

EXEMPLAR OF EVIDENCE-BASED CARE IN PRACTICE

Structured Exercise after Adjuvant Chemotherapy for Colon Cancer (CHALLENGE Trial)

<p>WHAT did the initiative involve?</p>	<p>The trial aimed to compare the effect of providing health-education materials alone or health-education material plus a 3-year structured exercise program.</p> <p>Patients (n=889) with resected colon cancer who had completed adjuvant chemotherapy were randomized to participate in a structured exercise program (n=445) or to receive health-education materials alone (n=444).</p> <p>Patients in the health-education group received general health-education materials promoting physical activity and health nutrition.</p> <p>Patients in the exercise group received the same materials plus an exercise guidebook and support from a physical activity consultant for 3-years who used evidence-based techniques to support behaviour change.</p>
<p>WHO was involved in the initiative?</p>	<p>Physical activity consultants.</p>
<p>WHERE did the initiative occur?</p>	<p>55 cancer treatment sites (mostly in Australia and Canada).</p>
<p>WHO was the target of the initiative?</p>	<p>Adult patients (≥18 years) who had undergone complete resection of stage III or high-risk stage II colon cancer and had completed adjuvant chemotherapy in the previous 2 to 6 months.</p>
<p>WHEN was the initiative undertaken?</p>	<p>After primary cancer treatment. 2009 - 2024</p>
<p>HOW was the initiative undertaken?</p>	<p>A multicentre, phase 3 randomized controlled trial.</p>
<p>OUTCOMES</p>	<p>The 5-year disease-free survival was 80.3% in the exercise group and 73.9% in the health-education group (difference, 6.4 percentage points; 95% CI, 0.6 to 12.2). Results support longer overall survival in the exercise group than in the health-education group (hazard ratio for death, 0.63; 95% CI, 0.43 to 0.94).</p> <p>The 8-year overall survival was 90.3% in the exercise group and 83.2% in the health-education group (difference, 7.1 percentage points; 95% CI, 1.8 to 12.3).</p> <p>Among patients who had recently completed adjuvant chemotherapy for colon cancer, a 3-year structured exercise program led to significantly longer disease-free survival than health education alone.</p>
<p>REFERENCE</p>	<p>Courneya KS et al. Structured Exercise after Adjuvant Chemotherapy for Colon Cancer. <i>N Engl J Med.</i> 2025 Jul 3;393(1):13-25. doi: 10.1056/NEJMoa2502760.</p>