

Partners:

Partners from 16 institutions from 8 countries across Europe are working together in the FORTEe project. All partners are leading experts and they are among the first sites in the world with experience in conducting clinical studies in paediatric exercise oncology.

Our researchers here in Oxford work at Oxford Brookes University and will be recruiting participants who are undergoing treatment at Oxford University Hospital NHS Foundation Trust.



Further Questions?

If you have any questions about the study, eligibility criteria, or would like a copy of the participant information sheets, please contact us by e-mail or phone, or find us on the ward -

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You can also find the FORTEe website by scanning the QR code below or visiting directly at www.fortee-project.eu.



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Research study

Get strong to fight childhood cancer

An exercise intervention for children and adolescents undergoing anti-cancer treatment



What is FORTEe?

FORTEe is a research study that is being conducted across Europe. The study aims to investigate the effects of an exercise programme for children and young people with cancer.

It is very common that people become less physically active during and after cancer treatment. This can have a negative impact on both physical and mental well-being. Studies in adult cancer patients have demonstrated beneficial effects of physical activity on physical performance and well-being. However, comparable studies in children and adolescents are scarce.

Therefore, together with our partners, we want to conduct the world's largest controlled trial on the effects of exercise on children with cancer.

Who can participate?

The FORTEe study is open to children and young people aged 4 to 21 years who are being treated for cancer and receiving chemotherapy and/or radiotherapy.

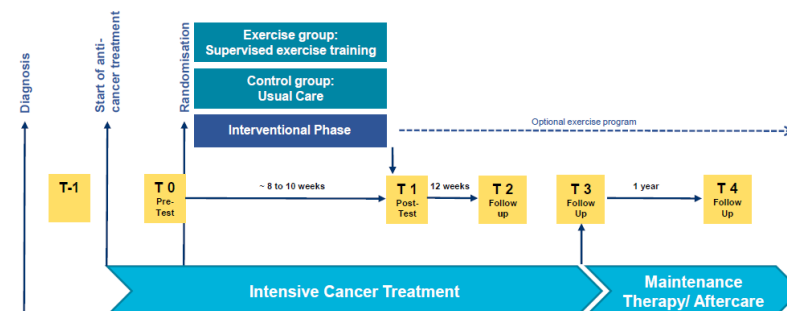
Enrollment must occur within the first 8 weeks of starting treatment.

What does the study involve?

When participating in the FORTEe study, participants will be assigned to either an exercise group or a control group. This allocation is necessary to assess the effect of the exercise programme.

At the beginning, both groups complete individually adapted tests and questionnaires (T0), which examine physical performance and well-being. Afterwards, the exercise group begins the individualized exercise program, which lasts 8-10 weeks and is supervised by qualified study staff. This will primarily take place within the hospital, with the option of remote sessions. During this time, the control group receives usual care. After 8-10 weeks both groups have the opportunity to use some technology that has specially designed to help children and young people who have cancer be active. This includes an AR smartphone app and a Pixformance device.

Following the 8-10 weeks, the tests performed at the beginning of the study will be repeated with both the exercise and control groups (T1). Thereafter, 3 more follow-up sessions (T2 - T4) will take place.



What are the goals of the study?

FORTEe aims to evaluate the effects of personalised and standardised exercise training in pediatric oncology.

- Create high evidence for innovative, patient-centered exercise recommendations for children and young people affected by cancer.
- Implement paediatric exercise oncology as an evidence-based standard in clinical care for all childhood cancer patients across the EU and beyond.

