

Rehabilitation after bone marrow transplant- what is the impact on patient outcomes?

The REBOOT trial

ACTRN12622001071718

Status	RECRUITING
Sponsor	University of Melbourne
Enrollment	170 participants

Plain Language Summary

Bone marrow transplantation (BMT) — also called a stem cell transplant — is a potentially curative treatment for blood cancers such as leukaemia and lymphoma. However, the procedure itself and the period of recovery that follows are exhausting, leaving many patients physically deconditioned, fatigued, and with reduced quality of life. Exercise and nutritional rehabilitation could help patients recover faster and better — but there is limited evidence about the best way to deliver this after a BMT.

The REBOOT trial tests an 8-week multidisciplinary rehabilitation program starting 30 days after a bone marrow transplant. The program includes telehealth exercise sessions twice a week, one face-to-face physiotherapy session, and personalised dietitian support. Fitness, nutrition, healthcare use, and quality of life are assessed at the end of the program, and again at 6 and 12 months.

You may be eligible if you are 18 or older, have received a bone marrow transplant within the last 30 days (either from a donor or your own cells), are able to walk independently, and can communicate in English. People with other active malignancies, severe neurological or heart conditions, or significant psychiatric illness are not eligible.

Key Eligibility Criteria

Inclusion (1)

- Patients who are 18 years or over, able to ambulate independently, are 30 days (+/-10 days) after an autologous or allogeneic BMT for haematological cancers, who are able to provide written informed consent and are proficient in English to understand exercise testing and training instructions as well as outcome assessments.

Exclusion (1)

- Concurrent, actively treated other malignancy or history of other malignancy treated within the past year, severe or unstable neurological, cardiorespiratory or musculoskeletal disease or mental illness that might compromise ability to perform exercise, unstable psychiatric or cognitive disorders, ECOG performance status >2.

Locations (3 total)

Peter MacCallum Cancer Centre - Melbourne, WA,VIC, Australia
Austin Health - Austin Hospital - Heidelberg, WA,VIC, Australia
Fiona Stanley Hospital - Murdoch, WA,VIC, Australia