

## Optimising the Referral Process to Community-based Exercise Rehabilitation Programmes for Cancer Survivors: A Delphi Study

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**Purpose:** Health care professionals (HCPs) are encouraged to consider physical activity (PA) promotion as part of usual care for all cancer patients<sup>1</sup>. It's suggested that medical professionals refer patients to external sources for more comprehensive community-based support<sup>2</sup>. This Delphi study aimed to identify barriers and motivators experienced by HCPs when referring cancer patients to community-based exercise programmes (CBEPs), and strategies to optimise the referral process.

**Methods:** 114 HCPs were invited to complete the round one (R1) online questionnaire. HCPs were asked open-ended questions regarding the motivators and barriers to referral to CBEPs, and strategies to optimise this process. In round two (R2), respondents were asked to rate their level of agreement or disagreement with statements arising from R1. The aim of R2 was to achieve consensus regarding the optimisation of the referral process.

**Results:** A score of 70% (across strongly agree/agree or strongly disagree/disagree categories) was established as a consensus threshold. 4/6 motivator statements, 3/13 barrier statements and 12/15 strategy statements achieved consensus. The key barriers identified included a lack of programmes to refer to and poor access to existing programmes. Optimisation strategies included electronic referral and education for staff regarding PA promotion for cancer survivors and information about CBEPs.

**Word Count:** 200

**Acknowledgement:** Mairéad Cooney is funded by The Irish Cancer Society.

### References:

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