

Report on	Macmillan Move More Service Update
Date of Meeting	10 th September 2020
Reporting Officer	Kieran Gordon , Head of Leisure
Contact Officer	Leigh Gilmore, Participation Manager

Is this report restricted for confidential business?	Yes	
If 'Yes', confirm below the exempt information category relied upon	No	x

1.0	Purpose of Report
1.1	To provide information on a research and evaluation report completed in partnership with Queens University Belfast and Macmillan, demonstrating how proactive the Macmillan Move More programme has been throughout the Covid pandemic.
2.0	Background
2.1	As a result of the Covid19 pandemic, Members will be aware that all Leisure facilities within MUDC such as indoor centres, outdoor pitches, tennis courts etc closed for public use at 2pm on the 16th March 2020. This also had an impact on the Macmillan Move More service as on site facilities were no longer able to be used.
2.2	MUDC support the funded 3 year Macmillan project by employing and hosting a Move More Coordinator and MUDC provide access to leisure facilities for the Coordinator to deliver physical activity sessions for people with cancer, and providing a range of incentives (e.g. discounted membership rates)
2.3	The Move More Coordinator plays a key role in the development and delivery of the project by facilitating consultations with people with cancer, supporting them to access physical activity opportunities (both cancer specific, and non-cancer specific), and providing ongoing behaviour change support to each individual for a minimum of 12 months.
2.4	Therefore, a service evaluation of the Macmillan Move More programme was carried out during the COVID-19 lockdown / restrictions period, from a user perspective. 377 Macmillan Move More NI service users supplied feedback and further details are within Appendix A.
2.5	The analysis within this report will be used within MUDC to review and adapt the Macmillan service where required.

3.0	Main Report
3.1	This pandemic has presented an unparalleled economic and social burden, affecting the provision of routine cancer care in Northern Ireland.
3.2	The prescription of exercise remains an integral aspect of cancer treatment and survivorship to manage treatment-related side effects and improve physical / mental well-being and quality of life.
3.3	The research found that exercise programmes for cancer survivorship must adapt to engage participants in continued exercise. The Move More Programme has been proactive and successful in responding to the needs of subscribers during this difficult time.
3.4	Continuing to maintain an exercise regime as part of care, during the current pandemic and restrictions and in the years to come, is essential. Continuing to use and explore 'new methods' (smart technologies) of delivery is essential.
3.5	The results of the report suggest a detrimental / negative shift in physical activity levels as a result of COVID-19 restrictions. In one particular grouping, the percentage of respondents classing themselves as 'not regularly active' increased from 4% (pre-COVID) to 21% (currently), suggesting greater levels of physical inactivity.
3.6	Physical themes emerging: reduced activity levels, health / fitness deterioration, increased pain, increased body weight and dietary changes.
3.7	Psychological themes emerging: loneliness / isolation / lacking social support; decreased motivation to exercise; fear / anxiety.
3.8	These negative results and emerging themes will apply equally to MUDC residents.
4.0	Other Considerations
4.1	Financial, Human Resources & Risk Implications
	Financial: N/A
	Human: N/A
	Risk Management: N/A
4.2	Screening & Impact Assessments
	Equality & Good Relations Implications: N/A
	Rural Needs Implications: N/A

5.0	Recommendation(s)
5.1	To note the contents of this report and the evaluation report completed in partnership with Queens University Belfast and Macmillan.
6.0	Documents Attached & References
	Appendix A – QUB and Macmillan Report

Evaluating the Impact of Coronavirus (COVID-19) on the Macmillan Move More Service

Dr Malcolm Brown, Dr Dominic O'Connor and Dr Gillian Prue (QUB)
Alexandra McMeekin, Claire Murphy and Maura McClean (Macmillan Cancer Support NI)



Introduction

- COVID-19 is an infectious respiratory disease initiated by a newly discovered strain of coronavirus [severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)].
- This pandemic has presented an unparalleled economic and social burden, affecting the provision of routine cancer care in Northern Ireland.
- In order to contain viral transmission, societal restrictions have been implemented, directly impacting the traditional delivery of the Macmillan Move More programme.
- The prescription of exercise remains an integral aspect of cancer treatment and survivorship to manage treatment-related side effects and improve physical / mental well-being and quality of life, thus we must adapt to enable participants to avail of these benefits in challenging circumstances.

