



A digital lifestyle program for lung cancer patients

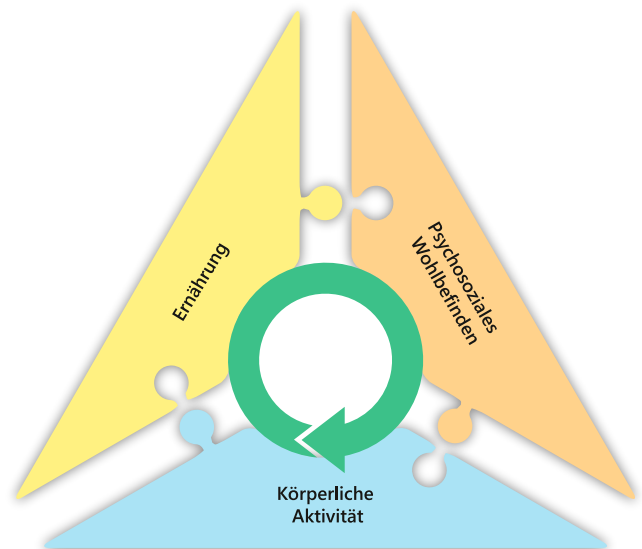
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Originaltitel: Evaluation of a newly developed digital lifestyle program for lung cancer patients

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Synopsis

This project aims to support patients with lung cancer after their rehabilitation. A newly developed digital program will help patients to increase their physical activity and to eat healthy. Patients will be provided with suggestions for exercises and nutrition to enhance their health and well-being. The new program is specifically designed for lung cancer patients such that their needs are met. This study will assess the effectiveness of this digital intervention in Switzerland. If we can demonstrate that the program has a positive effect on the quality of life of lung cancer patients, the program will be implemented as a rehabilitation aftercare program.



Legend: Addressed topics within the current project

Context

Lung cancer is the second most diagnosed cancer worldwide. Patients with lung cancer suffer from reduced physical and psychological health because of cancer treatments and the disease itself. Therefore, their quality of life is usually reduced. For recovery after cancer treatment (e.g., surgery), lung cancer patients should follow pulmonary rehabilitation. However, there is currently no rehabilitation aftercare program for this group of patients in Switzerland. Digital programs may offer a possibility of supporting the transition from rehabilitation to home and structuring everyday life at home after rehabilitation.

Objectives and methods

This project aims to support patients with lung cancer after their rehabilitation. A newly developed digital program will help patients to increase their physical activity and to eat healthy and thus improve their quality of life. To test the effectiveness of the program, lung cancer patients from different rehabilitation centers in Switzerland will use the program for 12 weeks. Additionally, the satisfaction of the patients using the program as well as the usability of the program will be analyzed at the end of this study.

Significance

If the program shows sufficiently large benefits for lung cancer patients, the program will be implemented as a rehabilitation aftercare program. This will provide patients with an always accessible, location-independent, and tailored program to follow. Moreover, the program can be further developed and improved in line with the findings of the project.

Start and duration

The project will start in July 2022. The expected duration of the project is 28 months.

	Betrag
Total research budget	CHF 108'000
Grants promised / received by third parties	CHF 0
Grants pending from third parties	CHF 0
Grants being sought from the Swiss Lung Association	CHF 108'000
Amount to be acquired by researchers	CHF 10'000
Contribution from Research Fund of the Lung Association	CHF 32'000
Donations required from third parties	CHF 66'000

