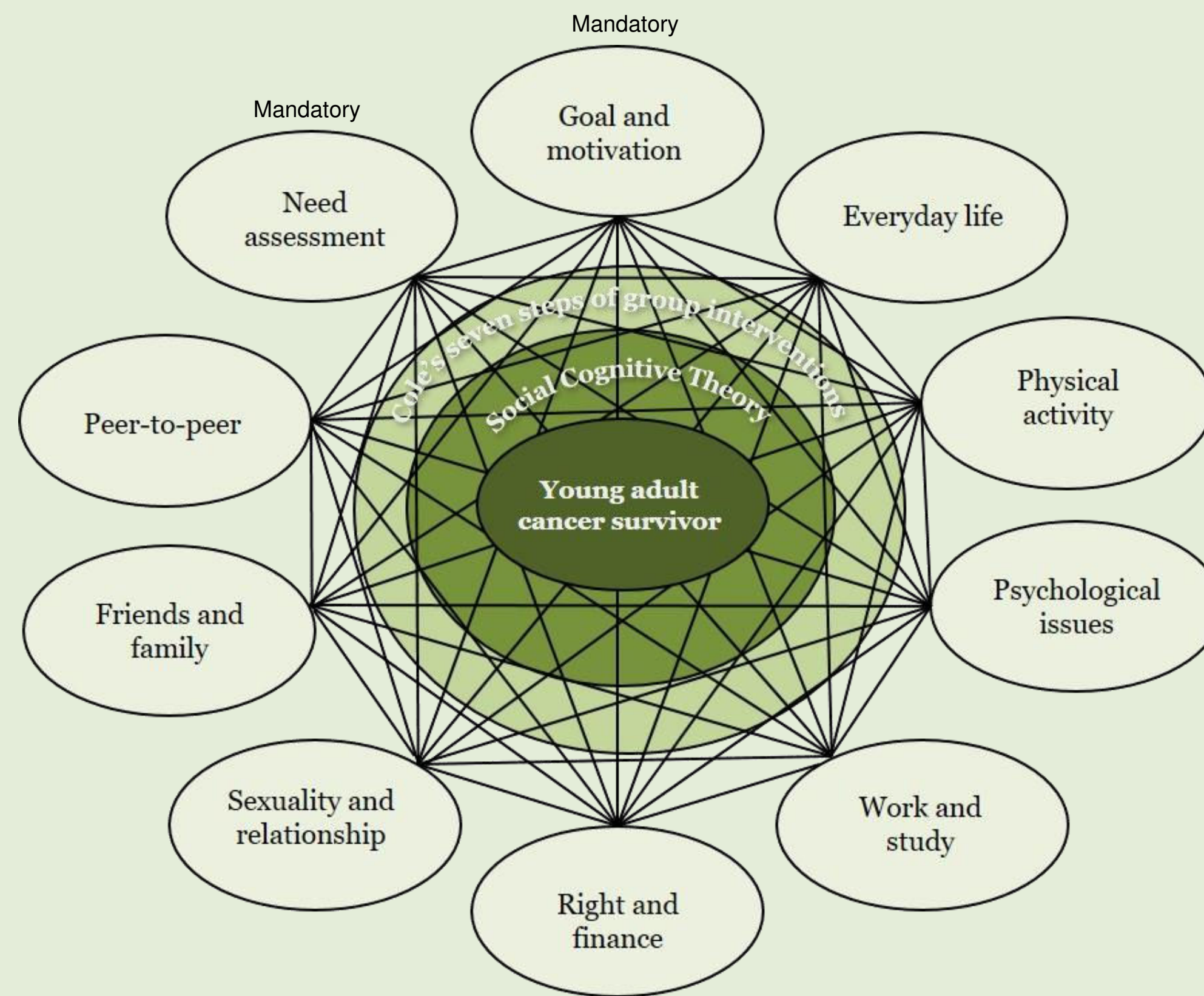
## Aim

To develop an evidence-based rehabilitation programme to improve young adult cancer survivors' self-efficacy to increase:

- 1) Participation in everyday life
- 2) Health-related quality of life .

## Results

- The rehabilitation programme **Young Adults Taking Action** was developed.
- A tailored, evidence-based, multidimensional, goal-oriented, and peer-based programme
- Including 10 components:



A multi-angled strategy for referral pathways and recruitment strategy was described.



Hospitals



General practitioners



Municipalities



Social media



Civil society

## Methods

The programme was developed through three stages using mixed methods developed a programme through 3 stages:

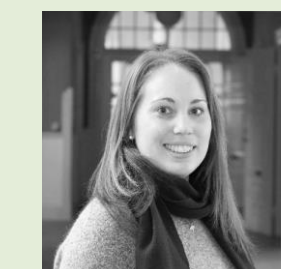
- 1) Evidence review and stakeholder consultations
- 2) Four workshops with 35 stakeholders (28 young adults, 4 healthcare professionals and 3 researchers)
- 3) Developing a programme theory, intervention manual, and referral pathways and recruitment strategy.

## Conclusion

- By including relevant stakeholders, the programme *Young Adults Taking Action* are expected to improve young adult cancer survivors' self-efficacy to have a positive effect on promoting:
  1. participation in everyday life
  2. health-related quality of life.
- Evaluating the effectiveness of the program is the next step.



QR-code for project website.



@maagesen@health.sdu.dk

@AagesenMaria

www.linkedin.com/in/maria-aagesen-4853a8b9