Methods

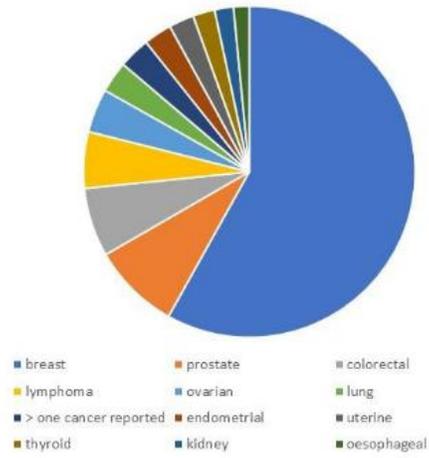
- The purpose was to conduct a service evaluation of the Macmillan Move More programme during the COVID-19 lockdown / restrictions, from a user perspective.
- A multiple choice questionnaire and short answer survey was developed and distributed to enrolled participants.
- This survey was 'live' for 3-weeks (08-June-2020 to 26-June-2020).
- 377 respondents (325 completed by Move More participants; 52 completed by Move More coordinators on behalf of participants).
- Sample representative of both male and female participants (309 female; 68 male).
- Respondents were mandated to respond to all questions.

Sample Cancer Diagnoses

- 35 primary tumour sites reported.
- Predominantly breast cancer patients / survivors ($n=190$).
- Second largest; prostate (28), followed by colorectal (22); Lymphoma (18 – pooled); Ovarian (14); Lung (10); > one cancer stated (10).
- Next, endometrial (9); uterine (8); thyroid (7); kidney (6) and oesophageal (5).
- Remaining cancers < 5 reported for each and include testicular, brain, melanoma, cervical, head and neck, stomach, leukaemia among others.

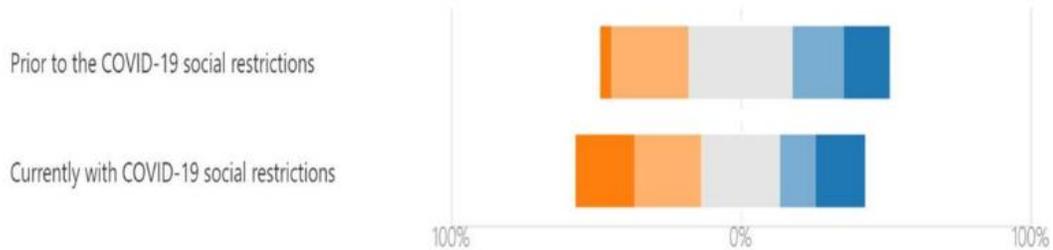
Sample Cancer Diagnoses

- 35 primary tumour sites reported
- Predominantly breast ($n=190$)
- Cancers not displayed include testicular, brain, melanoma, cervical, head and neck, stomach, leukaemia among others, all < 5 reported



Physical Activity Levels (How often are you physically active?)

■ Not regularly active
 ■ 1 - 2 days per week
 ■ 3 - 4 days per week
 ■ 5 - 6 days per week
 ■ Everyday

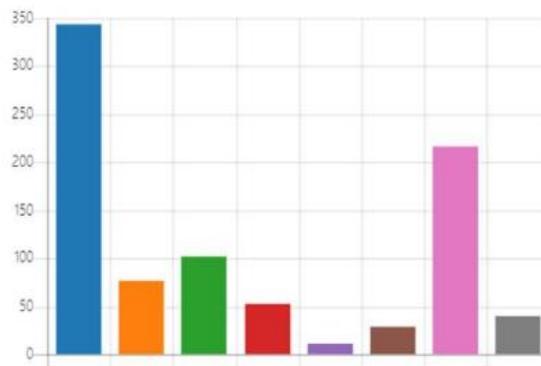


Physical activity levels continued.....

