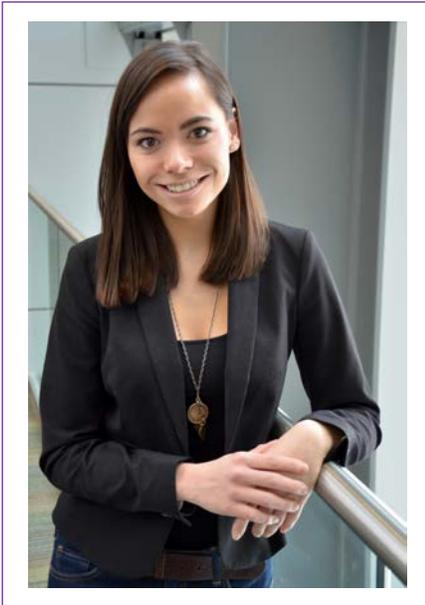


Natalia Albinati



Biography

Tali graduated with a Bachelor of Health Science Honours degree, majoring in Biomedical Science, from the University of Calgary in 2016. Throughout her undergraduate degree, Tali was trained in an interactive learning environment which introduced her to the fundamentals of research from a multi-disciplinary perspective. During this time, she developed an interest in health-oriented research.

Currently, Tali is excited to have the opportunity to expand upon both her academic and personal interests, while also exploring new research avenues, through a MSc with a focus in exercise and health Psychology. She began her graduate studies in 2017, and is fortunate to work with a dedicated team of researchers and certified exercise physiologists. During her MSc, Tali will be researching the role of physical activity in the advanced cancer population. Through this work, she hopes to start building the evidence that will one day lead to the development of a feasibility framework needed to support a sustainable physical activity program. Using a patient-oriented agenda, her goal is to create a model that serves to complement existing health services, and in this endeavor, be capable of benefiting advanced cancer patients at the local, national, and international levels.

In her spare time, Tali is passionate about playing sports, and promoting a healthy lifestyle. Currently, she plays with a women's soccer team and enjoys running, hiking, and being outdoors. She believes that while it is important to develop healthy lifestyle habits early on, engaging in exercise and physical activity as part of your daily routine is important at every age and stage of life.

Project Summary

The Feasibility of a Physical Activity Program for Advanced Cancer Patients

Physical activity (PA) offers numerous physical and psychosocial benefits, and is attributed with increased quality of life (QoL) in cancer survivors. However, evidence to date has concentrated on

understanding these effects in patients who fall into the early stages of cancer diagnosis (stages I and II). There is relatively little information on the benefits that PA has to offer advanced-stage (III and IV) cancer populations, a currently underserved patient group in terms of wellness initiatives. More evidence is needed to better understand the optimal PA dose, type, and potential benefits experienced by advanced cancer survivors. However, feasibility, including facilitators and barriers to PA that patients in this phase experience, must first be understood.

The proposed research will examine the role of PA in the advanced cancer population, providing evidence to support introducing PA into their cancer care plans. The purpose of the Physical Activity in Advanced Cancer Treatment (PAACT) program is to (a) examine the feasibility of a PA program for advanced cancer patients and (b) qualitatively explore the cancer patients' experience with facilitators and barriers to participation, within a patient-oriented framework.

Given the negative impact that cancer has on QoL, it is important to explore the role of PA as a therapeutic tool. There is potential for PA to enhance physical functioning and QoL while also reducing negative side effects associated with advanced cancer. Thus, it is important to explore the feasibility and potential benefits PA has to offer in providing holistic and encompassing supportive care for patients in this phase.