

# COMPAS

## DANISH RESEARCH CENTER FOR EQUALITY IN CANCER

Work Package Title: WP3 NAVIGATING THROUGH COMPLEX TREATMENT

Project title: Navigate - Improving survival in vulnerable lung cancer patients through nurse navigation: a multicenter randomized controlled trial

Aims: We aim to examine whether a tailored nurse navigation intervention including systematic use of patient-reported outcomes (PROs) and exercise training targeting vulnerable lung cancer patients will significantly improve overall survival, adherence to cancer treatment, symptom burden and health-related quality of life.

Method: The effect of the intervention will be tested in a multicenter randomized controlled trial including 518 vulnerable lung cancer patients randomized (1:1) to the control group who will receive standard treatment and care or the intervention group who will receive support from a nurse navigator, report on symptoms bi-weekly (PROs) and participate in a training program.

The nurse navigator will motivate and support patients during 12 months in order to increase treatment adherence and health behavior changes. Individual, manualized, face-to-face or telephone sessions are offered weekly during the training program, bi-weekly during treatment and monthly after end of treatment. Nurse navigators will systematically monitor symptoms and initiate appropriate actions in terms of medical treatment or self-management strategies.

The first 12 weeks after randomization, the patients will be offered a manualized training program (24 sessions). The aim of the training program is to promote participant's overall physical fitness and level of physical activity in order to improve eligibility for treatment and treatment adherence. The program will include exercises targeting muscle strength, endurance and cardiorespiratory fitness and will be a combination of supervised training and home-based exercises.

Participants are patients  $\geq 18$  years diagnosed with non-small cell lung cancer at all stages with a performance status  $\leq 2$  and who are screened vulnerable according to pre-defined criteria we have developed and validated before trial initiation. Excluded are patients who are not able to read and understand Danish or with severe psychiatric disorder or cognitive problems preventing informed consent.

The logo for COMPAS features the word "COMPAS" in a bold, blue, sans-serif font. A red arrow points upwards and to the right, positioned between the 'O' and 'M'.

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The project is developed by the Danish Research Center for Equality in Cancer, COMPAS, and the research unit Psychological Aspects in Cancer, Danish Cancer Society Research Center in collaboration with:

**Zealand University Hospital**

Department of Oncology and Palliative Care and Department of Physiotherapy

**Odense University Hospital**

Department of Respiratory Medicine and Department of Physiotherapy

**Vejle Hospital**

Department of Respiratory Medicine, Department of Oncology and Department of Oncology

**Hospital of Southern Jutland**

Department of Oncology and Department of Physiotherapy

**Slagelse Hospital**

The Research Unit PROgrez

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