- The results suggest a detrimental / negative shift in physical activity levels as a result of COVID-19 restrictions.
- Given exercise assists with disease management, this shift is likely to be impactful and is likely attributed to an array of physical and psychological issues (discussed later).
- Strikingly, the percentage of respondents classing themselves as 'not regularly active' increased from 4% (pre-COVID) to 21% (currently), suggesting greater levels of physical inactivity.
- The largest shift in exercising groups was in the category of 3 – 4 days per week (36.3% pre-COVID to 26.8% currently).
- No changes in the percentage of those who are active everyday!

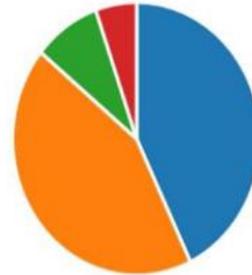
Prior to COVID-19, where did you complete your PA?

● Move More classes in the leisu...	344
● Move More outdoor activities ...	76
● Gym-based exercises (at a leis...	102
● Other indoor organisation / c...	53
● Other outdoor organisation / ...	11
● Home based indoor exercises ...	29
● Home based outdoor exercise...	216
● Other	40



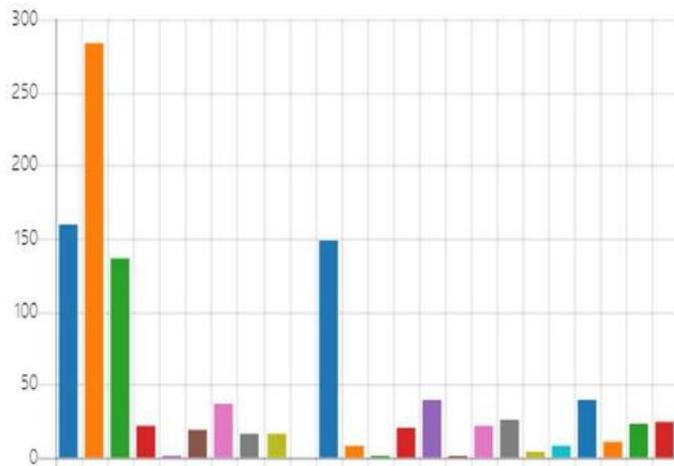
Under the current COVID-19 restrictions, where are you completing your PA?

Home based indoor exercises ...	216
Home based outdoor exercise...	217
I am currently not engaged in ...	44
Other	27



What type of exercise are you currently completing?

Active at Home	159	Racquet Sports	1
Walking	283	Running / jogging	22
Move More Classes	137	Strength & Balance	26
Chair based Exercise	22	Swimming	4
Chi Me	2	Tai Chi	8
Circuit Training	19	Yoga	40
Cycling	37	Golf	11
Dance	17	None	23
Exercise to Music	16	Other	25
Football (including walking fo...	0		
Gardening	149		
Gym - independently	8		
Gym - supported	2		
Move More DVD	21		
Pilates	39		



The impact of the COVID-19 pandemic

- 268 (71%) respondents felt the pandemic has had an impact, with 45 (12%) respondents feeling no impact of the restrictions.
- 64 (17%) respondents were not explicit in their response (e.g. not really, neither 'yes' nor 'no' stated).
- 119 (32%) specifically stated a physical impact ($n=9$ positive impact) with 231 (61%) reporting a psychological impact.
- Physical themes: reduced activity levels, health / fitness deterioration, increased pain, increased body weight and dietary changes.
- Psychological themes emerging: loneliness / isolation / lacking social support; decreased motivation to exercise; fear / anxiety.

