

# Preparing, Planning and Prehab for Stem Cell Transplant: A Multidisciplinary Approach

ACTRN12623000052639

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Status	RECRUITING
Sponsor	RAH Haematology Clinical Trials & Cancer Haematology
Enrollment	20 participants

## Plain Language Summary

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A stem cell transplant (also called allogeneic haematopoietic cell transplantation, or allo-HSCT) is one of the most intensive treatments in medicine. Used for blood cancers like acute myeloid leukaemia (AML) and myelodysplastic syndromes (MDS), it involves high-dose chemotherapy followed by receiving donor stem cells. The period before the transplant is a critical window where a patient's physical and mental fitness can significantly affect how they cope with the procedure and recover afterwards.

This study at the Royal Adelaide Hospital is developing and testing a structured prehabilitation (prehab) program to help patients get in the best possible shape before their transplant. The program runs for 8 weeks and includes twice-weekly supervised exercise, nutrition guidance, sessions with a psychologist, occupational therapy assessment, and social work support — all specifically designed for people in this situation.

You may be eligible if you are 18 or older, have been diagnosed with AML or MDS, are being treated at the Royal Adelaide Hospital, and have been offered a stem cell transplant. You must be medically stable enough to exercise, with written clearance from your haematologist. People with severe cognitive impairment or absolute exercise contraindications are not eligible. This pilot study will guide the design of a future larger clinical trial.

## Key Eligibility Criteria

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### Inclusion (3)

- Participants must be aged 18 years of age or older.
- Diagnosed with Acute myeloid leukemia (AML)/Myelodysplastic Syndrome (MDS) and offered allo-HSCT at the RAH.
- Medically stable (as determined by absolute contraindications to exercise as per national and international exercise guidelines (Exercise and Sports Science Australia, American College of Sports Medicine)) and have written clearance from their consultant haematologist.

### Exclusion (2)

- Cognitive impairment severe enough to limit participation in the prehab program (as determined by a medical practitioner).
- Any absolute contraindications to exercise (as per written medical clearance), for example unstable angina or uncontrolled heart failure. Patients with permanent pacemaker will be excluded from bio-electrical impedance spectroscopy.

## Locations (1 total)

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The Royal Adelaide Hospital - Adelaide, SA, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000052639>

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