

Staff guide: Physical Activity Immunotherapy



Improves
cancer-related
fatigue



Helps
depression



Helps
anxiety



Improves sleep
quality



Improves
quality of life



Improves
cardiorespiratory
fitness



Improves
cognitive
function



Improves
muscle strength



Reduces
hormone/metabolic
dysfunction



Helps joint
pain



Helps body
composition



Reduces post
treatment
complications



Helps
lymphoedema



Helps
sexual function

Minimum Guidelines For Adults



5 days a week for 30 minutes which increases heart rate and breathing so you can talk but not sing



Strength activities 2-3 x a week for large muscle groups at a level where you need a short rest before repeating the activity



If over 65 years old, do activities that challenge balance 2 x a week

- 1. Choose an activity and do it several times a week**
- 2. Increase the amount of time per session**
- 3. Make it more challenging i.e. adding speed, walking up hills, adding a weight**

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Evidence for benefits during immunotherapy

Physical activity reduces fatigue & may help in the anti-tumour effects of immunotherapy through slowing tumour growth, immune cell proliferation & improving immune sensitivity.

Side effects of immunotherapy

Physical activity & exercise can help with immunotherapy tolerance & reduce side effects.

- **Joint & muscle pain:**

- **Warm up:** Helps the body prepare & recover from activity, therefore reducing joint pain & improving flexibility.
- **Muscle pain?:** Stretching & strengthening exercises can help to increase blood flow & strengthen muscles.
- **Healthy weight:** Exercise can support a healthy weight so there is less stress on joints.

Practical advice:

- **Skin:**

- **Skin care:** Protect skin if outside doing physical activity.
- **Footwear:** Wear comfortable socks & supportive footwear.
- **Protection:** Actively protect against injury i.e. gardening gloves.
- **Swimming:** Do shower & moisturise. If skin is irritated, please stop swimming.

- **Fatigue:**

- **Combined aerobic & resistance exercise:** is the best treatment for fatigue & improving energy levels.
- **Avoid 'boom & bust':** on good days do 80% of the physical activity and on 'not so good' days, do 40%.
- **Bedrest:** Avoid total sedentary rest.
- **Monitor:** Make a note on how the fatigue responds to different activities.

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Lymphoedema

Weight management can reduce the risk of developing lymphoedema.

Being physically active is good for reducing the risk of developing & managing symptoms of swelling.

It is safe to do strength training when lymph nodes have been removed. Start low & progress gradually - low repetitions & low weights. Slowly increase the repetitions before increasing the weight.

It is safe to exercise when you have lymphoedema. Please wear the compression garment if provided as directed by the lymphoedema team.

Wearing full coverage & supportive underwear will help with swelling around the midline & genitals.

People who are already active:

Encourage people who have been recently regularly physically active to continue with their physical activity. They may need to adapt to do a little less during 'not so good' phases of treatment.

Refer to physiotherapist for more advice.