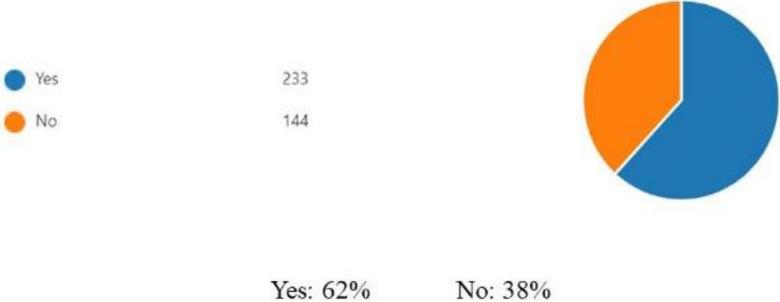
Any concerns about returning to Move More once restrictions ease?

- Most respondents ($n=231$; 61%) are looking forward to face-to-face classes returning, with no major concerns highlighted as long as safety precautions are closely adhered.
- 134 (36%) respondents stated they had concerns about returning (major themes: safety / social distancing / hygiene / fear (virus-related) – $n=121$; fitness – $n=9$).
- Three respondents mentioned they will not return (work related, $n=2$).
- Nine respondents were not explicit.

Digital / Smart Technologies

Do you currently use digital or smart technologies to access PA?

'Digital or smart technologies include the Internet, Smart mobile phone applications (apps) and any other mobile technologies including tablet PCs or Smart watches'.



What digital or smart technologies?

Hardware

- Smart phone (71)
- PC / Laptop (28)
- Tablet [e.g. iPad] (52)
- Smart watch (9)
- Smart television (11)

Software

- Zoom (60)
- Facebook (9)
- YouTube (50)
- WhatsApp (20)
- FitBit / Pedometer (24)
- Apps [inc. Strava] (14)
- Teams (1)
- Internet (26)
- DVD (1); Unclassified (2)

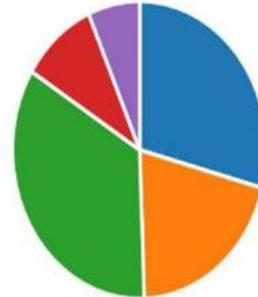
For those that currently do not use digital technology to support exercise, would you be interested in doing so?



Yes (Blue) – 62 (43%) No (Orange) – 82 (57%)

Patient preferences regarding class delivery during COVID restrictions? *(Multiple responses enabled)*

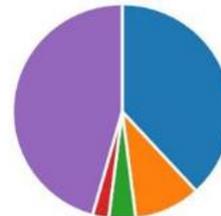
● In live time (e.g. Zoom / Skype)	155
● A mobile phone app (for Smar...	108
● Over the internet (e.g. Move ...	183
● Written materials	51
● Other	35



Blue – 29%; Orange – 20%; Green – 34%; Red – 10%; Purple - 7%

How often would you like to receive contact (e.g. phone, WhatsApp; text messaging) from your coordinator during COVID restrictions?

● Once per week	144
● Twice per week	37
● Three times per week	15
● More than three times per week	9
● No preference	172



Blue – 38%; Orange – 10%; Green – 4%; Red – 2%; Purple – 46%

Are there things that make it difficult for you to exercise during COVID restrictions?

- Yes ($n=194$; 52%):

Emerging themes:

- Isolation / restrictions / fear (virus related) ($n=52$)
- Access / provision (space, gym closures, equipment etc) ($n=40$)
- Technology ($n=23$)
- Time ($n=14$)
- Decreased motivation ($n=38$)
- Declining health / fitness ($n=44$).

- No ($n=182$; 48%)

- Unclassified ($n=1$)

Is there anything that could be done, by Macmillan Move More, to increase your likelihood of participating?

Yes ($n=86$; 23%)

Themes:

- Technological support ($n=9$)
- More zoom classes ($n=9$)
- Outdoor exercise classes ($n=26$)
- Safety ($n=9$)
- More information / handouts ($n=7$)
- Contact / calls / texts ($n=9$)
- Live classes / contact ($n=14$).

