

STH INTERNATIONAL CONFERENCE ON ONCOLOGY AND CANCER RESEARCH



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Delivery of a virtually supervised exercise intervention for Hispanic and Latina breast cancer survivors: Lessons learned from the ROSA trial

Hispanic and/or Latinx cancer survivors remain underrepresented in clinical trials, particularly in exercise oncology and energy balance research. In fact, less than 1% of exercise oncology trials are focused on said population. Furthermore, recruitment and enrollment of the Hispanic and/or Latinx cancer communities remains to be a challenge within the field of exercise oncology research in large part due to scientific mistrust, fear, and lack of awareness. Recruitment strategies and enrollment rates among Hispanic and/or Latinx breast cancer survivors screened for and enrolled in a virtually supervised aerobic and resistance exercise intervention will be described.

The ROSA Trial was a culturally tailored, virtually supervised exercise intervention designed to mitigate metabolic dysregulation in sedentary, overweight/obese Hispanic and/or Latinx breast cancer survivors. Trial recruitment strategies set forth at the Dana-Farber Cancer Institute (DFCI) involved screening pre-determined electronic medical records of breast cancer patient lists for the DFCI Boston location, direct referral from the DFCI Merrimack Valley satellite which is comprised of >70% Hispanic patient population, recruitment letter mail outs to women diagnosed with breast cancer who self-identify as Hispanic and/or Latinx in the Massachusetts Department of Public Health (MDPH) cancer registry, a booth at the annual American Cancer Society (ACS) Making Strides for Breast Cancer Boston events (2022-23), and advertisements/testimonials in local Spanish language newspaper. All screened and recruited participants were tracked in a detailed screening log with documentation of eligibility, reasons for ineligibility, reasons for decline, and enrollment rates. Descriptive statistics were used to determine frequency of recruitment strategies used and screening variables. Multiple recruitment strategies with specific attention to consistent points of contact are necessary to recruit Hispanic and/or Latinx breast cancer survivors in the Greater Boston area. Unique situations such as residency out of the country is important to consider in the planning of future trials among said population. Nonetheless our success rate for enrollment was on par with that of non-Hispanic White breast cancer survivors.

Biography

Christina M. Dieli-Conwright is an Associate Professor of Medicine at the Harvard Medical School and in the Division of Population Sciences of the Department of Medical Oncology at the Dana-Farber Cancer Institute. She holds a secondary appointment as Associate Professor of Nutrition in the Department of Nutrition at the T.H. Chan Harvard School of Public Health. Her research is focused on examining mechanisms by which post-diagnosis exercise can impact cancer prognosis with a specific focus on biomarkers of metabolic dysregulation related to tumor growth, inflammation, gut microbiome, and body composition. Dr. Dieli-Conwright has a history of funding from the National Cancer Institute, American Cancer Society, Department of Defense, American Institute for Cancer Research, Pfizer, and foundation grants.