

THE AWARDS 2020

Outstanding Contribution to the Local Community

Institution name	Edinburgh Napier University
Submission title or project name	Improving lives by getting cancer patients to move it, move it
Nominee/key personnel	
URL	
Submission	<p>For many cancer survivors, treatments such as surgery, chemotherapy, and radiotherapy lead to chronic and late-appearing side effects such as fatigue, cardiorespiratory and muscular weakness and depression. These can have a profound effect on quality of life. There is now convincing evidence that being active at all stages of the cancer journey can provide significant physical and psychological benefits.</p> <p>CanMove was established within Edinburgh Napier University to engage with the local cancer community in Edinburgh and the surrounding area to address unmet physical and psychological needs through a programme of evidence-based exercise.</p> <p>To date we have had over 70 people referred or who have directly enquired. Of those, 50 have proceeded to the initial triage meeting.</p> <p>The project also benefits Edinburgh Napier students. For example, the professional qualification of a Level 4 CanRehab cancer exercise specialist is embedded in the postgraduate MSc in Clinical Exercise Science.</p>