No ($n=263$; 70%)

Not sure ($n=9$) or unclassified ($n=19$)

If a Mobile Phone App, was developed to deliver Move More classes and support, would you use it?



Yes: 80% No: 20%

How might you feel about using an app to receive exercise or participate in 'live' supervised exercise?

- Positive ($n=271$; 72%)

Main themes: Facilitates group contact; allows flexibility around current lifestyle; technology needs to be user friendly / supported.

- Undecided / willing to try ($n=45$)

- Negative ($n=61$; 16%)

Main themes: bad with / no access to technology; preference towards face-to-face classes.

Smart technology app idea

Even though technological proficiency is a recurring theme throughout, the sample appear to have the necessary confidence to use a smart technology application, to engage with the Move More activities and for support (please see the confidence rating below, $n=377$). Although, a thorough information pack and additional coordinator support is still required to assist those unfamiliar with using digital / smart technologies initially.



3.64 Average Rating

1 star = not at all and 5 stars = very confident

Selected extracts from the positive responses to the app idea.....

“I feel this would be very beneficial not only in the present situation but also at times when it is difficult to attend classes due to illness or travelling problems.”

“I am doing it already via zoom and find it easy to use, after initial installation and a few tech purchases. It feels just like an actual studio class, and client posture movements are corrected by the Instructor and also the Instructor will repeat a move if you miss interpret it. Also, the immediacy of the feedback is very good for personal moral as is the interaction with the other clients. It's good to know we are all in the same boat and not expected to be athletes. The speed of the class is set at our pace unlike a pre recorded video.”

“An app is good because you can exercise any time, anywhere and also maybe do 2 or 3 types of exercise depending on what the app offers. It would be good for me when I return back to work especially if Move More classes are on during the day. Participating in live supervised exercise classes are great too. People need encouragement and social interaction. I would need to know that I'm doing the exercises properly for a start. A mixture of both would be great!”

Any further comments or suggestions?

- No = 172
- Positive comments = 119 (please see extracts on the following slide).
Themes: Lifeline; Brilliant support; Great motivation; Outdoor / open air sessions; Miss classes; Invaluable.
- Negative comments = 4

Extracts from the positive comments

“The program is wonderful, a real lifeline”.

“Brilliant programme and support, keep up good work”.

“I think it’s all very positive - nothing beats personal contact / connection but sometimes it’s not always possible so having alternatives to do at home is a great idea and still keeps me active”.

“Macmillan are doing a great job and the zoom app is great and the WhatsApp chat is really good for us but I need to be in company I live alone and I need to connect with other people”.

“I really appreciate the effort our coordinators have put in. Switching to online technology to deliver their support has been challenging for them and I think they have done very well”.

“The move more team were very helpful to me before covid-19 and got me into keeping active. After the restrictions they made sure to include me in online invites, despite the fact that I hadn't previously taken part in group activities. I think they provide a great service, even in difficult circumstances”.

“Move More has been an excellent motivational system. People love the whole experience, the different exercises, the help delivered the compassion provided by leaders. It’s a feel good experience all round”.

Common barriers to supervised exercise, as it applies during COVID-19 restrictions?

The barriers to exercise tends to vary between individuals, but the three greatest barriers during the COVID-19 restrictions are:

Lack of Motivation
No one to exercise with
Fear of COVID-19 infection

Next, is low levels of physical fitness, lack of interest and poor health.

Conclusion

- In the age of COVID-19, exercise programmes for cancer survivorship must adapt to engage participants in continued exercise. The Macmillan Move More NI programme has been proactive and successful in responding to the needs of subscribers, during this difficult time.
- Fortunately information technology, social media and other Internet-based solutions have been adopted to facilitate this transition as novel methods of delivery.
- Continuing to maintain an exercise regime as part of care, during the current pandemic and restrictions and in the years to come, is essential and continuing to use and explore 'new methods' (digital / smart technologies) of delivery is necessary.
- Further investment in digital and smart technologies would be worthwhile and there seems to be high demand from Move More users to do so.