

# Proposal for a co-designed Tai Chi Intervention for breast cancer patients in regional Australia.

## Abstract

Breast cancer occurs widely in the community and as treatments improve, more people survive the disease, often experiencing debilitating side-effects such as fatigue, depression and sleep disturbance. Preliminary evidence from a pilot study in China identified a Tai Chi protocol for breast cancer survivors that effectively reduced these side-effects. My study aims to examine how to adapt the Tai Chi protocol to a community health setting in regional Australia using a Co-design approach, followed by a small pilot trial of the adapted TC intervention to assess its acceptability. Gathering local knowledge from both consumers and cancer care providers will guide the development of the TC intervention to fit the context of the local community. This project hopes to demonstrate the feasibility of delivering TC to BC survivors in a regional Australian community and identify any cross-cultural challenges. We also anticipate finding positive clinical outcomes for the trial participants, supporting the case that TC is beneficial for BC patients. Although Tai Chi is recommended in Australia for breast cancer recovery, the evidence base is not yet strong. This study will lay the foundation for larger scale research to strengthen this evidence, as well as broaden the research into Tai Chi as an adjuvant intervention for all stages and types of cancer.