

Activating Cancer Communities through an Exercise Strategy for Survivors
(Virtual Fitness)

SCREENING & REFERRAL FORM

In response to the COVID-19 pandemic, our ACCESS team have taken our in-person exercise programming and have gone virtual. ACCESS (Virtual Fitness) is a 12-week *virtual* exercise program designed to lessen the impact of a cancer diagnosis and its treatment on the health and well-being on individuals confronted with the disease. Individuals are eligible if they:

SCREENING (INCLUSION CRITERIA)

- | | | |
|---|------------------------------|-----------------------------|
| Have a cancer diagnosis | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Are over the age of 18 years | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Resident of Nova Scotia | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Are able to safely participate in low-intensity levels of activity at a minimum | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Are pretreatment; OR are receiving active treatment; OR have received cancer treatment in the past 5 years; OR have ongoing/late presenting impairments (i.e., fatigue) related to the cancer diagnosis | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Are able to provide consent in English | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have access to a computer/tablet/smart device and the internet | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Willing to attend a virtual 12-week program | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If “NO” is answered to any of the questions above, the patient is NOT eligible to participate.

REFERRAL FORM

PATIENT INFORMATION

Full Name

Telephone

Email

HEALTHCARE PROVIDER

Referring Clinician N/A (self-referred)

Clinic

Telephone