

Exercise and Oncology – tailoring to the individual

Virtual study day

Tuesday 14th September 2021

Aims:

- explore the latest evidence in relation to oncology and exercise for safe, effective interventions
- develop insights for strategies to embed exercise into oncology treatment pathways
- examine implications for clinical practice and service development

Cost:

£50 per delegate

The content will be available for 30 days after the event

Register:

www.royalmarsden.nhs.uk/studydays

Get in touch:

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POSTER SUBMISSIONS – THE BEST 2 POSTERS WILL BE AWARDED PRIZES – (Winner £100 / Runner up £50 as eVouchers)

If you are interested in submitting a poster, please email catherine.sandsund@rmh.nhs.uk for poster guidelines and submission deadline.



Programme

- 09:00** **Welcome and Introduction**
Katharine Malhotra
Lecturer Practitioner / Rehab Lead
The Royal Marsden NHS Foundation Trust
- 09:10** **Exercise and challenging perceptions of healthy human ageing**
Professor Stephen Harridge
Director
Centre for Human & Applied Physiological Sciences, Kings College London
- 09:50** **Cardiac function and safety to exercise**
Dr Alexander Lyon
Senior Lecturer and Honorary Consultant Cardiologist
Royal Brompton NHS Foundation Trust
- 10:30** **Q&A**
- 10:45** **Break – Posters Presentation**
- 11:00** **Tailoring exercise throughout the cancer continuum**
Nicole Stout
Research Assistant Professor
West Virginia University
- 11:40** **Promoting physical activity behaviour change – using behavioural science**
Dr Chloe Grimmett
Senior Research Fellow
National Institute for Health Research - Post-Doctoral Fellow
Behavioural Science Lead for Wessex Fit-4-Cancer Surgery
University of Southampton
- 12.20** **Q&A**
- 12:40** **Closing Remarks**

Sponsors:



The above sponsors provided funding for the study day, but they have had no input into the programme, selection of speakers or topics.