

# COMPAS

## DANISH RESEARCH CENTER FOR EQUALITY IN CANCER

Work Package Title: WP6 – PREPARE INSTEAD OF REPAIR

Aim: We will develop and test the effects of a prehabilitation program consisting of high-intensity aerobic interval and resistance training and screening for psychological distress in patients with breast cancer during neoadjuvant chemotherapy.

Methods: A retrospective medical record review study will be conducted to identify patients at risk of not adhering to the neoadjuvant treatment plan. An RCT will be conducted to test the prehabilitation program. Both studies will include patients with breast cancer from Zealand University Hospital.

Researchers and Research Unit: Susanne Dalton (MD, Professor), Julie Gehl (MD, Professor), Eva Kjeldsted Jensen (Registered nurse, PhD student), Gunn Ammitzbøll (Physiotherapist, Postdoc), Dina Melanie Sørensen (Clinical nurse specialist), Alexey Lodin (MD) - *Department of Clinical Oncology and Palliative Care, Zealand University Hospital*

Sandy Jack (Professor) - *Southampton University Hospital, the UK*

Anne-Vibeke Lænkholm (senior pathologist) - *Department of Pathology, Zealand University Hospital*

Søren T. Skou (Professor), Lars Bo Jørgensen (Physiotherapist, PhD student) *from Department of Physiotherapy and Occupational Therapy, Næstved, Slagelse, Ringsted Hospitals, and Department of Sports*

*Science and Clinical Biomechanics, University of  
Southern Denmark*

Rasmus Bojesen (MD, PhD student), Ismail Gögenur  
(MD, Professor) - *Center for Surgical Science, Zealand  
University Hospital*

Contact:

Susanne Dalton, [sanne@cancer.dk](mailto:sanne@cancer.dk)  
Eva Kjeldsted Jensen, [evaj@cancer.dk](mailto:evaj@cancer.dk)