

Søknadsinformasjon

Utlysning	Nordic Cancer Union Research Grant, 2014
Søknad	Phys-Can. Physical training and cancer
Søknadsid	154716
Innsendt av	Karin Nordin

Oppgave: Progress report

Tilordnet	Karin Nordin
Status	Arkivert
Opprettet	04.02.2016

RAPPORT

Briefly describe the project in a language understandable to non-scientists

Phys-Can is a clinical multi-center study within three Nordic countries. The main aim is to determine the effects of high or medium/low intensity physical training with or without integrated behavioral medicine support strategies to prevent and minimize cancer related fatigue (CRF), improve health related quality of life and to understand the role of inflammation, cytokines and gene expression in the development and maintenance of CRF, as well as to increase knowledge with respect to cost-effectiveness of rehabilitation programs. A total of 600 patients, who are recently diagnosed with breast cancer, colorectal cancer or prostate cancer and scheduled for curative/adjuvant oncological therapy at three centres, the Universities (university hospitals) in Uppsala, Lund/Malmö and Linköping, will be consecutively included in the study and followed up to 10 years. The inclusion started March 2015 and will go on until end of 2017.

Summarize the major findings of the project

The grant from NCU was for developing a web portal to facilitate data collection of outcome measures (e.g. fatigue questionnaires) in multiple study sites, to send out SMS as reminders and to enable electronic and easily accessible self-monitoring of exercise behavior. The participant log in to the portal and fills out forms related to measurement points and self-monitor their endurance training. The data base will be located at Uppsala University. The Web-portal is in use and is an very important tool for data collection, storing data from different centres and in the intervention.

Describe how the project has increased our knowledge of the prevention, cause and/or cure for cancer

the main study is not completed.

Outline how Nordic cooperation has added value to this project

This project requires profound knowledge and experience in exercise training and physiology, behavioral medicine, biomedicine and oncology. Our research group comprises among others researchers from three Nordic countries specialized in these domains;

- Physical activity measurement and intervention (S Berntsen; Norway)
- Exercise physiology and cytokines (T Raastad; Norway)
- Inflammatory markers and cytokines (P Hojman; Denmark)
- Behavioral medicine (P Åsenlöf; Sweden)
- Caring sciences and psychology (K Nordin; Sweden)
- Oncology (P Nygren)

List the publications resulting from the NCU research grant

Author(s), title, journal and edition	PMID (8 digits, only if possible)
Henriksson, Arving, Johansson, Igelström, Nordin. Perceived barriers to and facilitators of being physically active during adjuvant cancer treatment. Patient Educ Couns. 2016 Jan 28. pii: S0738-3991(16)30040-4. doi: 10.1016/j.pec.2016.01.019. [Epub ahead of print]	26860549

Brief overview of expenditures for last year 1 vedlegg (2014-16.pdf)

KOSTNADER:

PERIODENS UTFALL:

4015 Lön forskare, forskarass -135 548,83
SUMMA LÖNER OCH ARVODEN **-135 548,83**

4331 Bilersättning, skattefri -2 294,00
5511 Inrikes resor -1 046,53
5515 Lokala resor, buss, taxi -1 918,87
SUMMA RESOR **-5 259,40**

SUMMA UTRUSTNING **0,00**

5625 Trycksaker, tryckning -37 456,87
5633 Maskiner o instrument -140 400,00
SUMMA MATERIEL MM **-177 856,87**

4981 Övriga personalkostnader -300,00
5521 Extern representation -2 813,44
5785 Konferensarrangemang -1 831,30
SUMMA ÖVRIGA KOSTNADER **-4 944,74**

DELSUMMA DIREKTA KOSTNADER **-323 609,84**

5860 Fördelade indirekta kostnader -70 089,00
SUMMA PÅSLAG INDIREKTA KOSTNADER **-70 089,00**

5017 Fördeln lokaltjänstkostnader -7 984,07
SUMMA LOKALKOSTNADER **-7 984,07**

DELSUMMA INDIREKTA KOSTNADER OCH LOKALER **-78 073,07**

SUMMA KOSTNADER **-401 682,91**

PROJEKTET HAR NEDANSTÅENDE FINANSIÄRER:

Kto: Motp: Finansiär:
3751 623999 623999 Övr.orgän.utan vinstsyfte ejEU 461 235,00

INTERNA INTÄKTER:

Kto: Motp: Finansiär:
3321 922600 922600 Intäkt utbildn o konf, inomst 5 023,00

INTERNRÄNTA:

LÄMNADE BIDRAG:

600 Uppsala universitet **EK REDOVISN FO RÅD** COL 14.32 160215 Sid 2
460 Inst f folkhälso- o vårdvet
460856003 LIV Nordin PhysCan NCU II RAPPID: RÅDRED
PREST: 220 PERIOD: 1401-1602