

# GO-EXCAP:



## mHealth Exercise Intervention for Older Adults with Myeloid Neoplasms

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Older adults with myeloid neoplasms experience functional decline and treatment-related *side effects*, such as fatigue.



Exercise can *decrease* side effects, but adherence is *low*.  
However, *mHealth* can *increase* adherence.



Exercise + mHealth may *decrease* side effects.

GO-EXCAP  
Geriatric Oncology -  
Exercise for Cancer Patients



Home-based progressive walking and resistance band exercises + mHealth delivery platform for tracking adherence & symptoms



Patient feedback  
N=13 interviews  
Mean age = 66.2 years

### CONTENT:

Walking and resistance band exercises were perceived to be *feasible*

### FORMAT:

1000-2000 steps/day  
5-30 minutes, 2-4x/week, starting from cycle 1 or 2 of chemo

### DELIVERY:

77% were comfortable using technology

➔ Next step: Ongoing single-arm pilot arm in 25 patients

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