

# Cancer and Exercise Rehabilitation

## Presenter Biographies

### **Prof Anna Campbell, MBE**

Professor in Clinical Exercise Science at Edinburgh Napier University

Professor Campbell has worked in the field of exercise oncology since 2001 and has been instrumental in the implementation of evidence-based exercise programmes for people affected by cancer across the UK.

She has published over 70 peer-reviewed research papers and three educational book chapters on the subject of cancer and exercise and is a co-author of the *Essentials in Exercise Oncology* textbook.

As key advisor to Macmillan Cancer Care, she worked on the development of the UK-wide community-based MoveMore programmes.

Professor Campbell is director of CanRehab ([www.canrehab.co.uk](http://www.canrehab.co.uk)), an international provider of training on exercise-based cancer rehabilitation for health professionals and fitness specialists. She is also chair of the charity CanRehab Trust ([www.canrehabtrust.org](http://www.canrehabtrust.org)), which matches people affected by cancer with qualified cancer exercise instructors and

provides remote and face-to-face exercise programs. Anna is part of a small international working group of exercise experts 'Moving Through Cancer' responsible for updating the evidence-based exercise prescription guidelines for the provision of clinical and community-based exercise programmes for cancer patients and survivors. Finally, Professor Campbell is part of the World Health Organisation (WHO) Cancer Rehabilitation 2030 working group.

### **Dr Karen Campbell**

Macmillan Associate Professor in Nursing, Edinburgh Napier University

Dr Karen Campbell is the President of UKONS and has a national and international standing as a clinical academic in research and education with application to oncology clinical practice, holding the title of Macmillan Associate Professor in Cancer Nursing in the School of Health and Social Care. Karen currently holds an Honorary Research Nurse Consultant Role in Chemotherapy.

### **Denise Flett, Breast clinical nurse specialist, lymphoedema therapist**

Denise Flett is a breast clinical nurse specialist and lymphoedema therapist with over 20 years of experience in New Zealand and the UK. Recognising the importance of physical activity in cancer recovery, she became a CanRehab Level 4 Cancer Exercise Specialist Instructor in 2019 and joined CanRehab UK as a trainer in 2020. That same year, she participated in the SafeFit study, providing online exercise programs for cancer patients.

Denise has a particular interest in women's health issues related to cancer treatment, including menopause, fertility, and sexual functioning. In 2016, she received a Nursing Training Research Fellowship to develop a training program for clinical nurse specialists assisting women with treatment-induced sexual difficulties after breast cancer. She served on the UK executive committee of Europa Donna from 2014 to 2019 and was the national healthcare coordinator for Casting for Recovery UK until 2020.

Recently, Denise relocated to Quebec, Canada, where she continues to split her time between Canada and the UK. As a certified Nordic walking instructor with the International Nordic Walking Association, she aims to integrate physical activity and nature into cancer survivorship in her local community.

### **Gemma Harris, Oncology Physiotherapist, MCSP, BSc, HCPC Registered**

Gemma has gained oncology experience working at Cancer Centre London, GenesisCare Windsor and Guy's Hospital. She has undergone specialist training and certification with Prostate Cancer UK, The Royal Marsden, PINC&STEEL and CanRehab. She is a member of the specialist interest groups Association of Chartered Physiotherapist in Oncology and Palliative Care and Physios in Exercise Oncology.

In 2023 Gemma launched the Cancer Rehab Collective to work alongside charities and other oncology professionals to provide her local community with Oncology prehab, on-treatment and rehab services.

### **Kerry Archer, MCSP, MSc Pre-Registration Physiotherapy, HCPC registered**

Kerry qualified in 2007 and has worked in the NHS for 17 years in a variety of roles. Over the last 10 years she has specialised in Oncology, in an inpatient unit in a regional specialist centre before taking up the lead physiotherapy role at Active Against Cancer (one of the first services in the country to incorporate bespoke activity programmes into the standard treatment plans offered to all cancer patients; the service is available from the point of diagnosis, throughout treatment and during recovery). Kerry was also highly commended at the NHS Parliamentary Awards in 2021 for Excellence in Health Care.

She has been part of the CanRehab tutor team for 3 years delivering on both the level 4 Specialist Instructor and the Physiotherapy courses. She is also on the expert panel currently writing best practice recommendations for exercise after stoma (ExPASS).

### **Dr Kathryn Weston**

Senior Lecturer, University of Strathclyde

Dr Kathryn Weston is a Senior Lecturer in Physical Activity for Health at the University of Strathclyde, Scotland, a British Association of Sport and Exercise Sciences (BASES) accredited Sport and Exercise Scientist and a CanRehab Specialist Instructor in Cancer and Exercise Rehabilitation. Her research, teaching and practice spans a variety of exercise topics including the development and evaluation of novel and personalised exercise programmes for improving cardiorespiratory fitness and cardiometabolic health, clinical exercise physiology, physical fitness surveillance and the role of qualitative research in enhancing the development and evaluation of exercise interventions.

### **Dr Amanda Pitkethly, PhD, MSc, BSc**

Amanda is a an FHEA lecturer, researcher, HCPC registered Sport & Exercise Psychologist, and Motivational Interviewing trainer. Amanda has a passion for helping people develop the self-awareness, motivation, and confidence they need for effective self-regulation and long-lasting behaviour change.

Karen originally completed a BSc (Hons) in Genetics at Glasgow University then entered the nursing profession qualifying from St Georges Hospital in London in 1992. She completed her Clinical Doctorate in Nursing in 2020, 'The haemato-oncology patient experience of the process of palliative care in the last year of life: A Constructivist grounded theory study'.