

Title: Evaluation of the Townsville ENCORE program.

Introduction: ENCORE is an eight week exercise program incorporating land and water based exercises developed specifically for patients with breast cancer (BC) who may or may not have breast cancer related lymphoedema (BCRL). The exercises included are aimed at enhancing lymphatic flow and minimising the physical, functional and psychological impact of BC.

Aim: To evaluate the effect of participation in the ENCORE program on glenohumeral range of movement, circumferential arm and quality of life measures.

Method: Participants in the Townsville ENCORE program were invited to participate in the study. Glenohumeral range of movement and anatomical arm circumferences were measured. Quality of life was assessed using the FACT-B or FACT-B4. All measures were repeated on four occasions – at the commencement of the program, before and after the last session and four weeks after completion of the program. Comparisons between before and after measures will be compared to identify change over the whole program, over one session of the program and four weeks after cessation of the program.

Results: Eleven women have participated in the study. Data collection is complete and analysis of the data will be complete in February 2010.

Conclusion: The results of this research will provide information about the outcomes of the ENCORE program.