



foxtrot

FEASIBILITY TESTING OF TELEHEALTH-DELIVERED EXERCISE
THERAPY FOR OSTOMATES TREATED FOR CANCER

Physical activity improves quality of life. It also reduces the risk of chronic disease. Some people, however, have specific needs when it comes to increasing their physical activity. This is particularly so when cancer treatment results in stoma formation.

A team of leading health researchers is undertaking a study to evaluate an exercise program delivered via telehealth for people with a stoma as part of their cancer treatment.

We are looking for men and women who:

- Are Australian-based adults (18+)
- Have a stoma due to cancer or its treatment (within the past 5 years)
- At least six weeks post-stoma surgery
- Have a permanent or long-term stoma (in place ≥ 26 weeks)
- Internet-access and tablet/laptop device.

Want to know more? Contact the Project Manager on email at foxtrot@griffith.edu.au

Express your
interest to be a
part of this study
by scanning the
QR code.

