

# The use of cardiac rehabilitation services to aid the recovery of patients with bowel cancer: a pilot randomised controlled trial with embedded feasibility study

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## Plain English summary

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## Plain English summary

Studies have shown a range of benefits of exercise after colorectal cancer surgery. However, often people in this situation do not know if exercise is something that is safe for them to do.

Cardiac rehabilitation is a programme of exercise and health advice for people recovering from heart disease. This can lead to improvements in health and well-being. It may also help people who are recovering from colorectal cancer surgery. This study asked people recovering from colorectal cancer surgery to go to cardiac rehabilitation, alongside the patients recovering from heart problems.

We aimed to find out:

- Is it possible to deliver a cardiac rehabilitation programme to cancer patients?
- How acceptable would this be for patients and clinicians?

Forty-one patients with colorectal cancer took part and gave us information on how active they were. We collected information on quality of life and anxiety and depression by using a questionnaire. Patients and clinicians were also interviewed.

Our results show that using cardiac rehabilitation was possible for those recovering from colorectal cancer surgery. Cardiac clinicians were happy to involve cancer patients on their cardiac rehabilitation programmes but needed additional training to better support these patients. Patients diagnosed with colorectal cancer found various benefits to taking part, including improvements in their motivation and confidence to exercise after their surgery.

More work is needed to see if such a programme will provide a health benefit for people recovering from colorectal cancer surgery.



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