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# Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

# Welcome

Our labs enjoyed a restful holiday season and are ready to start the year strong with several new projects underway! Both teams submitted grant applications in December on rural cancer survivorship services and on measuring the complexity of care, and we look forward to learning the results of the submissions in a few months. We hope you enjoyed a wonderful holiday season and look forward to working together in 2025!



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# Research Highlights

## Oncology Outcomes

Data Collection Within Patient Support Programs in Canada and Implications for Real-World Evidence Generation: The Authors' Perspective

### STUDY PURPOSE

Patient support programs (PSPs) help patients navigate clinical and logistical challenges of specialized treatment for medical conditions like cancer.



While PSPs address important patient care gaps, they also present a unique avenue for collecting real-world data.

Explore data collection through PSPs in Canada and the potential to generate acceptable real-world evidence with the robustness required to inform health-system decisions about treatment, access, and reimbursement.

### CONCLUSIONS & FUTURE IMPACT

There are considerable limitations to PSP data, including concerns about quality, trust, and bias.

Though existing guidelines facilitate evaluation of the data, quality of RWE generation from PSPs must improve before healthcare decision-makers can accept it.

Collaboration between relevant parties will be crucial in improving PSP data in the future.

Drug manufacturers.



PSP vendors.



Data specialists.



[Click here for full article.](#)

## Cuthbert Lab

### IMPLEMENTING AN EXERCISE ONCOLOGY MODEL TO REACH RURAL AND REMOTE INDIVIDUALS LIVING WITH AND BEYOND CANCER: A HYBRID EFFECTIVENESS-IMPLEMENTATION PROTOCOL FOR PROJECT EXCEL

N Culos-Reed, CW Wagoner, J Dreger, ML McNeely, M Keats, DS Mina, C Cuthbert, LC Capozzi, GJ Francis, G Chen, M Ester, E McLaughlin, M Eisele, D Sibley, J Langley, J Chiekwe, T Christensen, EXCEL Project Team

#### PURPOSE

Rural cancer survivors often lack access to supportive care, including exercise programs that boost fitness, well-being, and quality of life.

The EXercise for Cancer to Enhance Living Well (EXCEL) study address this gap by providing a 12-week online exercise program for rural survivors.

#### DISCUSSION

Exercise improves fitness, quality of life, and survival for cancer survivors, yet rural survivors often face barriers to accessing exercise programs.

The EXCEL study delivers online and in-person exercise programs using a hub-and-spoke model, aiming to make exercise a standard part of rural cancer care.



# Study Recruitment



We are looking for our final two participants for the following studies:

- ▶ Remote Assessment of Physical Fitness Measures: Reliability and Validity Study  
[Poster Link to Share](#)

If you think the studies might be relevant to your contacts, please feel free to share the website or poster links. For the additional details on each study click [here](#).



## Coming Up

The next newsletter will release in February 2025.

The next PFAC meeting will be on Monday, January 13th at 4:00pm over zoom. Stay tuned for more details!

Previous issues of the PFAC newsletter have been posted online:  
<https://www.cuthbertlab.com/advisory-council>

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