

## **After Colorectal Cancer Treatment Lifestyle Interventions in Patients**

A recent study published, performed a randomized controlled trial (RCT) to test the practicality of the Healthy Eating and Active Lifestyle After Bowel Cancer (HEAL ABC) program as a [post-colorectal cancer](#) (CRC) treatment intervention.



### **Study**

The present RCT investigated whether the [ABC intervention](#) was feasible among CRC patients after treatment.

The intervention followed the American Institute for Cancer Research (AICR) and the World Cancer Research Fund (WCRF) guidelines and the Health Action Process Approach (HAPA) philosophy. Participants in England had undergone [CRC surgery](#)  $\geq 12$  weeks before based on one to three WCRF/AICR guidelines.

They were enrolled between January 30 and December 15, 2021. The study excluded individuals with medical issues, those adhering to most WCRF/AICR recommendations, those receiving active treatment, and those completing five years after [surgery](#).

In total, 16 participants received a three-month telephone-based intervention (intervention group), compared to 19 routine care recipients (control group). Researchers used the Motivation Interviewing Technique (MIT) to inform the [telephone conversations](#).

The primary outcomes were enrollment, retention, withdrawal, and [completion rates](#). Researchers assessed the outcomes at study initiation, three months, and six months after the intervention.

Adherence assessment parameters included intervention call engagement, the duration of study completion, and [goal achievement](#). Participants verified their activities in audio-recorded intervention calls and rated their confidence in implementing changes during the study intervention.

The researchers used the 2011 Shanyinde criteria to assess the [intervention's feasibility](#) and conducted follow-up interviews to gauge its acceptability.

WCRF/AICR scores indicated adherence to the WCRF and AICR guidelines. The researchers gathered information on anthropometry, nutritional consumption, physical activity, and sociodemographic characteristics. The Global Physical Activity Questionnaire (GPAQ) scores

indicated physical activity levels. Three-day food diaries and questionnaires provided dietary and sociodemographic data. Researchers assessed cancer relapse, morbidities, and survival. They used the Nova categorization to determine the intake of [ultra-processed foods](#) (UPF). They also computed Diet Quality Index International (DQI-I) scores. They used multiple linear regressions to analyze the data, adjusting for age, gender, location, and stoma existence.

### **Findings and Conclusion**

Study recruitment was difficult (31 individuals were ineligible, and 37 declined to participate; recruitment rate: 49%). The team noted three-month retention rates of 97%, which reduced to 89% by six months. All 31 individuals who completed the study attended six phone calls. The rates of [data completion](#) exceeded 90%. The mean participant age was 66 years; all participants were British white; 46% had at least a bachelor's degree; 80% had a stoma; 50% were in the year after surgery and treatment; and 43% had chemotherapy after surgery.

The time for study completion, including follow-up, was estimated to be 39 weeks. The mean duration of study completion was 41.0 weeks. Among the intervention recipients, 87% found the program feasible. WCRF/AICR and [DQI-I scores](#) improved considerably for intervention users, and their UPF intake was reduced by 10%. Participants set five objectives on average and accomplished four of them, sustaining them for six months. Participants suggested that the intervention be used as a follow-up program to surgery.

Intervention recipients reported higher self-esteem, healthier food shopping habits, and a better understanding of stoma function. They also raised awareness of their habits and identified opportunities for change. Participants found it easy to consume more fruits and vegetables and limit fast food but struggled to increase whole grains and reduce their sugar intake. Most individuals (88%) began with dietary guides, while two chose to boost [physical fitness](#) first. The team found one skin cancer, two lung cancers, and one CRC recurrence. However, the survival rate was 100%.

The study found 87% feasibility of the HEAL ABC program despite the [coronavirus disease 2019](#) (COVID-19) pandemic. The intervention promoted healthy lifestyle practices. It increased the mean WCRF/AICR adherence score by 1.2 points after three months, maintained the score after six months, and lowered UPF consumption by 10%. However, additional recruiting tactics are required for fully powered randomized clinical trials to evaluate the intervention's efficacy.

### **Source:**

<https://www.news-medical.net/news/20240904/Lifestyle-interventions-in-patients-after-colorectal-cancer-treatment.aspx>