

Cancer and Exercise Rehabilitation

Presenter Biographies

Denise Flett, Breast clinical nurse specialist, Lymphoedema therapist

Denise Flett has worked as a breast clinical nurse specialist supporting patients from diagnosis, during and beyond cancer treatment for more than 20 years in both New Zealand and the UK. Additionally, Denise is qualified as a lymphoedema therapist and has worked with lymphoedema patients with various cancer types and all stages of cancer. This clinical experience developed her interest in the importance of physical activity for living well during and after cancer treatment. In 2019 she qualified as a CanRehab Specialist Exercise Rehabilitation Instructor. In 2020 she joined the CanRehab UK team as a tutor and additionally joined the Safefit study as a registered CanRehab Trust Cancer Exercise Instructor providing online exercise programs for cancer patients.

Denise also has a special interest in the effects of cancer treatment on women's health issues including menopause, fertility and sexual functioning, and has undertaken clinical and research work on this topic. In 2016 she was awarded a Nursing Training Research Fellowship for the development of a training program for clinical nurse specialists working with women experiencing treatment-induced sexual difficulties after breast cancer. Denise has been an active volunteer in breast health and cancer charities and was on the UK executive committee of Europa Donna (the European Breast Cancer Coalition) from 2014 to 2019. Until 2020 she was the national healthcare coordinator (volunteer) for Casting for Recovery UK, a charity that provided fly fishing well-being retreats for breast cancer survivors.

Denise has recently followed her heritage to Quebec, Canada and now shares her time between Canada and the UK. This has enabled her to pursue her passion of combining physical activity and nature in cancer survivorship. Qualified as a Nordic walking instructor with the International Nordic Walking Association, Denise aims to bring this physical activity to enhance cancer well-being to her local province.

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.

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, initially in an inpatient unit in a regional specialist centre before moving to take 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).

Prof Anna Campbell, 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), 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), 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.

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'.

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.