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COMPAS
Danish Research Center for Equality in Cancer
Supported by the Danish Cancer Society

WP10 AMBeR eRehab: Digitally supported physical cancer rehabilitation during and after systemic treatment in South Baltic Countries - the AMBeR eRehab feasibility study

AIMS

In the Amber eRehab project, we investigate whether digitally supported physical rehabilitation can be offered and implemented at university hospitals and rehabilitation institutions in the five participating countries: Denmark (lead partner), Sweden, Lithuania, Poland, and Germany.

METHODS

We will carry out feasibility testing with a focus on implementation across the five countries. a total of 30 patients undergoing cancer treatment and 30 patients who have completed cancer treatment will be included per country, amounting to 300 patients in total. Zealand University Hospital (ZUH) has a coordinating role in the scientific work across the five countries, while also running the project locally in Denmark. Here, digitally supported rehabilitation will be tested both in hospital and municipal settings—at ZUH and in the rehabilitation unit of Lolland Municipality. Data collection includes both the patient pathways themselves as well as implementation data, such as the uptake of digital programmes in practice, which patient groups are reached through digital solutions, whether physiotherapists and patients are able to use them, and whether they add value in clinical practice.

IMPLICATIONS

Knowledge generated through this study may contribute to offering a targeted intervention to patients in their own home, thereby helping to overcome barriers such as transport to the hospital/municipal training centre, lack of resources, and low motivation or energy for self-administered exercise.

STATUS

As of January 2026, the project has included approximately two-thirds of the planned patients. Among the preliminary benefits, we appear to be improving the quality of cancer rehabilitation towards international recommendations across the participating countries through collaboration and professional discussions and seminars. At the same time, we are generating new knowledge on the implementation of digital solutions in physiotherapy. The project is expected to be completed in march 2027.

RESEARCHERS AND RESEARCH UNITS

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